

For the bochrin by the bochrin

Posted by Face the challenge - 23 May 2022 02:22

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As I near my 50th day clean I decided that number one I'm going to share my full story (sorry if it's a little long) and number two I'm going to start a thread on the forum specifically for bochrin. Why. Because I'm a bachur just like you and I know that the chizuk that you can get from someone who's in the same situation as you can propel you to new heights. It's my hope that all the bochrin on GYE will make use of this thread so that we can get continuous chizuk from each other. Well here goes.

A long time ago...when I was about seven or eight years old I was exposed to porn. It was from my older siblings who are unfortunately otd. Being as young as I was, I "knew" it was wrong but I didn't **really** get it. As far as I could tell this is what my older siblings, my role models, were doing in their free time. Of course I wouldn't ever dream of telling my parents on them. How could I? As time went on I would spend time alone with myself. In my room, in the shower, in the bathroom etc. and I would masturbate. This wasn't really with bad intentions as I was still too young to really understand the ramifications of what I was doing.

Fast forward a few years and I'm getting bar mitzvah. I get tefillin a new hat, a new suit, and I'm ready to join adulthood. But I still got this secret that no one knows about. (By this time I knew it was wrong to be masturbating and watching porn). I decided that with my bar mitzvah I'm going to stop. A fresh new start for me. I'm sure you can guess what happened. Nothing. Absolutely nothing. I continued on in my bad ways for the next two years.

Comes along time for high school and at this point in my life my body is in full lust mode. I decided (with my parents) to go out of town for mesivta so that I wouldn't be around my siblings for them to have a bad influence on me. I'm kinda laughing in the inside because I know it's too late. It's not just my siblings who are otd. It's me. But being that I'm the pride and joy of the family, the "frum" one, I just couldn't let my parents down. I projected an amazing outside image and I was afraid of anyone finding out what was really going on in the inside. So off to high school I went and these were some of the darkest years in my life. In short my daily routine would be that during shachris I would always be taking my tefillin off, going to the bathroom to masturbate, and then coming back, put my tefillin on and make it seem like nothing had happened. On to shiur, I would sit there fantasizing about all the worst things under the sun and then I would "go to the bathroom" again and masturbate. This is how it went for two years. I didn't really care about Hashem, didn't care about learning, didn't really connect to my rebbeim, but all along I was projecting the image of one of the top bachrim in the yeshiva. Mind you for the first two years of high school I only had a phone with talk and text so I couldn't watch porn while I was in yeshiva but that didn't stop me from fantasizing, masturbating, and

running to the computer every off shabbos the moment that I came home so that I could go find my fantasies and fill my head with videos for the next few weeks.

Then 11th grade hit. I was smart. I ordered a 35 dollar smartphone that would work with my SIM card. No one had to know about it. I would keep my other phone around when I was at home and hand in my dumb phone when I got to yeshiva (after removing the SIM card to put in my smartphone). This was a real treat for me. I finally had access to porn in yeshiva and with that I would lay in my bed every night while my roommates were sleeping and watch and watch and watch until I would masturbate, fall asleep, and repeat the next day. But don't forget. I'm still a top bachur who people in yeshiva look up to.

Fast forward a few months and I'm in 12th grade. I got a moment of inspiration. I decided that I really need to pull my life together. I couldn't continue on like this. I was ruining my life and I knew it. I smashed my smartphone. It felt great. I felt like I had just won my life back and with that I started anew. I was on top of the world. This was the new me. Ready to change once and for all. And that lasted until I went home for the next off shabbos upon which I encountered a whole hose filled with unfiltered devices and I didn't even last an hour. I was a goner. I felt horribly guilty. How could I go back to watching porn and masturbating?? I had just smashed my smartphone. What happened to me. I made a kabala/promise that I would never do it again. As I'm sure you already know this didn't last to long. I repeated this process of falling and repeating to promise for the whole year. It was horrible. I knew that I would never be able to get out of this vicious cycle but that didn't stop me from making promise after promise after promise. I was the biggest rasha in the world, but the pride and joy of my parents. Their son, their from son who made them so proud of his learning in yeshiva. He was such a tzadik and they got so much nachas. I'm sure you can imagine the pain that I went through at these times. There's nothing like someone praising you while you know that you are really the most horrible person to walk the planet. (And of course I think I'm the only one who's struggling...).

I decide to go to Israel for yeshiva. This time I was going to do it right. I got a strict kosher phone and went off to yeshiva. I started getting turned on to Judaism in a way that I had never felt before. I was really connecting. That Elul in first year I shteiged so much. I was clean from p and m for the whole zman. I had heartfelt tefilos on rosh hashana and Yom Kippur and I was sure that this time I really made it. (If you are still reading this-thank you(-: ) I really had sincere tshuva and I promised hashem that I was done. And I really meant it. But then bein hazmanim hit in Israel. With no structure and a hot climate I slowly but surely started slipping. I was outside and would stare a little to long at the girls walking by. I would go to the separate beaches but on the way there I made sure to feast my eyes on the coed beach. There was nothing rationale about what I was doing and I knew it. But I didn't stop. I fell. I fell hard and this just made me sink down into a deeper feeling of guilt. I had just come off of my best Yom Kippur davening and I was right back to where I started. I recommitted to winter zman and I shteiged alot. Mind you I would fall here and there but I was in a much better place then when I got to yeshiva. Fast forward to pesach break. Im sitting in the airport trying my best not to look around at all the unclad people there. I had not been exposed to immodestly dressed women since sukkos and I was able to a pretty good job at guarding my eyes. I felt accomplished. I said to myself that this

vacation I'm going to do it. I'm going to pass by without falling into the trap of the yetzer hara. I won't watch porn. I'm not going to masturbate. I was on guard the whole flight home and I felt accomplished. I really did a good job.

I get home and I'm exhausted so I tell my parents good night and head up to my room to go to sleep. Then I see it. I see an iPod touch in my room and I say to myself don't do it. Don't pick it up. Just go to sleep and feel good in the morning. But then my "yetzer tov" spoke up. "Remember that shiur that you were listening to on YouTube from that rabbi that you really liked hearing. Why don't you find another shiur from him and listen to it until you fall asleep. There's nothing better than listening to torah while falling asleep..." So I picked it up and got down to listening to a shiur. As I go scrolling through the videos looking for some more shiurim to listen to I end up flying past several extremely immodestly dressed women. Be it advertising or the 'next video suggestion' but whatever it is it triggers me. I eventually decide that there's nothing wrong with getting a little entertainment so I go on AGT to watch some magicians. To put it simply the judges aren't dressed to the standards of a bas yisrael. It escalated very quickly from there and before I knew it I was typing in my favorite porn site to the browser. I told myself don't do it. Stop. But all rationale thought was gone. I fell. I fell real bad. For the rest of break I fell a few times a day. And I would keep promising myself that it would stop. But it never worked. I dug myself deeper and deeper into my hole and I was got super depressed.

In short this is what happened for the rest of my years in Israel. I would be mostly fine during the zman with a fall here and there and then bein hazmanim I was done for. I'm sure this is familiar to you. But the hardest part for me wasn't the falls. It was much worse. It was the fact that I was my parents nachas. Their pride and joy that they have a frum child who likes learning. All they would ever see is their son who's growing and growing. And when they would give me a bracha on Friday night I knew that there were always thinking of my older siblings and how they were so proud that they at least had me. I was ashamed. Mortified. I couldn't believe how I deceived them. But this wasn't the only problem that came about from my p and m habits. As a result of my "addiction" I would never have real conversations with Rebbeim. I had no connection to them. I just felt that I wasn't worthy to talk to them. I had no one in my life that I could talk to. I was all alone with no way out from porn. To further bring on the pain, while I watched my friends grow in their learning and grow yiras hashem, I watched myself sit on the sidelines because I never had really invested into my learning and I could see the gap getting bigger and bigger. This is what I came home to after being in Israel for a few years.

These feelings of being all alone in the world while everyone thought that I was a top guy who's ready to become something big. It was comical how many people were telling me that I should go into shidduchim. I just pushed them away saying that I wanted a few more years to learn while in truth i needed a few more years to put my life together.

This past bein hazmanim I fell in one of the worst ways that I could. I went to a level that I had never gone to before and I'm to embarrassed to say what i did. But it was bad. And I was so

depressed and angry at myself. Immediately after my fall I talked to hashem. I said to him that I'm not going to ask forgiveness. I had played that game to many times. I said that I was going to commit to find a way out and only after I had done something different, something to show that this wasn't the same me who was asking forgiveness and making more empty promises, only then I would ask for forgiveness. For a way to start again. I went on to google and I started searching for people who had broken free from porn addictions.

It's been 49 days since I discovered gye that night. And I've been clean since. I would sit there for hours reading the forum of all the people who were going through the same exact struggles as me. It was so comforting hearing people over and over and over describing the same exact issues that I had. I couldn't believe it. I wasn't the only one. I used all the free time that I used to watch porn and instead just kept going back onto gye. (I clocked in over 40 hours in one week which would have otherwise probably been used for porn.) Bh I slowly started pulling myself out of the muck that I was in. I made real safeguards for myself in the areas that I used to slip the most and I've been focusing all my efforts in making sure that the yetzer hara doesn't get his foot in the door because I know that if he does I won't win. (I'll post later what these included...) I eventually got on the phone after 5 days of internal struggle back and forth with myself and back and forth again. I called HHM to get help. I wanted to know what else I should know to make sure I wouldn't fall back into this problem. He is so knowledgeable and gave me over an hour on the phone. I can't thank him enough for the time he gave me or for the encouragement and inspiration to keep going. He put everything that I was doing into a real life perspective and made me realize that I can really do this.

I'm here in yeshiva in America now and while i still struggle in that my learning abilities are behind my friends, and I don't yet have a strong relationship with rebbeim, I take comfort in the fact that I'm putting my life together again one day at a time. I'll move onto to figure out the other areas of my life later. I got to go one step at time. Ones day at a time. Im sure with hashems help I'll get there. It's been a journey of 14-15 years but I hope and pray that this is the last stop.

To hashem. I haven't asked forgiveness since 49 days ago because I knew that I had to come and show that I was different. Is 49 days clean good enough. Will I be forgiven? I can only beg of you to forgive me and help me fight every single day to face this challenge. I know it's not going to be easy but I'm doing this for you. I want to get a real connection to you. Please let me come back.

To all my friends at gye. You guys are what kept me going this whole time. Never stop posting and giving chizuk to others. You don't know who you can impact. It doesn't matter if people don't always respond. There will always be people like me who are reading your posts to get chizuk and fight our yetzer hara.

to gye-you are angels sent from heaven to help us all come back to hashem. May hashem give you much success in helping many others out of their situation.

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Re: For the bochrin by the bochrin  
Posted by sleepy - 07 Jun 2022 04:20

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[bochur23 wrote on 29 May 2022 06:14:](#)

I think there was a deeper point in frank.lee's post (if that wasn't his intention, then it's my point:wink:).

?Sure, double standards are bad for the most part (although some people still pointed out certain benefits even then). But is it a double standard, when I live up to it in some areas and I others not? It's not a "All or nothing", what I do live up to isn't necessarily fake just because I struggle in something else.

There's a story about the fourth Lubavitcher Rebbe: one of his chassidim would wear chassidic clothes when visiting his Rebbe, and would wear business attire while on business trips. After a while he thought to himself "who am I tricking?" So he decided to come to the Rebbe in his business clothes. When the Rebbe saw him he commented "and I thought you were faking by the business trips, not here..."

The point is, who is the real me? The one who is a top bochur etc who also has a real struggle in this area, or am I really OTD and just putting on a good show for everyone else?

people went to the lubavicher rebbe ztl and complained that your bachurim are fooling everyone (by looking and acting more frum than they were) answered the rabbe, let them fool , let them fool, until they even fool themselves -meaning theyll start **feeling internaly** what was originaly just **acting externaly** - a gadols view...

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Re: For the bochrin by the bochrin  
Posted by Proud Jew - 07 Jun 2022 05:50

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Wow. Your journey is beautiful and courageous. My heart is with you.

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Re: For the bochrin by the bochrin  
Posted by Hashem Help Me - 07 Jun 2022 12:30

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Incredible accomplishment! How many Shavuos mornings were a disaster by me.....  
Exhaustion coupled with not being able to process my emotions used to make Yom Tov and  
Motzai Yom Tov disaster zones for me. Ashreichem!!

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Re: For the bochrin by the bochrin  
Posted by Ybird - 07 Jun 2022 18:23

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[Face the challenge wrote on 07 Jun 2022 02:57:](#)

One of the hardest Yom tovim I ever had. I ate at a couples meal that I didn't realize some of my friends wives were not in the same place that they used to be (not to go into any details...). But I was having some of the strongest urges that I ever felt since I started this journey. Shavuos morning davening after staying up the whole night was murderous. I was overtired and my yetzer hara made me keep thinking about that meal for hours straight. I didn't want to go to sleep because I was afraid of having a wet dream after having so many hirhurim. In middle of mussaf I managed to muster the strength to go get a ???? and I learned for about 10-15 minutes during davening. ( I don't care whether it was halachically correct to be learning out loud during chazaras hashatz, I needed to do whatever I could to get my mind into a different place.) Anyway it worked for the most part. When I got home I read a book in my bed until my eyes wouldn't function anymore and bh I made it through clean. After that episode I was still struggling over Yom tov but not nearly as bad as that first day and I managed to keep clean for the rest of Yom tov. Now I feel great that I succeeded.

That's it for now!

wow, that bigger then yosef hatzadik

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Re: For the bochrin by the bochrin  
Posted by Vehkam - 07 Jun 2022 18:34

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the heavens are rejoicing...

may the effort that you put into this propel you to heights that you could never have imagined. i would guess that if moshiach would come today, he would probably point to you standing somewhere near the back of the crowd and summon you to a front row seat. this is true gadlus.

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Re: For the bochrin by the bochrin  
Posted by Face the challenge - 10 Jun 2022 18:58

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67 days clean! Looking forward to my 70 day celebration!!!

On another note, not having internet with me day to day was actually not nearly as hard as i expected. Being that im in yeshiva, there really is no reason why i needed to constantly have it and i would like to share some thoughts:

When i started this journey one of the most fundamental things (if not the most fundamental thing) was me being active on the forum. It was where i replaced the time that i used to watch p\*\*\* (needless to say, i was on gye for many, many hours). While that was able to propel me far into my journey, i did feel that there was a certain set back that i was having. In a sense I felt that i was trading one bad habit for another. Now obviously i don't mean to say that gye is a bad habit, that's not at all what im trying to say. Rather, it was the constant pull that i felt to keep running to the gye site. I was going on like twenty times a day and in a strange way it was kind of keeping the subject of p\*\*\* and m\*\*\*\*\* on my mind way more than I felt was helpful. So this past week (which was only 3 days) i experienced not going onto the site every few minutes/hours. And I felt that it actually helped me to not constantly be thinking about p\*\*\*. I felt good. I was just living my life and i didn't feel like there was any other issue in the background.

The only reason im writing this on the forum is in case there is someone else who may feel that to much access to the forum is holding them back. Again i want to reiterate that if you don't feel the same way i did, throw my words in the garbage. I don't have the proper words to express

my hakaras hatov to the people on the forum who helped me, and if someone told me not to go onto the forum to much at the beginning of my journey, i definitely wouldn't have gotten as far as I did today. I'm speaking to very specific people, not to the general public so please don't take my words the wrong way. I hope to continue to post about once a week and ill see what happens from there.

Good Shabbos!!!

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Re: For the bochrin by the bochrin

Posted by Face the challenge - 17 Jun 2022 16:56

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This week I got to level 7! I'm at 74 days and going strong! 16 days left to get to the big 90 (-: I'm looking forward to getting a nice dinner on that day. Other than that my week has been relatively fine. I obviously still have the constant struggle on the street but it seems to be fading more into the background. I'm making sure to stay on top of my game though because i don't want the yh to sneak back in. I had accidentally left my slides at the persons house where I stayed for shabbas last week and when i got back on motzei shabbat i realized that i didn't have them. Showering was always a big trigger for me, so i made sure to always wear some type of shower shoe which has really helped me, so i went out on Sunday and bought myself another pair. It was well worth the money(-:

On another note, i actually went and met with hhm this past week. It was a very powerful experience for me to meet someone in person. It gave me a lot of chizuk and i hope to keep going strong. (I'm not suggesting for anyone else to necessarily do the same. I don't want to get back into the discussion that was discussed previously as to whether or not you should meet/call someone. All im saying is that it helped me a lot.)

[I post my successes because it helps me to recognize where im holding in life. I try to tell myself that im doing awesome. I still feel kind of silly doing this though, but im going to continue because it's working to help me fight the yetzer hara when i recognize my achievements.]

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Re: For the bochrin by the bochrin

Posted by Vehkam - 17 Jun 2022 18:53

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Keep posting your successes you inspire yourself and you inspire others. The yetzer hara will tell you to downplay your achievements.... Don't listen!!!

Have a great shabbos.

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Re: For the bochrin by the bochrin  
Posted by Dave M - 17 Jun 2022 19:33

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I just read your original post. What a masterpiece! Keep on inspiring us.

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Re: For the bochrin by the bochrin  
Posted by Hashem Help Me - 19 Jun 2022 11:17

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[Face the challenge wrote on 17 Jun 2022 16:56:](#)

[I post my successes because it helps me to recognize where im holding in life. I try to tell myself that im doing awesome. I still feel kind of silly doing this though, but im going to continue because it's working to help me fight the yetzer hara when i recognize my achievements.]

You **are** BH doing awesome - why do you view it as silly to tell yourself that? Positive reinforcement is a responsible, honest, and wise method to change bad habits. Keep it up, and keep posting.

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Re: For the bochrin by the bochrin  
Posted by Realestatemogul - 19 Jun 2022 11:45

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Hey FTC!

I just read your whole story and I was crying. I haven't logged on in a while but it was worth it just to see your story!

I also got hooked on porn before I even realized it was an aveira or that there was something call zera levatala. Who would have known that what I was doing would result in years of suffering? I even originally had a different login on GYE that didn't help me break free and only years later came back to actually take full advantage of the forums.

The point is that:

1) I also owe my life to HHM and know that you are in good hands! THANKS HHM!!!

2)The hardest thing for me is the years I wasn't learning properly and fell back in "level of learning." The smartest thing you are doing is learning single while working on this and then a little bit after. Also, I got inspiration from a chavrusa of mine that was a flip out and went to a mainstream yeshiva only at 18 years old. At that point he was married and in the same yeshiva already for 15 years. He said that when he first came he felt stupid that he didn't know how to learn like everyone else, but then realized that they were already in yeshivas for 18 years, so he just had to also stay in yeshiva for 18 years to know how to learn. Point is - keep up the learning and you will way surpass your peers in learning ability! You have a special relationship with Hashem that not everyone gets.

3) The most important thing is to not look back and stay positive! Don't think about your past years at all. Don't let a minimal look in the streets get you down. Focus and realize how INCREDIBLE every little action of staying clean is. You know how hard this is and what you went through, and Hashem gets such EXTREME nachas for every second you decide you are going to pick yourself up! Celebrate every step off the way!!

4) Lastly, we never know why things happen to us. However, it always bothered me that I got stuck into this before my bar mitzva. How could it be that before I was a bar aveira I could have this issue. I once heard from R' Wallerstein zt"l that sometimes we are born with a challenge because in a previous gilgul we failed that nisayon so Hashem brings us back for another chance. Don't feel guilty about getting stuck in this challenge and the years that went by, instead realize that iy"h after you conquer this challenge there is a special place waiting in gan eden for people like you!

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Keep it up!!! It is an honor to have seen your posts!

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Re: For the bochrin by the bochrin  
Posted by Ki Sorisa - 19 Jun 2022 20:27

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please keep up with your posts, you have no idea how much Chizuk and inspiration I get from it!  
I was so moved by your story and journey as I can relate to many things you wrote. I am floored  
by your accomplishment! Wishing you continued Hatzlacha!

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Re: For the bochrin by the bochrin  
Posted by Shnitzel and kugel - 20 Jun 2022 06:07

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Hey @face the challenge, love this thread! the name, content, epic stuff! gives me so much  
happiness to see that you were lucky to be here as a bochur, keep trucking! btw Reb real  
estate mogul is another awesome bochur, a real fighter! you guys have no idea how many other  
bochurim read this, and get inspiration. I used to get so many messages. you guys simply  
rock!!

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Re: For the bochrin by the bochrin  
Posted by chancy - 20 Jun 2022 16:48

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Wow! WOW! I just read the whole story.

I cried so much. For your pain, for all our pain! I feel you in my heart.

I understand what you are going thru. I was (and partially still am) in the same boat.

Sometimes the regret is so much you just wanna die. But Hashem wants us to live on and keep fighting. You can do this! We all can! Eventually we will all win this battle completely!

Keep on growing we all care deeply for your succes

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