

Yedids blog

Posted by yedid_nefesh - 31 Aug 2011 12:52

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Re: Yedids blog

Posted by Yossi.L. - 02 Oct 2011 17:59

Be prouf of yourself but dont forget that you are powerless so do everything you can to put up boundaries for yourself.

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Re: Yedids blog

Posted by yedid_nefesh - 03 Oct 2011 18:13

Day 10!!!!

Every day clean now is so exciting, unexplored territory. And the last 24 hours have been great even though I have strayed in the clean eyes department. I feel my dveikus with Hashem is somewhat stronger. But I really need to work on shemirat eiynayim at least one day completely clean. I'll really try tomorrow. Thank you Hashem.

tizkeh Lmitzvot!!!!

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Re: Yedids blog

Posted by alexeliezer - 03 Oct 2011 18:35

10 is the new 90!

Well, ok, maybe I got a little too excited for you.

Anyway, so good to hear of your success.

Vigilant shmirat eiyenayim will really make the whole thing a lot easier. It's part of the commitment to give up lust.

One more thing...you said you were going to look at the steps sometime soon.

Shteig on!

Alex

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Re: Yedids blog

Posted by Yossi.L. - 03 Oct 2011 21:01

Good for you Yedid your satisfied with your achievements but not content! Reminds me of a Mishnah in avos.....

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Re: Yedids blog

Posted by yedid_nefesh - 07 Oct 2011 12:29

Day 13 today. Emotions are mixed today, on the one hand I haven't been clean this long in ages so it's great to enter yom kippur with a nice clean streak. But today has not been good iv been letting my eyes wander. About 5 minutes ago I was looking at bad photos(not quite p* but still bad). This week has been good, and the desire to fall has been less maybe because iv been super busy. And to all those who keep pushing me to look at the 12 steps and guide books I'll bli neder take a look on Sunday.it just doesn't seem like yom kippur to ight even though we about 4 hours away, so I'll try go now and get into things with siyata Dishemaya. May everyone have a meaningful yom kippur and be zoche to a complete kapara.

tizkeh LMitzvot

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Re: Yedids blog

Posted by Yossi.L. - 09 Oct 2011 16:15

How was your Yom Kippur? I usually find the high holy days to be times of increased vulnerability. Did you?

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Re: Yedids blog

Posted by yedid_nefesh - 10 Oct 2011 13:08

Last night and today I fall, after 16 beautiful clean days. Yom kippur was really amazing I connected so much more and at the end I was on a high. But we all know the yetzer - he takes me to a place to break the fast where there was one girl o was trying to impress, I didn't let my eyes wonder but an idiot nonetheless. The next day was really busy and I had to got to a shopping centre with a lot of temptation around and I gave into the yetzer without a fight. Then I see a newspaper at home with shmutz look at it search some stuff on the web and late last night I fell and this morning I davened late and fell. But I'm back now. That's right mr yetzer. 16 days clean if I remember correctly is the longest streak in a year and I'm happy to have got that far. With siyata dishemaya I can do it again.

So I'm not that depressed.

Tizkeh IMitzvot

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Re: Yedids blog

Posted by alexeliezer - 10 Oct 2011 13:25

Yedid,

You describe so clearly the patient, stepwise attacks of the Y"H. First he shows you a pretty girl, then a few more, this time less tznius, then some mainstream shmutz, then.....

The key, the only way to success, is *early interception*. This is what it means to admit

powerlessness over lust. Our only hope is to avoid that first nibble. Every time. And if you slip and look, to teshuva on the spot and start over right there. Stop looking right then.

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Re: Yedids blog

Posted by Yossi.L. - 10 Oct 2011 23:42

Great attitude! I started a new method for helping me keep clean on the internet maybe it'll help you, or others. Whenever i open up the internet i automatically go to GYE.org. I dont even login but i keep it open the entire time the internet is open. This way even if temptation stats creeping up.....I can instantly turn for help to GYE.

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Re: Yedids blog

Posted by Gevura Shebyesod - 11 Oct 2011 01:57

So you fell and you JUMPED back up, fighting right back! With an attitude like that you're gonna make it big!

Truck on, holy warrior!

Gevura!

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Re: Yedids blog

Posted by yedid_nefesh - 17 Oct 2011 08:15

Ok I fell last night. I know I have to change something in my approach. So these are the gedarim for now

1) limit of 25 minutes on computer for non work purposes. It's quite sad because way back by yom kipper I was mekabel to not spend more than 25 min and I haven't stuck to it. So I'm back

to strengthen it.

2) as alexeliezer said early interception

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Re: Yedids blog

Posted by yedid_nefesh - 17 Oct 2011 09:24

Continued

3) no Internet in my room at night

4) to try learn more Torah

And tomorrow I bli neder look at guides

Thanks and tizkeh lmitzvot

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Re: Yedids blog

Posted by Yossi.L. - 17 Oct 2011 20:32

I recently got web chaver and send the accountability report to my wife. It's very helpful. Check in to it. It's having a Shemirah without blocking any sites.

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Re: Yedids blog

Posted by yedid_nefesh - 18 Oct 2011 07:51

sorry Yosi i cant put a filter on the laptop i use - its not mine.

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