

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 redfaced - 19 Dec 2024 13:27

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[odyossefchai wrote on 19 Dec 2024 11:06:](#)

[redfaced wrote on 19 Dec 2024 02:25:](#)

[stopsurvivingstartliving wrote on 19 Dec 2024 01:49:](#)

Today was nice and clean!

#TYH4GYE

LEMME GET AN A-MEN BROTHAS AND SISTAHS !!

( Shame you lose the accent in typing)

Change your username to blackface

I would do that, but I dont want Kingsley Shacklebolt as my avatar

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Re: Holy In Jerusalem

Posted by stopsurvivingstartliving - 20 Dec 2024 01:04

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Clean! Unproductive!

At least I am alive to write this.

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Re: Holy In Jerusalem

Posted by BenHashemBH - 20 Dec 2024 02:35

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[stopsurvivingstartliving wrote on 20 Dec 2024 01:04:](#)

**Clean!** Unproductive!

At least I am alive to write this.

There. I saved Red the trouble.

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Re: Holy In Jerusalem

Posted by redfaced - 20 Dec 2024 04:43

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[BenHashemBH wrote on 20 Dec 2024 02:35:](#)

[stopsurvivingstartliving wrote on 20 Dec 2024 01:04:](#)

**Clean!** Unproductive!

At least I am alive to write this.

There. I saved Red the trouble.

Pshew. Good save. I was feeling overwhelmed

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Re: Holy In Jerusalem

Posted by stopsurvivingstartliving - 22 Dec 2024 01:02

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Friday and Shabbos Clean!

Thank God I caught myself in the shower before falling.

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Re: Holy In Jerusalem

Posted by stopsurvivingstartliving - 23 Dec 2024 01:39

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Sunday 5 days Clean!

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Re: Holy In Jerusalem

Posted by stopsurvivingstartliving - 23 Dec 2024 23:12

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Here to report a Clean day and a Win!

I was on the way into the shower and had a urge to masturbate. My hand was about to go for it and I held myself back because I simply didn't want to walk out of the shower post wasting seed.

#TYH

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Re: Holy In Jerusalem

Posted by livingagain - 23 Dec 2024 23:18

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[stopsurvivingstartliving wrote on 23 Dec 2024 23:12:](#)

Here to report a Clean day and a Win!

I was on the way into the shower and had a urge to masturbate. My hand was about to go for it and I held myself back because I simply didn't want to walk out of the shower post wasting seed.

#TYH

If I feel I might be tempted in the shower, I read a chapter of the book. That usually helps except when I've ejaculated without masturbating that I have no control over.

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Re: Holy In Jerusalem

Posted by stopsurvivingstartliving - 25 Dec 2024 01:56

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Porn (pics), masturbation and yet again masturbation.

Not even feeling down.

Want to challenge myself to make it through Chanukah clean from masturbation. Let's see if I can do it.

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Re: Holy In Jerusalem

Posted by 1day613 - 25 Dec 2024 04:01

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[stopsurvivingstartliving wrote on 25 Dec 2024 01:56:](#)

Porn (pics), masturbation and yet again masturbation.

Not even feeling down.

Want to challenge myself to make it through Chanukah clean from masturbation. Let's see if I can do it.

Let's go Chanukah clean together I'm 4 days clean from M and 10 days clean P. (Streak counter is broken and stuck on 1 GYE tech team is on it tho). Let's do this!!!

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Re: Holy In Jerusalem

Posted by chancy - 26 Dec 2024 17:33

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I dont know what you Litvaks do at the Chanuka Lechtelech, but by us Chasidim, we sit and look at them for a long time and we daven and sing warm songs.

I sit and look into the lecht for as long as i can and i cry my eyes out to Hashem, the pleas are different as my journey changes with time.

Sometimes I would ask for help with P

Sometimes with M

Sometimes for both

Now I ask Hashem to please make me forget every bad thing I ever saw! Oh how I wish I never saw a 'ekeldiga shiksa/shiegetz! what I wouldnt do to erase all of them from my mind! Hashem can make everything happen.

On Chanukah we can get pure like the Candel.

Look at them jump, they are only interested in going up, and they never give up. They can leap up for hours and hours even though they get pulled down, they keep jumping. Thats a lesson for

us.

Hashem, please

Make us want you and only you

Make us pure like the oil

Make us holy like the candles

Make us shine brightly

Make us see the light in this terrible darkness

Lets all have a Hieliga Lechtiga Chanuka and all year round.

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Re: Holy In Jerusalem

Posted by upanddown - 26 Dec 2024 20:08

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[chancy wrote on 26 Dec 2024 17:33:](#)

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Look at them jump, they are only interested in going up, and they never give up. They can leap up for hours and hours even though they get pulled down, they keep jumping. Thats a lesson for us.

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Thanks for the inspiration.

I once saw from the Zohar that this is the reason we *shockel* during davening and learning. It's the candle inside us jumping when it gets ignited by Ruchniyus. ?? ?' ???? ???? (If I'm not

mistaken it says there that this is a way to know whether someone is a Yid or a Goy.)

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Re: Holy In Jerusalem

Posted by odyossefchai - 26 Dec 2024 21:31

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I heard from Reb Efrayim Wachsman that normally the shechina doesn't come down lemeta meyasara but on Chanukah it does. He said that's like a king who visits the jail and even the 'low lives' can get a chance to talk to him. So too on Chanukah we are visited by Hashem and we can ask Him for help in the lowest parts of our lives. That's what I did during davening and will do also when I'm sitting by the menorah later.

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Re: Holy In Jerusalem

Posted by stopsurvivingstartliving - 27 Dec 2024 00:36

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Yesterday and Today Clean!

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