

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"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 - 22 Feb 2025 23:48

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I was debating if it make sense to come here tonight to report another fall, but I decided to do it.

I was feeling a little horny tonight. I decided to chat dirty. This leading to masturbation in the shower.

Thanks for listening and allowing me to hang my dirty laundry in public. Greatly appreciated!

I am in a situation that someone was magdir as an emotional shutdown. Basically meaning that my emotions are off. If anyone has any experience with this or some sort of advice, please reach out. Thanks.

A Dark Soul,

Emotionally Shutdown

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Re: Holy In Jerusalem

Posted by ratherstayanonymous - 23 Feb 2025 00:06

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[stopsurvivingstartliving wrote on 22 Feb 2025 23:48:](#)

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I'm sure HHM had experience how bout' hitting him up?

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Re: Holy In Jerusalem

Posted by stopsurvivingstartliving - 23 Feb 2025 22:31

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[stopsurvivingstartliving wrote on 22 Feb 2025 23:48:](#)

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Just googled "what is an emotional shutdown". I liked the answer and figured I'd share it.

"It's **the sensation of feeling detached from your emotions just like watching a movie of your life rather than actively being involved**. It can manifest as sadness, feeling distant, lack of joy, and losing interest in activities you used to enjoy, leaving you feeling dull and isolated."

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Re: Holy In Jerusalem

Posted by redfaced - 23 Feb 2025 23:54

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I'm in . Where do I sign up?

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Re: Holy In Jerusalem

Posted by stopsurvivingstartliving - 24 Feb 2025 02:24

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Masturbated

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Re: Holy In Jerusalem

Posted by proudyungerman - 24 Feb 2025 14:32

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[redfaced wrote on 23 Feb 2025 23:54:](#)

[stopsurvivingstartliving wrote on 23 Feb 2025 22:31:](#)

[stopsurvivingstartliving wrote on 22 Feb 2025 23:48:](#)

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Send [him](#) a PM. He should be able to help...

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Re: Holy In Jerusalem

Posted by hopefulposek - 27 Feb 2025 17:22

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Hey, just wanted to reach out and see how you're doing.

pm me when you get a chance and looking forward to hearing you on the vaad

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Re: Holy In Jerusalem

Posted by stopsurvivingstartliving - 28 Feb 2025 15:21

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Good Shabbos!

#NothingElsePositiveToSay

#DoingHorrible

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Re: Holy In Jerusalem

Posted by jollylemur95 - 28 Feb 2025 17:06

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No words, my friend.

Only a hug and another one and another....

May today be the start of only good days to come.

Good Shabbos.

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Re: Holy In Jerusalem

Posted by lamaazavtuni - 28 Feb 2025 17:45

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Shabbos himelizok !!! #Nothing else to say

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Re: Holy In Jerusalem

Posted by pomegranate - 02 Mar 2025 00:28

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Gut Voch,

I feel unworthy to say anything, but someone I respect (see "one of the best decisions" thread under "introduce yourself") directed me to a Shiur by Reb Uri Deutch on nisyonos that I can't stop praising. I believe you have a tremendous Zechus for this and wish you only Hatzlocho! Thank you once again.

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Re: Holy In Jerusalem

Posted by stopsurvivingstartliving - 02 Mar 2025 22:49

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Since I stopped posting on a daily basis my falls happen a lot more frequent. I want to start posting again. Whether it's a win or a lose.

This may be a technique to help me white knuckle through but it's better than falling.

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Re: Holy In Jerusalem

Posted by pomegranate - 03 Mar 2025 19:47

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Kol Hakovod!

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Re: Holy In Jerusalem

Posted by stopsurvivingstartliving - 04 Mar 2025 01:17

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No masturbation today though I did see some hard core stuff.

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