

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 upanddown - 13 Aug 2024 00:18

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So for you R' SSSL "The 9 days" will have a special meaning. They will be remembered forever as "The 9 days of ????" in which you fought like a lion to stay clean, in which your life took a turn to a path of true greatness!!

Keep up your great work!

You're an inspiration!

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Re: Holy In Jerusalem

Posted by stopsurvivingstartliving - 13 Aug 2024 23:33

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Day 9 thank god clean. Pretty easy because I wasn't out much.

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Re: Holy In Jerusalem

Posted by stopsurvivingstartliving - 14 Aug 2024 10:40

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Though its only 2 PM right now i want to post for accountability. I do see urges coming to masturbate and I really want to stay clean at least till tomorrow (ODAAT). So posting this I see as a help. Thanks for hearing me out, feel free to give me a thank you to show your support. Right now I am going outside to spend my day I pray that I pass the test!

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Re: Holy In Jerusalem

Posted by stopsurvivingstartliving - 15 Aug 2024 00:09

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.???? ????!

.Today i had not one fall to masturbation but two

.Though I did have a terrible day I think if I think about it too much I wont want to continue fighting

.So I proudly say that I am back to fight and in my dreams I hope the next intentional hotzaas zera will be after my chasuna

.I WILL KEEEP TRUCKING

.And I am happy to add (as an edit) that I ordered myself a copy of the battle of the generation

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Re: Holy In Jerusalem

Posted by upanddown - 15 Aug 2024 00:56

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[stopsurvivingstartliving wrote on 15 Aug 2024 00:09:](#)

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You might have been an ??? for a few moments today, but hey, look what an ???? you are, you're getting right back up and ready to fight like a ????!

??? ???? ???? ???

You're doing amazing brother...

And well done for getting that book, it changes your whole perspective of this Nisayon.

You're a step closer to total victory!

Keep us posted..

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Re: Holy In Jerusalem

Posted by stopsurvivingstartliving - 16 Aug 2024 00:58

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Day 1 clean. Had a great day, would love to elaborate but its almost 4 am.

Ps its poshut to me if I would have carried yesterday's fall with me today I would have fell again.

Good night.

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Re: Holy In Jerusalem

Posted by chaimoigen - 16 Aug 2024 01:38

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Those are fighting words, and words of wisdom!!

Chazak Vamatz!

Rooting for you,

Chaim

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Re: Holy In Jerusalem

Posted by stopsurvivingstartliving - 16 Aug 2024 15:53

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Day 2 clean and easy thank g-d. Was very busy so no boredom and time for urges.

Hope to keep going even when it gets hard.

A gut shabbos nachamu!

Edit: Had a fall to M on friday night.

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Re: Holy In Jerusalem

Posted by stopsurvivingstartliving - 18 Aug 2024 00:28

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Day 1 clean.

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Re: Holy In Jerusalem

Posted by upanddown - 18 Aug 2024 01:22

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Do you have an idea what could have triggered your fall on Friday night?

And have you tried F2F program yet? Its really amazing.. Worth giving it a go...

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Re: Holy In Jerusalem

Posted by stopsurvivingstartliving - 18 Aug 2024 23:47

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[upanddown wrote on 18 Aug 2024 01:22:](#)

Do you have an idea what could have triggered your fall on Friday night?

And have you tried F2F program yet? Its really amazing.. Worth giving it a go...

I do know the trigger but I don't want to announce it here. I would PM you though my PM's dont work right now.

Regarding F2F I don't really get what it is. Its a series of videos?

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Re: Holy In Jerusalem

Posted by stopsurvivingstartliving - 18 Aug 2024 23:49

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Day 2 Clean had some big urges at the end of the night and very happy that I was able to get it out of my head and stay clean.

Also happy to announce, I will hopefully get a hold of TBOTG very soon and I hope to read it.

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Re: Holy In Jerusalem

Posted by stopsurvivingstartliving - 19 Aug 2024 23:57

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Day 3 Clean.

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Re: Holy In Jerusalem

Posted by stopsurvivingstartliving - 21 Aug 2024 00:32

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Day 4 with Gods help Clean.

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