

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"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 stopsurvivingstartliving - 14 Feb 2025 13:31

Heading into Shabbos with 2 Clean days to masturbation and 12 Clean days to porn!

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Re: Holy In Jerusalem

Posted by stopsurvivingstartliving - 16 Feb 2025 01:08

13 days Clean to porn!

3 days Clean to masturbation!

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Re: Holy In Jerusalem

Posted by stopsurvivingstartliving - 17 Feb 2025 00:50

Thank God another day clean under my belt.

2 weeks to porn!

4 days to masturbation!

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Re: Holy In Jerusalem

Posted by stopsurvivingstartliving - 18 Feb 2025 20:48

Got a hold of some porn. Wasn't good enough for me and I was desperate for more. I couldn't find. My heart was racing. Went to the bathroom and masturbated. So I fell!

~~Trying not to let it get me down.~~ I am feeling very down.

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Re: Holy In Jerusalem

Posted by upanddown - 18 Feb 2025 22:02

Dear SSSL,

I'm so sorry about your fall. Its so painful.

Watching the way you have been fighting though is an inspiration!! You're a hero!

Over the past months, what techniques have been most successful? What empowers you to overcome temptations? What was different at times when you managed to have longer streaks?

Also, have you been in touch with HHM to create a clear action plan?

With love and admiration,

UpAndDown

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Re: Holy In Jerusalem

Posted by Muttel - 19 Feb 2025 09:40

[stopsurvivingstartliving wrote on 18 Feb 2025 20:48:](#)

Got a hold of some porn. Wasn't good enough for me and I was desperate for more. I couldn't find. My heart was racing. Went to the bathroom and masturbated. So I fell!

~~Trying not to let it get me down.~~ I am feeling very down.

Here's a hug, brother.... I'm feeling your pain.....

Muttel

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Re: Holy In Jerusalem

Posted by m111 - 19 Feb 2025 13:39

Got a hold of some porn. Wasn't good enough for me and I was desperate for more. I couldn't find. My heart was racing. Went to the bathroom and masturbated. So I fell!

~~Trying not to let it get me down.~~ I am feeling very down.

Been there, done that...

Tomorrow is another day

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Re: Holy In Jerusalem
Posted by m111 - 19 Feb 2025 13:42

[stopsurvivingstartliving wrote on 18 Feb 2025 20:48:](#)

Got a hold of some porn. Wasn't good enough for me and I was desperate for more. I couldn't find. My heart was racing. Went to the bathroom and masturbated. So I fell!

~~Trying not to let it get me down.~~ I am feeling very down.

Been there, done that...

But tomorrow is another day.

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Re: Holy In Jerusalem
Posted by tzaddikvikam13 - 19 Feb 2025 14:50

[stopsurvivingstartliving wrote on 18 Feb 2025 20:48:](#)

Got a hold of some porn. Wasn't good enough for me and I was desperate for more. I couldn't find. My heart was racing. Went to the bathroom and masturbated. So I fell!

~~Trying not to let it get me down.~~ I am feeling very down.

Ouch.

That hurts.

But the main thing right now is to get right back up and keep trucking.

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Re: Holy In Jerusalem

Posted by redfaced - 19 Feb 2025 17:31

[m111 wrote on 19 Feb 2025 13:42:](#)

[stopsurvivingstartliving wrote on 18 Feb 2025 20:48:](#)

Got a hold of some porn. Wasn't good enough for me and I was desperate for more. I couldn't find. My heart was racing. Went to the bathroom and masturbated. So I fell!

~~Trying not to let it get me down.~~ I am feeling very down.

Been there, done that...

But tomorrow is another day.

Been there, done that...

But RIGHT NOW is another day.

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Re: Holy In Jerusalem

Posted by stopsurvivingstartliving - 20 Feb 2025 20:36

masturbated

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Re: Holy In Jerusalem

Posted by lamaazavtuni - 20 Feb 2025 23:04

Sweet short and to the point, brother I feel you, don't let yourself have even one more look cause of it just stay strong for all your followers and admires!!!!

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Re: Holy In Jerusalem

Posted by pomegranate - 20 Feb 2025 23:57

I'm really impressed and respect that you're posting, I've never had the courage to do that from this situation. I'm davenning for you, it's the least I can do since you've come through to help me as well. It's your Zechus that I'm moving forward. Please forgive me if I've written anything wrong, I'm still new to this. Wishing you only Hatzlocho

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Re: Holy In Jerusalem

Posted by tzaddikvikam13 - 21 Feb 2025 04:34

[stopsurvivingstartliving wrote on 20 Feb 2025 20:36:](#)

masurbated

Just pick yourself up, and keep going.

Don't let your falls get to you.

KOT, warrior.

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