

Holy In Jerusalem

Posted by stopsurvivingstartliving - 24 Jul 2024 20:58

As a single bochur in Yerushalayim I hope to go for 90 days M-Free. Bh regarding porn I am by day 47 but because M is my main struggle right now I want to have this thread just for M.

Today if I bez"h pass it will be day one I still have to withstand an hour or 2 including a shower. I ask hashem to give me help through this challenge and through this i can grow in totah avoda and yiras shamayim.

I wish to STOP SURVING & START LIVING.

PS special shout out to HHM who it turns out months ago when I reached out to GYE and they hooked me up with a pro and maiven to talk to it was him, and he's been supporting me since. Keep it up HHM, keep helping klal yisroel.

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Re: Holy In Jerusalem

Posted by eiyantov - 08 Oct 2024 00:11

You got this buddy! 1/3 of the way to 90!!!!

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Re: Holy In Jerusalem

Posted by Muttel - 08 Oct 2024 08:28

I can hear the band playing in the background, getting closer..... it's the 30 day celebration coming up tomorrow. In shamayim they have signs up all over that tomorrow is a yontiff. A bochur conquering the damned beast?!?! A cause for 5 virtual lechayims!

SSSL, keep it up! Ever the inspiration!

Muttel

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Re: Holy In Jerusalem

Posted by stopsurvivingstartliving - 08 Oct 2024 21:14

Instead of coming to YK with over 30 days clean under my belt,

The most I can get is 3 days - at least that's a chazaka.

I masturbated a few minutes ago,

The trigger for the urge was self made.

I knew going down the path I was going will end with M,

So why'd I do it?

Maybe cause deep down I felt I needed the pacifier,

so instead of masturbating I built up a nice taiva and did it.

The trigger is somewhat out of reach,

but I technically can enable it again.

Do I blame the trigger?

No it was my bechira to go down the path I did.

Yes without it - it probably wouldn't have happened,

but that doesn't rationalize me to sin.

Gotta run now so regarding how I feel and how I hope to move forward,

Hold on to your seats and I will be back.

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Re: Holy In Jerusalem

Posted by eiyantov - 08 Oct 2024 22:27

Oiy Tatte! I was looking forward to celebrating 30 days with you!

Bezras Hashem 6th of Cheshvan we will celebrate 30.

Today, we will celebrate 29 days. Lchaim to 29.

Today we will celebrate you wiping off the dust, and standing strong again.

Tomorrow we will celebrate Day 1!

Keep your spirit up. You've got this in you!

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Re: Holy In Jerusalem

Posted by upanddown - 08 Oct 2024 22:35

Sorry to hear...

You've worked hard to get to the 29 days and that's an achievement that will stay with you.
You've become strong and you'll stay strong!!

You'll get back up and show the YH who's boss!!

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Re: Holy In Jerusalem

Posted by stopsurvivingstartliving - 08 Oct 2024 22:37

Thanks so much @eiyantov and @upanddown your posts really spoke to me!

Regarding moving forward I have 2 options,

To love myself or hate myself.

The outcome of hating myself will probably be,

One big spiral down hill until I feel so horrible I want to start again.

By loving myself and embracing what I got done,

I will have a much easier time getting through the next few days.

So I think I am gonna take the latter,

Now it will still be hard the next few days without the streak behind me.

I am gonna hear something (not myself something from outside of me!) tell me,

Chap are in a bit before you start over, spill some more you anyway made a mess.

But my answer to that shmuck is,

"Staying pure today is my job and it will earn me olamos, especially with all your amazing reasons to fall again".

I hope to take what I wrote to heart,

And thereby being able to fulfill it.

Good Night from Holy Jerusalem and Someone Who Is Still Pure!

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Re: Holy In Jerusalem

Posted by chaimoigen - 08 Oct 2024 23:27

Hey, here's a warm hand, chaver.

Do NOT hate yourself. You're a terrific person. Look how far you've come.

After a fall is a particularly dangerous and vulnerable time. There's poison in your blood and in your heart. Hang on. Just hang on.

The second, "what-the-he'll-might-as-well" fall is the one that will make you hate yourself more. If you stay strong and avoid it, you'll be able to feel much better about yourself.!

Now is not the time to dwell on the fall. It's time to hang on, no matter what, until Yom Kippur.

After a couple days pass, you'll be out of the woods. And you'll be able to pick up the battle and learn from this experience, get even better.

Yeah. It stinks. I'm sorry. Don't give up.

Here for you!!

Chaim

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Re: Holy In Jerusalem

Posted by Muttel - 09 Oct 2024 02:11

Couldn't have said it better than R' Chaim, I just want to chime in with a word of encouragement.

It sucks, and bad... but tell the bedeviled bit** that he'd better bug off dammit!

You have a family behind you and I know you'll hang on!

With brotherly love far from Jerusalem,

Muttel

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Re: Holy In Jerusalem

Posted by redfaced - 09 Oct 2024 02:29

Hey Brother Stop, Hurts like hell to fall when you think you got it already,

I know all about it .

Been there and done that. (more than once if Im being honest)

Look back to right before you signed up to GYE. Did you ever in your wildest dreams ever imagine you could get so far ?!?! Within arms reach of a whole gosh-darn thirty days?!? I know when I was messed up I couldn't imagine 3 day let alone 30 .

Than look at how you felt at 25 days. When You were riding high in the clouds and felt euphoric about the change you pulled off.

THAT CHANGE THAT YOU PULLED OFF IS STILL THERE.

Harvest that good feeling of success and say Darn it I want more of that - and by golly Im goona get it, !!!

I got confidence in you brother!!!

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Re: Holy In Jerusalem

Posted by stopsurvivingstartliving - 11 Oct 2024 04:12

Day 2 Clean!

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Re: Holy In Jerusalem

Posted by redfaced - 11 Oct 2024 12:20

[stopsurvivingstartliving wrote on 11 Oct 2024 04:12:](#)

Day 2 Clean!

ROCK IT BRO! Each day with the same life and enthusiasm!

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Re: Holy In Jerusalem

Posted by eiyantov - 11 Oct 2024 16:23

Wow! I love how you were able to jump right back. That's amazing! Keep on going. Keep it up!
We are all cheering you on!

May HKBH answer all your tefillos and make He grant you a year of Kedushah v'tehorah. To
you and to all of us!

Gmar Chasimah Tovah

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Re: Holy In Jerusalem

Posted by stopsurvivingstartliving - 13 Oct 2024 07:00

Day 4 Clean!

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Re: Holy In Jerusalem

Posted by stopsurvivingstartliving - 14 Oct 2024 05:57

Day 5 Clean!

What an urge filled day! With the help of talking to some friends and spending time with people we made it through.

I believe I should be proud of myself but I don't feel it. It could be it's because I did try getting onto certain things so I don't look at it as a complete win. But the truth is I WON! But I still don't feel it.

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