

Diary and thoughts

Posted by battle-of-the-gen - 21 May 2020 16:15

Hey,

So I've been on and off GYE for a year and halfish and have had varying levels of success during my tenure(anywhere bet a week to a month).

What I realized recently was I never actually sat down, read and processed the GYE handbook. So I've decided to commit to a daily reading of the handbook and eventually formulate a plan to making a lasting change.

In this thread I'm going bzh log my daily encounter with the yetzer hara and mention the part I've read of the handbook with my ?????(thoughts) on them. If anyone would like to add their own ideas on the piece, please do so. I'm going to do a faster more cursory read of the book first time(just to get the full picture) and then I'm going to go back a second time and read it slower and implement the tools.

Hopefully, thinking about it, rewriting on the thread, and shmuzing with GYEers will help me internalize it and have a lasting impact.

If anyone has any advice, tips, or tools on how I should go ahead and do this, I'd greatly appreciate it. Feel free to reach out on the thread, PM, or email(boftheg1@gmail.com). I'd also be interested in shmuzing on a daily basis.

Beshem hashem naaseh venaatzliyach

=====
=====

Re: Diary and thoughts

Posted by battle-of-the-gen - 12 Jul 2020 05:33

BH it was a great shabbos and a great(busy) week. Doesnt seem like Ill get to a HB piece till monday, but until then we should continue to plow on.

Ive hit a few months clean a few times in past without GYE, but this is the first time hitting 50 since counting on GYE and its been great so far. Bzh i should have continued hatzlacha and hopefully a I can be little chizuk to the GYE crowd.

=====
=====

Re: Diary and thoughts

Posted by wilnevergiveup - 12 Jul 2020 10:22

Mazal Tov!!!

Huge accomplishment!

You are my inspiration, keep it up.

Hatzlachah, looking forward on hearing more good news!

All the best,

Wilnevergiveup

=====
=====

Re: Diary and thoughts

Posted by battle-of-the-gen - 14 Jul 2020 05:28

Im usually not one to go off on my life's situation outside of the inyan of the website, but today I had a particularly rough day. Esp worse bec I was expecting it to be a great day. Mini crisis that has to be dealt with and I felt the need to vent.

But BH I didnt use masturbating as my release. So thats one of the postives of my matziv.

I didnt finish this post and the whole situation flipped letova! CRAZY! I stopped after the word "matziv" for around a hour and by the time I got back to GYE the whole situation flipped for the good! The Yad of Hashem is amazing!!

=====
=====

Re: Diary and thoughts

Posted by battle-of-the-gen - 19 Jul 2020 18:22

BH everything going well. I went shopping the other day in a mall and I must say I was quite impressed with myself and how I watched my eyes. BH progress is being made and I think its also important to note it.

Bli neder bein hazmanim I will be a bit more active on GYE and looking forward to closing out days 60-90.

=====

Re: Diary and thoughts

Posted by battle-of-the-gen - 02 Aug 2020 03:32

Good voch raboosi, BH Im still going strong, 73 days. Ive been really busy and prob will continue to be busy to post often but bzh Ill try to be around here and there.

Hatzlacha everyone!

=====

Re: Diary and thoughts

Posted by wilnevergiveup - 02 Aug 2020 05:05

Busy is awesome! Nice to here from you, we miss you when you are not around.

Hatzlachah,

Wilnevergiveup

=====

Re: Diary and thoughts

Posted by battle-of-the-gen - 09 Aug 2020 01:47

Good vuch!

Once again I've been busy and cant be around GYE too much(its a good busy), but BH

everything is going really well. 10 more days! Looking forward!

Btw if anyone wants to shmuss feel free to email me at boftheg1@gmail.com, Ill try my best to respond.

Hatzlacha!

=====
=====

Re: Diary and thoughts

Posted by battle-of-the-gen - 12 Aug 2020 23:32

Its been a while since Ive really posted anything of content but here we are.

Around 3 months ago I decided to really up the ante and really began strategizing and taking steps on overcoming the yetzer of porn and masturbating. How and what I did isn't the point of the post. What I did what want to convey to the oilam is the amount of siyata dishmya, happiness, and success I had over the past 3 months in all the other areas of my life. So many things(middos and other random inyanim) that Ive been working on unsuccessfully, finally began to hit off. Friendships that I had that were great and amazing, flourished even more. My sedarim and avodos hashem have become so much more productive and I finally have the time of the day to accomplish the things I wanted to accomplish(at least begin to set out to accomplish them) . On top of that, many things that needed a "dose of luck" to work out, bh have been working out for the better(aka siyata dishmaya).

Im not saying I know whats the reason for any or all of it. And BH my life was doing gans fine before also. But DONT ever say its not worth it. Cause it so is. It is worth the fight. And this is only the "visible" reward. Who knows the oilams your creating in the next world.

The yetzer is a tricky tricky little beast. Hes cunning and clever. But dont ever let him convince you its not worth it.

Hatzlacha raboosi!

=====
=====

Re: Diary and thoughts

Posted by DavidT - 13 Aug 2020 02:07

Hi [battle-of-the-gen](#)

Amazing chizzuk. There is nothing like seeing other people succeed. Keep it up and I hope many others will learn from you as well!

=====

=====

Re: Diary and thoughts

Posted by battle-of-the-gen - 19 Aug 2020 04:40

90 days! BH! Just a step in the journey, but defiantly a good checkpoint and sign of progress.

Hopefully Hashem will grant me the koach to continue to be matzliach in the battle against the yetzer hara, and all my GYE family will see and find the yeshuas they need.

Hatzlacha!

=====

=====

Re: Diary and thoughts

Posted by Grant400 - 19 Aug 2020 04:59

Mazal tov and congratulations on 90! May the rest of your life be a successful 90 after successful 90!

=====

=====

Re: Diary and thoughts

Posted by wilnevergiveup - 19 Aug 2020 06:45

Mazal Tov!

You are an inspiration to all of us!

Keep it up!

May you be able to continue to get to many more 90's.

All the best,

Wilnevergiveup

=====

Re: Diary and thoughts

Posted by battle-of-the-gen - 09 Oct 2020 21:04

Gutten moed everyone, I hope everyone is battling and strategizing successfully against the yetzer.

Just wanted to share with the GYE oilam that BH I became a chossin recently!

BIG shoutout to everyone that helped me get started and get going and it was a BIG reason why I felt comfortable starting to go out in the first place and now get engaged. BH 141 days clean and counting and iyh many many more. Thank you to everyone.(Every response on forum, every "thank you", email, view, private message, google hangout, phone call- especially phone calls, and text really helped so big yasher koach)

Iyh everyone that puts effort and works on this inyan hard should see their own personal yeshuoas and much bracha vhatzlacha!

=====

Re: Diary and thoughts

Posted by Gevura Shebyesod - 09 Oct 2020 21:32

Mazel Tov!!!!!!

=====

=====