

GYE - Guard Your Eyes

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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 stopsurvivingstartliving - 25 Jan 2025 21:15

3 days Clean to P and M.

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Re: Holy In Jerusalem

Posted by stopsurvivingstartliving - 30 Jan 2025 00:07

It's been a week of soberness on P and M. TBH I did not have any urges to act on. The urges to look on the streets I did have and did not win them.

Life still is sucking. Being in survival mode is an understatement but I am treading. I may not be out of breath from the treading so it can feel like I am happy with my day to day life, but just knowing that you are surviving really ain't good.

Joined a vaad. Didn't talk much but was nice to hear other real voices discussing the struggle. Thanks to all who are behind the vaadim.

Good Night Guys,

It's Dark In Here But I Think There's Light Somewhere

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Re: Holy In Jerusalem
Posted by stopsurvivingstartliving - 30 Jan 2025 23:35

Another stupid Clean day with hours of screen time. Uch.

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Re: Holy In Jerusalem
Posted by lamaazavtuni - 31 Jan 2025 05:01

My fellow fighter you gotta make yourself productive and busy and if it's not happening in learning find something . Hey is the best place were you could keep busy with Judaism and not learn pm I could give you tons of ideas

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Re: Holy In Jerusalem
Posted by stopsurvivingstartliving - 31 Jan 2025 14:36

Thank God I am going into Shabbos with a couple of days clean behind my back!

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Re: Holy In Jerusalem
Posted by stopsurvivingstartliving - 01 Feb 2025 22:52

Urges creeping in. Posting for accountability. Hope to stay clean. Don't have the best feelings

though.

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Re: Holy In Jerusalem
Posted by Muttel - 02 Feb 2025 10:24

How we doing, bro?

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Re: Holy In Jerusalem
Posted by stopsurvivingstartliving - 02 Feb 2025 10:26

Thanks for checking in. Thank God I made it through the night Clean!

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Re: Holy In Jerusalem
Posted by simchastorah - 02 Feb 2025 11:26

[stopsurvivingstartliving wrote on 02 Feb 2025 10:26:](#)

Thanks for checking in. Thank God I made it through the night Clean!

Truly amazing. I wish I had your strength.

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Re: Holy In Jerusalem
Posted by stopsurvivingstartliving - 02 Feb 2025 21:32

Unfortunately I got a hold of porn. I am challenging myself out loud not to finish it off with masturbation. I don't have a good feeling about it because I have in my mind that when the zera

builds up it needs to come out and it isn't healthy staying in (I saw this in a article online way back that says it's good to urinate after sex because of this). If someone can convince me out of this I would be happy to hear.

Thanks for listening.

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Re: Holy In Jerusalem
Posted by yiftach - 02 Feb 2025 21:47

I would be dead by now.

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Re: Holy In Jerusalem
Posted by simchastorah - 02 Feb 2025 21:47

[stopsurvivingstartliving wrote on 02 Feb 2025 21:32:](#)

Unfortunately I got a hold of porn. I am challenging myself out loud not to finish it off with masturbation. I don't have a good feeling about it because I have in my mind that when the zera builds up it needs to come out and it isn't healthy staying in (I saw this in a article online way back that says it's good to urinate after sex because of this). If someone can convince me out of this I would be happy to hear.

Thanks for listening.

I have no idea whether it's unhealthy to not release. But if you do manage to overcome this challenge that's something that will never be taken away from you for as long as you live and after. The fact that you are still fighting even at this point is amazing. I really don't think you understand how amazing it is. But it is amazing. And if you're misgaber that will be even more amazing. Please delete the p* (or whatever.) If you don't end this story with mast*rbating that will be something to be proud of for the rest of your life.

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Re: Holy In Jerusalem

Posted by parev - 02 Feb 2025 23:19

[stop surviving start living wrote on 02 Feb 2025 21:32:](#)

Unfortunately I got a hold of porn. I am challenging myself out loud not to finish it off with masturbation. I don't have a good feeling about it because I have in my mind that when the zera builds up it needs to come out and it isn't healthy staying in (I saw this in a article online way back that says it's good to urinate after sex because of this). If someone can convince me out of this I would be happy to hear.

Thanks for listening.

Hi Bro

I'm gonna sat this in the cleanest way possible

MAJOR BS

There is a SA pamphlet with detailed scientific explanations disproving that whole notion

I would love to upload a copy here - I don't know how to.

That being said YOU ARE A LEGEND and I believe in you pulling through

I think its time we meet up...

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Re: Holy In Jerusalem

Posted by stopsurvivingstartliving - 03 Feb 2025 00:43

Happily reporting 11 days Clean from M.

0 days to P.

A public thank you to the special guy who gave me almost 2 hours of his time on the phone with me. Greatly appreciated!

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