

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 proudyungerman - 24 Jan 2025 14:33

My friend!

We are waiting for you with open arms!

There are many people here I can recommend you to reach out to: Eerie

- 1gimpelovitz@gmail.com, Muttel - muttel15@gmail.com, Reb Akiva

- mevakesh247@gmail.com iwantlife

- iwantlifegye@proton.me minhamayim minhamayim1@gmail.com

Looking forward to hearing from you soon!

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Re: 14 days!!

Posted by livingagain - 24 Jan 2025 14:34

Good to see you back. As a fellow yeshiva bachur I can empathize with you about the falls. But over all you were doing good and were giving it your all. Be cognizant that this is a battle over time. It's an ongoing battle and you have had many successes. Continue posting and reaching out. There's only one way to go and that is up. Continue shteiging and let us know how you are doing

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Re: 14 days!!

Posted by livingagain - 24 Jan 2025 14:45

Like you said yesterday you should reach out.

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Re: 14 days!!

Posted by funbuchur - 24 Jan 2025 21:37

Day 1

Bezh motzei Shabbos I will reach out. I will keep you updated

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Re: 14 days!!

Posted by stopsurvivingstartliving - 25 Jan 2025 21:31

Just skimmed through your whole thread. It's very inspiring to see how long you were fighting and you did not give up. A good idea would be to have a look on your GYE chart and see percentagewise how much times you fell. It will be nothing compared to the amount you spent fighting and winning.

You mention reaching out. I am telling you there is nothing like making friends that you can discuss the struggle freely with. It's amazing!

Rooting for you brother!

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Re: 14 days!!

Posted by lamaazavtuni - 26 Jan 2025 01:54

Hey just picked up on this thread your a huge inspiration ! With all your falls and the length of how long your fighting. But that in itself is a huge chizik for us. keep it going !!!!! Just an aitsa toyva if you actually speak to someone you'll really develop a relationship (which happened to me and many others on here) and the fight is a million times easier any time i have an urge and im nervous ill fall i coul chervra from here its so powerful i promise. Do it for yourself, do it for your kids , do it for us!! With much love

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Re: 14 days!!

Posted by althemirrer - 26 Jan 2025 02:20

[funbuchur wrote on 24 Jan 2025 21:37:](#)

Day 1

Bezh motzei Shabbos I will reach out. I will keep you updated

i'm on shpilkas waiting to hear already!

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Re: 14 days!!

Posted by livingagain - 26 Jan 2025 06:45

I didn't hear from you. Did you reach out to anyone else?

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Re: 14 days!!

Posted by funbuchur - 03 Feb 2025 17:22

I did reach out had a nice opener conversation it's good to know I have numbers to call when I

need help. Today I'm going to call Hhm and maybe start a 30 day challenge again. I need a little jumpstart to get myself going in the right direction. Thanks for the replies and chizzuk it really helps.

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Re: 14 days!!

Posted by cleanmendy - 03 Feb 2025 17:29

Mazel tov!!!!

You took charge your mamash a chizuk.

Making the phone call is so hard, but once you start talking you cant believe you were even scared.

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Re: 14 days!!

Posted by livingagain - 03 Feb 2025 18:39

I did reach out had a nice opener conversation it's good to know I have numbers to call when I need help. Today I'm going to call Hhm and maybe start a 30 day challenge again. I need a little jumpstart to get myself going in the right direction. Thanks for the replies and chizzuk it really helps. Feel free to email me for regular chizuk

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Re: 14 days!!

Posted by funbuchur - 26 Mar 2025 21:29

Long time no post.

Little update, I had a 29 day streak then I fell now I'm at day 10 BH I feel like I'm getting somewhere and with my strengthens filter I don't have access to what I had acces to before. Still have had urges and probably will but 1. Don't have a easy way to act out and 2. I know I can call and take care of it. Very comforting to know that you can speak about it when you have an urge and aren't fighting a silent battle. I will keep this up and Nissan the Chodesh hageula should only bring more geulah.

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Re: 14 days!!

Posted by funbuchur - 01 Apr 2025 04:08

Day 16

I feel a lot more in control these days. I think mainly because When I have access to inappropriate content, this little voice in the back of my mind has a road mapped out for when I want or have an urge to act out and a “end goal” meaning even if it’s only a small hole with “not such bad pictures” or the like I know I can go there. Now that these are closed up I don’t have this little voice telling me where to go because there is no where to go when it’s not really an option.

My issue is I feel like my days have been getting emptier and I have more time on my hands I don’t know if it has to do with the streak or whatever, maybe it’s that feeling when pesach break is soon but it’s not quite there, and I’ve been noticing myself spending more time on my phone not doing anything productive and trying to numb the feeling of nonaccomplishment with any random thing on my phone. And less engaged with people around me, for example even with a bunch of friends having a good time, I notice myself checking my WhatsApp’s a billion times even tho I know nothing important is there (usually I’m a very social guy and would be a big part in the conversation). Also I have been on YouTube (on a computer in a public place and filterd) and it’s just gives me a bad feeling like I’m substituting acting out but I’m left with a more empty feeling confusion and general disengagement. I don’t know the solution but just getting it off my chest.

End rant.

Any ideas

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Re: 14 days!!

Posted by funbuchur - 01 Apr 2025 04:33

Just had a thought. Maybe it could be that when I was doing P &M (funny to say was in past tense, but we’ll leave it). I had a koch, I was obsessed and either looking for ways around my filter or obsessed with being upset that I’m obsessed but now I’ve been apathetic to it and feel empty. I probably need to get a new Koch in something that I can obsess about. Could be im

way off the mark.

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