

14 days!!

Posted by funbuchur - 02 Nov 2023 04:39

Just finished 14 days. Not stopping here but proud of myself. Dunno where to post cuz this forum is to complicating for me but posting here.

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Re: 14 days!!

Posted by funbuchur - 12 Jul 2024 04:14

Day 6

going well not many urges

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Re: 14 days!!

Posted by funbuchur - 18 Jul 2024 03:17

Day 12

haven't posted in a couple days have been busy and not on gye a lot. But it's been going good I am wondering what causes this streak of not having intense urges and easier to be clean. My thought process now is when I give in a little it always starts a slip even if I don't consider it a fall it will make it harder next time. I'm trying hard to not let myself be convinced that it's just one glance or not so bad.

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Re: 14 days!!

Posted by Muttel - 18 Jul 2024 08:27

Yes!!

My current experience has shown me that when all triggers are avoided, and mind surfing is

implemented immediately upon getting hit with fantasizing thoughts, staying clean is interminably easier.

Stay strong and keep us on your speed dial if a struggle arises!

Here's wishing for your success in achieving the ultimate purity, building a home with your future wife....

With much love and joy for your success,

Muttel

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Re: 14 days!!

Posted by funbuchur - 21 Jul 2024 15:08

Day 15

Was doing great 2 weeks! Had a fall last night in M. Now need to make sure it doesn't turn into a massive fall and I can move on.

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Re: 14 days!!

Posted by Muttel - 21 Jul 2024 15:14

The magic of GYE is the understanding that we're all here for each other. A fall doesn't translate into ????!?

Get right back onto that monstuh truck!!!!

Muttel

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Re: 14 days!!
Posted by proudyungerman - 21 Jul 2024 17:00

Hey funbuchur!

Love the attitude, and the catching yourself!

Maybe consider reaching out to Muttel, he is even nicer than me:joy:...

And his email is in his signature...

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Re: 14 days!!
Posted by funbuchur - 25 Jul 2024 17:51

Day 3

After last fall I fell once more but that was after a day of fighting that I'm actually pretty proud of had big urge thinking I already fell let me do full on p and get it u blocked etc. was abt to do it but stopped and took a deep breath waited a bit and it passed I realized I didn't need it. I'm proud of that even though that night I fell (not in p).

I know I can do it. I need to 1. Not wake up my yetzer hara keep it quiet when it is already. And 2. When it does wake up I know I can beat it.

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Re: 14 days!!
Posted by funbuchur - 30 Jul 2024 01:36

Starting a new start. I fell and haven't been working on this.

tonight starts day 1. I will do everything I can to stay clean today.

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Re: 14 days!!
Posted by funbuchur - 11 Aug 2024 19:23

Last two weeks have been atrocious. Have a strong filter so my falls haven't been I. Bad shmutz but still not proud at all. Bichlal have been not super busy weeks and felt dragged out. Lead to having a lot of time and eventually falling and barley putting up a fight. Spending time trying to find ways around the filter etc. and not going on gye. A real dip. I know I can do better because I have done better. I'm at the point that I have to call someone I'm going to reach out to the person I used to speak to on gye and hopefully I'll get back on track.

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Re: 14 days!!
Posted by proudyungerman - 12 Aug 2024 03:49

Oish...feeling for you brother...

Can you consider also reaching out to Hashem Help Me?

In my few short months here on GYE I've seen and heard of many guys who say that one of there main decisive factors in where they are today was being in touch with the Rebbe Shlit"a HHM.

Have you also considered connecting with some of the oilam here?

Before you, and anyone else who hasn't done so yet, dismisses my suggestion as totally ludicrous, please consider the following.

There is obviously tremendous shame and apprehension in reaching out to a total stranger to discuss your most deepest, embarrassing failures and struggles.

Please remember, we all were there too. My personal failure and struggle may have been a

slightly different flavor or shade than yours. My battle may have been one of greater intensity than yours. It may have been one of a much smaller degree too.

We are all on this boat together, and don't forget, it may be embarrassing for me to share my struggles also. (Especially some of the older and/or more choshuve people here, it can be almost too much to bear.)

I do it, as do many others, because it can (and does) help. It is 100% mutually beneficial. As amevakesh pointed out [here](#), and many other have mentioned many times, the power of the real friendships that can be made here is inestimable.

Please take advantage of the lifeline being thrown, and reach out.

You wont regret it.

Please, I beg you to please consider it seriously.

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Re: 14 days!!

Posted by chosemyschem - 12 Aug 2024 14:12

[funbuchur wrote on 11 Aug 2024 19:23:](#)

Last two weeks have been atrocious. Have a strong filter so my falls haven't been I. Bad shmutz but still not proud at all. Bichlal have been not super busy weeks and felt dragged out. Lead to having a lot of time and eventually falling and barley putting up a fight. Spending time trying to find ways around the filter etc. and not going on gye. A real dip. I know I can do better because I have done better. I'm at the point that I have to call someone I'm going to reach out to the person I used to speak to on gye and hopefully I'll get back on track.

Definitely reach out. If you want new people to speak to - reach out!

I assume you're on bein hazmanim now? Bochurim (or avreichim) + bein hazmanim = lethal times.

The main issue with bein hazmanim is generally increased access, and less life. Less schedule, less involvement - bein hazmanim often feels like just killing time until the next zman. That's not a healthy state of mind for this struggle. The more involved you can get in living your life the easier it'll be.

Set some goals, organize a schedule, and *live* the next few weeks.

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Re: 14 days!!

Posted by vekiveisilo - 19 Aug 2024 20:04

Oy, I can totally relate!!

Bein Hazmanim has for sure always been my hardest time. The long empty days, lack of fulfillment, and general low-energy mode really can get you down without much of a fight.

A couple of points which have helped me:

In general, the battle is much harder when what we feel we want is to give in rather than to win. (The main idea of TBOTG, I don't know if you've read it.) Try to instill in yourself that bein hazmanim, because of its unique challenges, can be your biggest victory! Think about how amazing you would feel succeeding despite everything stacked against you. Feel that this is your opportunity for greatness. This is much more effective if done before you start to feel an urge, like if you start every day with these thoughts.

It might also help to regularly learn from sefarim which discuss this nisayon, like V'Haer Eineinu or others. (I just discovered yesterday the kuntrus From Bochur to Bochur, highly recommended! Also check out a few letters from the Steipler in Kreina D'Igresa Vol. I, letters 11-12 I think.) It keeps us feeling that it's not actually hefker and we can't really do everything we want and just say, whatever. Learning about the inyanim also might help to feel that we're above the nisayon, to be nichshal is beneath us.

Structuring your day more clearly can also only help, but ein hachi nami that's its own challenge.

And lastly, please do reach out for help!!! That's what's made **all** the difference for me. You'll see, all the chevra here are really really interested in helping, no one looks down on anyone else, and it's a tool you can only realize how powerful it is once you try it!!

Rooting for you and feeling your pain,

Yekusiel*

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Re: 14 days!!

Posted by funbuchur - 10 Sep 2024 21:26

I haven't posted in a while but wanted to give an update.

Finally I reached out to Hhm and I'm doing the 30 day challenge in at day 10 and so far it's going great. I know it might just be a pink cloud first two weeks, but now that i have someone to contact and be accountable it's really helpful. Thank you to all those who encouraged me to reach out, took guts and was scary but definitely worth it.

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Re: 14 days!!

Posted by vekiveisilo - 11 Sep 2024 02:08

Yay!!! Rooting for you and wishing you tons and tons of success! Super brave move on your part, you should be really proud of yourself for going out of your comfort zone and putting yourself out there. Keep up the good work!

Yekusiel

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