

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 - 24 Apr 2025 01:20

Not a chiddush but I wanted to put this on paper nevertheless. The other day I had something important to get done. But being stuck in the trap of lust I wasted my time away. I am not even referring to watching porn, rather a long time refreshing my pages. Waiting for replies that will get me nowhere. It was horrible. So on those days the motivation is here do not go down that rabbit hole. What how do I get that to last. Comes a different day that those important things are not there, and there goes to motivation. So is there a point of focusing on this "frishkeit" where it's another thing that comes and goes. I am in a bad rut for the past while but something motivated me to post this. I am not sure what that motivation is but maybe it's because I cracked a book for the first time in a while. As Chazal say "barasi yetzer hara barasi torah tavlin". Who knows. It's good to be back and I continue striving to,

stop surviving and start living.

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Re: Holy In Jerusalem

Posted by proudyungerman - 24 Apr 2025 13:28

[stopsurvivingstartliving wrote on 24 Apr 2025 01:20:](#)

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stop surviving and start living.

So good to have you back!

Made me happy to see you posting!

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Re: Holy In Jerusalem

Posted by stopsurvivingstartliving - 25 Apr 2025 23:20

Had a nice and clean last 3 days, thank God!

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Re: Holy In Jerusalem

Posted by stopsurvivingstartliving - 02 May 2025 22:29

Though I am not clean since last post I have a few days clean behind me thank God!

Gut Shabbos!

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Re: Holy In Jerusalem

Posted by stopsurvivingstartliving - 04 May 2025 04:44

Thank God I am still clean!

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Re: Holy In Jerusalem

Posted by hopefulposek - 18 May 2025 02:52

Hey man, checking in, post don't give up and reach out if you want.

Hatzlacha!

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Re: Holy In Jerusalem

Posted by stopsurvivingstartliving - 13 Jun 2025 04:47

I feel like a baby, just in an adult version.

A baby cries. It can't express what it wants so we stuff it's mouth with a pacifier.

Life throws it's hardships I can't express the feelings, so I feed myself the pacifier.

Thank God it's not porn but it's a hell a lot of searching for something to feed my lust and ending with ejaculation.

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Re: Holy In Jerusalem

Posted by upanddown - 13 Jun 2025 14:25

Welcome back my friend! We've missed you here...

I'm so sorry to hear that the journey is still bumpy.

It's tough. You're feeling ??????. I feel your pain.

Remember though how much Hashem loves you and ?????? ?' ????? ???..

Hopefully sometime soon you'll suddenly find the power to get this beast under control.

Keep us posted with the ups and the downs!

Wishing you a gut Shabbos,

UpAndDown

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Re: Holy In Jerusalem

Posted by alex94 - 13 Jun 2025 15:43

I can really relate to that feeling, I get it too many times. The negative emotion that drives us to lust can seem so foreign to us, so hard to understand, let alone express in any cohesive or productive way. I've been working for years to be able to articulate and still have a hard time very often.

But this understanding you have, that there is a lacking inside that is woken up when life gets stressful, and that drives you to lust, is so powerful even before you have any knowledge of the specific mechanism. With this knowledge you have the power to choose a response to the lacking, rather than just letting your body's default reaction occur.

The road to freedom doesn't have signs telling you how long until your there.

It sounds like your closer than you think.

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Re: Holy In Jerusalem

Posted by stopsurvivingstartliving - 18 Jun 2025 18:31

I did something stupid the other day. Basically opening up a whole new can of worms.
Something that can be the beginning of a spiral down hill. So why'd I do it? It's a good question.

I masturbated way too much in the last few days.

#InADarkPlace

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Re: Holy In Jerusalem

Posted by BenHashemBH - 18 Jun 2025 18:52

[stopsurvivingstartliving wrote on 18 Jun 2025 18:31:](#)

I did something stupid the other day. Basically opening up a whole new can of worms.
Something that can be the beginning of a spiral down hill. So why'd I do it? It's a good question.

I masturbated way too much in the last few days.

#InADarkPlace

I'm sorry brother. Here's a hug from across the ocean.

Be well and be safe.

Hoping some light shines through for you soon, and for all of Klal Yisroel.

Kol Tov

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Re: Holy In Jerusalem

Posted by parev - 25 Jun 2025 02:01

KOMT BRO!

call anytime

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Re: Holy In Jerusalem

Posted by stopsurvivingstartliving - 30 Jun 2025 03:42

I guess it isn't fair to just report when things are sour.

Thank god I am doing pretty good lately.

Sincerely,

StopSurvivingStart**Living**

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Re: Holy In Jerusalem

Posted by Muttel - 30 Jun 2025 15:38

Thank you for this post.

Your positivity helps me too....

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