

Holy In Jerusalem

Posted by stopsurvivingstartliving - 24 Jul 2024 20:58

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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"n 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 vehkam - 07 Aug 2024 23:06

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[stopsurvivingstartliving wrote on 07 Aug 2024 21:34:](#)

Day 3 to M clean. Regarding P its been a weak clean.

I do need a bit of chizuk from the oilam, whenever I am on the street and have a opportunity to look (or to be precise, with a p, an opportunity to not look) I don't fight and rather look. So my YH tells me your no shaychis because your not battling to the fullest extent. At one point he will say sin because your no shaychis. He didn't try that on me yet but I want you guys help to prepare me with an answer.

Thanks and can't wait to hear back from you!

please read the addendum to chapter 10 in the BOTG. it will give you all the answers to the Yetzer hara

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Re: Holy In Jerusalem

Posted by chaimoigen - 07 Aug 2024 23:42

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Hey, Shalom!!

I've haven't been around as much as I want to be, and missed a chance to give a warm welcome to a brave fighter.

Here's a warm hand! Hope lives here! You can break free!

Here's a thought about some of what you've written:

I think it's important to try to climb inside yourself and take a close look at what you really want.

When a guy is on the street and there's something enjoyable to look at and thinks "I **really want** to look, but I know I **shouldn't do it**"- he doesn't have such a great chance of fighting it off.

**Because WANT is usually stronger than SHOULD.**

On the other hand, in a situation where a guy is faced with same "opportunity ", but he says to himself "I really **feel like** looking, but it's not what I really **want**", he has a decent chance.

**Because WANT can be stronger than FEEL.** He just has to learn how to deal with the urges, which isn't simple, but can be done, if that's what you want. (I will join here in encouraging you to read The Battle Of The Generation).

How does looking or acting out make you feel? Is it bringing you joy or dissatisfaction? Does it bring you happiness? Is it something you want, except for the fact that you're scared of Hashem and Gehenom? Or maybe you don't really want it, just not sure how to master the urges?



Posted by BenHashemBH - 08 Aug 2024 17:08

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[stopsurvivingstartliving wrote on 08 Aug 2024 16:56:](#)

At one point I almost ended up on some chat (which would have been a first) but **it was taking too long and eventually I gave up** and went to go eat supper.

Shalom Brother,

Your words made me wonder if perhaps this resource might help?

"the.guard" post=418570 date=1722958816 catid=1I strongly suggest the TaPHSiC method. [app.guardyoureyes.com/toolbox/tools/the-taphsic-method](http://app.guardyoureyes.com/toolbox/tools/the-taphsic-method)

Hatzlacha!

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Re: Holy In Jerusalem  
Posted by stopsurvivingstartliving - 09 Aug 2024 15:14

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Day 5 clean. Have a good shabbos.

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Re: Holy In Jerusalem  
Posted by stopsurvivingstartliving - 10 Aug 2024 22:55

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Day 6 Clean.  
**Warning: Spoiler!**

Posted by upanddown - 11 Aug 2024 01:08

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Oy! Feeling your pain!

One thing that important to understand - it pretty much **impossible** to maintain a **ratzon** to be clean while you are staring and lusting and fantasizing at women.

If you are looking, then you are **squarely** in the grip of hot, sweaty lust. And if you are in lust mode, that brings up all sorts of unwholesome desires. You can white-knuckle your way to staying clean from P and M for a bit, but you're not **clean**. And you won't want to be.

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When you are looking and listing, your desires follow and you're bound to lose motivation.

So if you want to get serious about being clean, you have to be willing to take some serious steps towards Shmiras Enyaim, too. I don't think one can work without the other.

Of course, you have to want to make those changes, too. To desire to live without lust, not just to live without P and M. If you're honest with yourself, that may be something to think seriously about....

But remember, a smart guy once said: 'Change will lead to insight far more often than insight will lead to change.' You may not be able to know how you'll feel about it until you try.

Here's a warm hand,

Chaim

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Re: Holy In Jerusalem

Posted by imagibbor - 11 Aug 2024 03:58

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I wish I had some advice for you, but all I can say is “wow”. I’m married now and I struggled tremendously as a bachur with porn and masturbation. You are so brave for even attempting to fix yourself! I wish I had your strength and your determination! I felt the exact same way that you did when I was a bachur. I feel you and I’m standing by your side cheering you on!!

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Re: Holy In Jerusalem

Posted by stopsurvivingstartliving - 12 Aug 2024 00:19

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Thank you everyone for your words of wisdom. It means a lot to me when you take your time to reply.

Day 7 Clean to masturbation. Its my longest streak since I joined and for a nice while. Thanks again for all your support.

**Warning: Spoiler!**

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Re: Holy In Jerusalem

Posted by Muttel - 12 Aug 2024 00:24

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Keep it up SSSL!!!

We're rooting for you!!!!!!!!!!!!!!

With lots of brotherly love,

Muttel

**Warning: Spoiler!**

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Re: Holy In Jerusalem

Posted by inittowin - 12 Aug 2024 01:12

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When I was a bachur in ey (less than a year ago - I'm making my self sound older than I actually am lol), I would practice walking in the streets just looking at the floor without looking ahead more than a foot or two. This idea has two benefits:

1. I never really saw anything I should have until it was right in front of me (which at that point it was sort of too late to turn around and start staring...).
2. All those idiots that take up the whole sidewalk and are always making you go around them[spoiler][p] (men and women alike - if you've ever been to geula on Friday you know exactly what I'm talking about

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Re: Holy In Jerusalem

Posted by yiftach - 12 Aug 2024 01:24

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[stopsurvivingstartliving wrote on 12 Aug 2024 00:19:](#)

Thank you everyone for your words of wisdom. It means a lot to me when you take your time to reply.

Day 7 Clean to masturbation. Its my longest streak since I joined and for a nice while. Thanks again for all your support.

**Warning: Spoiler!**

MAZAL TOV on a week!!! Celebrate it! You earned it! (Ok, maybe not in the nine days...).

Maybe now it's good to ask yourself,

what feelings do you feel about yourself now?

Are you proud overcoming these challenges?! If yeah, why?

Why do you feel good about it?

When you fall, you don't feel good. Is it just Jewish guilt or is it something bigger and better?!

BH you've reached a milestone. To be able to continue, one has to be real with themselves. The feelings are deep. It feels good. Because it feels good to live LIFE the way it meant to be lived.

This is the feeling of LIFE!

KOT!

Feel free to reach out if you need clarification

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Re: Holy In Jerusalem

Posted by inittowin - 12 Aug 2024 01:43

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When I was a bachur in ey (less than a year ago - I'm making myself sound much older than I am lol), I would practice walking in the streets with my head down, not looking ahead more than a foot or two. This practice came with two benefits:

1. By the time something inappropriate caught my eye it was already too late to turn around and start staring.

And 2. All those idiots that are always taking up the whole sidewalk and making you go around them

**Warning: Spoiler!**

Literally SCATTER out of the way of the deranged guy who's walking straight at them who looks like he has no idea where he's going.

I totally commiserate with your situation, I struggled with the same thing in my 2+ years in what they call the 'holy' land. At this point I feel like thats the only thing that's left that's actually holy...

**Warning: Spoiler!**

I always wished it was the winter already just so I wouldn't have to put up with all that the streets had to offer. But you should always remember that every time you look away is a very very choshuva thing.

So keep your head held high ( while looking down of course!!) and keep on trucking!!

We're all rootin for ya!!

Inittowin.

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