

Aiming for 30, struggling

Posted by Alexander21 - 10 Oct 2023 03:09

Hey,

So I've recently come back to this site after not being in here for almost 2 years.

During those two years I've been fighting the fight, falling continuously, getting back up again, setting goals and putting up fences, aiming towards at least 30 days, and I have not been having success.

Tha most I have ever done is 43 days , and I'm trying to reach 30, but I cant seem to do it.

To give background, I struggle with ssa, which makes my triggers much more accessible, as it's everywhere, especially as a bochur.

It doesn't take much to turn me on, and the inspiration and discipline Ive had, doesn't seem to be there.

Bh I still have the will and want to overcome , and I'm thankful that I see hope, especially after talking to guys on here and seeing their success story.

So I'm basically asking for advice on what would solidify my resolve and help me move forwards.

as well as practical advice on what to do, to overcome p&a especially when I'm attracted to my friends and that can trigger it (but I don't want to lose any relationships with them)

Thanks in advance

=====

Re: Aiming for 30, struggling

Posted by Hashem Help Me - 10 Oct 2023 04:15

Setting up an accountability partner has been helpful for many. Chizuk, advice, someone to share with when times are challenging....

=====

Re: Aiming for 30, struggling

Posted by chancy - 10 Oct 2023 14:43

Hi Alexander,

I'm sorry that's it's been so difficult for you.

I have been in the same place for years.

I was a bucher and struggling, the difference was that I usually got what I wanted..... and that's not a good thing.....

I was thrown out of a few yeshivas and lost the best years of my life drowning in this sh**! I would've been the best and most respected bucher, but because of this, none of the good bucherim wanted to my friend, of course I didn't care at the time, I was too busy chasing something or other. I wish GYE was around back then. I would've been able to learn what I know now.

please stick around and start learning about some techniques and see what works for you.

Start with the F2F program. It'll change your life.

DONT WASTE THE BEST YEARS OF YOUR LIFE ON THIS! It's not worth it. Yes, you are attracted to this guy and that guy. So what? We both know that this Taava takes a few minutes of enjoyment, but much more time is spent being in pain than pleasure! So in no instance is it a worthy trade off.

you can email me at chancygye@outlook.com for more ideas.

=====

Re: Aiming for 30, struggling

Posted by Captain - 10 Oct 2023 14:47

Please add some chizuk (in addition to everything you are doing) by reading The Battle of the Generation. Free ebook or \$10 for softcover. See the link below in my signature.

=====

====

Re: Aiming for 30, struggling

Posted by Vehkam - 11 Oct 2023 02:05

[Captain wrote on 10 Oct 2023 14:47:](#)

Please add some chizuk (in addition to everything you are doing) by reading The Battle of the Generation. Free ebook or \$10 for softcover. See the link below in my signature.

Or free softcover by messaging me!

=====

====