

Starting Again...

Posted by Lou - 21 Dec 2020 22:15

Hi, I have posted in other threads but just wanted to start this new one to get this of my chest. I guess i am venting more than anything else. To make a long story short, I have been a struggler for years with these issues. This includes watching and also chatting with online relationships etc. BH over the past few years due a variety of reasons things have ~~greatly~~ improved in this area. Don't get me wrong. It wasn't fixed but the issues were less serious (trying to avoid triggering {embarrassing} details. As it still was certainly an issue eventually I recently joined GYE and working on the 90 days etc. I have started and failed more than once but I understand that is part of the process. What is really getting to me and is actually confusing to me is that my most recent fall was to a level worse than I have had in a few years! In other words, when I was working on the issues less officially i was staying away from that level. Now that I am working on really cleaning up my act I have stooped back to my really low levels Why?? It definitely was some Hashgacha Pratis in this as I was faced with a nisayon I have avoided in the past. Is Hashem telling me that now that I am stronger I should be able to deal with nisayon?? Well, I didn't...

Any feedback is welcome!

=====
=====

Re: Starting Again...

Posted by Grant400 - 30 Apr 2021 18:22

[Lou wrote on 30 Apr 2021 17:48:](#)

[Grant400 wrote on 30 Apr 2021 15:35:](#)

[Lou wrote on 29 Apr 2021 19:36:](#)

[Grant400 wrote on 28 Apr 2021 20:04:](#)

[Lou wrote on 28 Apr 2021 19:45:](#)

Unfortunately I had what I will term as a slip last night. This can not continue. BH it did not end in actual fall, but a slippery slope down there...

Hey Lou, I guess that was you slipping in the dark next to me. I was wondering who it was. Unfortunately I did fall. I actually hate the term fall, it makes it seem benign, like it wasn't my fault. So I didn't "fall" I jumped.

Wanna restart together? Whoever loses must donate \$150 to GYE (or a tzedaka of choice). Let me know if you accept the challenge.

R Grant,

I am in....starting from today. I had a fall (fail) last night as well. Just to make it more realistic this is only binding until 90 **This is bli neder!**

If we both hit 90 then of course IMG will be giving \$300!

Thank you!

Awesome! I too am unfortunately starting from yesterday. Just one clause. NO BLI NEDER!
With a neder. All it is is \$150. Game on!

Sorry, I will only do bli neder

=====
=====

Re: Starting Again...

Posted by Lou - 30 Apr 2021 22:08

Ok ok

Very excited about this....

Have a great Shabbos!

Thank you R Grant and R IMG

Everyone is welcome to join in!

=====
=====

Re: Starting Again...

Posted by Ish MiGrodno - 30 Apr 2021 22:55

BTW I am struggling to understand why so many of my dear friends are falling. **It is certainly not because I am more disciplined**; they are faaaarr better people than me....

Perhaps it's one of 3 reasons:

1) I am an old guy so less taavah.

2) I am too macho to bear facing the oilam if I fall.

?3) I consider this forum to be more "real" (i.e., I am more embarrassed of falling; whereas perhaps others feel more anonymous)?

I'm sure that there are a million other possibilities....but L'maaseh it's none of my business.

Also, can the oilam please daven for Ish MiGrodno to have more children (Bli ayin hara we have a wonderful family but really davening for more children who are happy, healthy and ovdei Hashem BEZ"H).

And yes, you can just say Ish MiGrodno in your tefillos; I am certain that Hashem actually calls me that cuz that's the ????? ????? name that created my new persona :)

Signing off before the heilige Shabbos in Grodno; with yearning that Klal Yisrael finds some nechama from our deep pain - ????? ?????

IMG

=====
=====

Re: Starting Again...
Posted by Grant400 - 02 May 2021 01:48

CHALLENGE ACCEPTED!!!

guardyoureyes.com/forum/1-Break-Free/367738-Challenge-Accepted%21%21%21

=====
=====

Re: Starting Again...
Posted by Lou - 02 May 2021 06:49

[Ish MiGrodno wrote on 30 Apr 2021 22:55:](#)

BTW I am struggling to understand why so many of my dear friends are falling. **It is certainly not because I am more disciplined;** they are faaaarr better people than me....

Perhaps it's one of 3 reasons:

1) I am an old guy so less taavah.

2) I am too macho to bear facing the oilam if I fall.

?3) I consider this forum to be more "real" (i.e., I am more embarrassed of falling; whereas perhaps others feel more anonymous)?

I'm sure that there are a million other possibilities....but L'maaseh it's none of my business.

Also, can the oilam please daven for Ish MiGrodno to have more children (Bli ayin hara we have a wonderful family but really davening for more children who are happy, healthy and ovdei Hashem BEZ"H).

And yes, you can just say Ish MiGrodno in your tefillos; I am certain that Hashem actually calls me that cuz that's the ????? ????? name that created my new persona :)

Signing off before the heilige Shabbos in Grodno; with yearning that Klal Yisrael finds some nechama from our deep pain - ????? ?????

IMG

Rabeinu,

I have my own theories about perhaps why I am struggling so much these days. Maybe not why I fell but why I can't seem to get back up.

However, regarding your post... I disagree with your whole premise. Can it be the reason you are doing better than other is because you are...better!(gasp). Yes, pat yourself on the back for being strong enough to be holding past 150 days. You are incredible! Don't think so much about who fell and why (unless you are helping them ,of course). Just keep on flying as you are.. I wish I could be the rock that others are relying on for the inspiration. Currently,I am not. But you are! and we need you!

Hatzlocha and Hashem should send you Zeara shel kayama

Lou

=====
=====

Re: Starting Again...

Posted by Ish MiGrodno - 02 May 2021 14:50

... I disagree with your whole premise. Can it be the reason you are doing better than other is because you are...better!

Ummmmm.. Last night I came close...I simply cannot bear to face my chavirim with an ugly "1 day clean" by my profile. Oy, the ko'ach of gaavah!

.....Don't think so much about who fell and why (unless you are helping them ,of course)

I know, I know! My post was a bit of a boundary crossing; I was speaking my mind without the appropriate filter...

.....Hatzlocha and Hashem should send you Zeara shel kayama

Amein! Your bracha feels very special. Perhaps even greater than from a Rebbe or famous gadol :)

With deep feelings of friendship and achdus ~ IMG

=====
=====

Re: Starting Again...

Posted by Lou - 02 May 2021 16:07

I know, I know! My post was a bit of a boundary crossing; I was speaking my mind without the appropriate filter...

Please always speak your mind!! I don't think you crossed any boundaries at all. I just meant that I can imagine myself seeing others fall and getting discouraged. In fact it is more than imagination. It happened to me!

=====
=====

Re: Starting Again...

Posted by Lou - 02 May 2021 16:19

Just wanted to share some thoughts on my current struggles...

I had a pretty decent streak and fell within a matter of minutes. Since then it has been an uphill battle. Why?

I already chalked off the initial fall to a temporary lapse of judgement and then losing control temporarily.(in other words, normal ups and downs of life!) But why so hard to get back on track? I think this is because,after my initial week or 2 (with some struggling)of being on GYE I made the switch from being a guy that was involved in Shmutz to being a GYE guy. So, in my mind I was changed and if I wanted to remain here I just couldn't touch the garbage. I really did not have any major struggles other than normal temptations during that time.

Then I fell. After I fell, I still remained here.At that point I realized,hey I can have both! I can come here and get chizuk etc and when I feel like it I can wallow in the garbage. The two can exist together. That is where I keep failing. What is the solution? Not sure as in truth they do exist together and that is what life is all about. So that is what I am currently working on.

Of course this an overly simplistic analysis as I wasn't exactly exclusively involved with shmutz before either,but this my current thought process.

Thank you for listening

Lou

=====
=====

Re: Starting Again...

Posted by EvedHashem1836 - 02 May 2021 17:09

Only one way to get back to where you were holding before - how good did it feel to be on top?

We're all rooting for you

=====
=====

Re: Starting Again...

Posted by Ish MiGrodno - 02 May 2021 17:21

[Lou wrote on 02 May 2021 16:19:](#)

Just wanted to share some thoughts on my current struggles...

I had a pretty decent streak and fell within a matter of minutes. Since then it has been an uphill battle. Why?

I already chalked off the initial fall to a temporary lapse of judgement and then losing control temporarily.(in other words, normal ups and downs of life!) But why so hard to get back on track? I think this is because,after my initial week or 2 (with some struggling)of being on GYE I made the switch from being a guy that was involved in Shmutz to being a GYE guy. So, in my mind I was changed and if I wanted to remain here I just couldn't touch the garbage. I really did not have any major struggles other than normal temptations during that time.

Then I fell. After I fell, I still remained here.At that point I realized,hey I can have both! I can come here and get chizuk etc and when I feel like it I can wallow in the garbage. The two can exist together. That is where I keep failing. What is the solution? Not sure as in truth they do exist together and that is what life is all about. So that is what I am currently working on.

Of course this an overly simplistic analysis as I wasn't exactly exclusively involved with shmutz before either,but this my current thought process.

Thank you for listening

Lou

Wow, very well put....The struggle is unimaginable (especially late at night)!

Regarding the problem that you mention ("the chevra is just as much behind me when I fall etc."), ?I try to avoid that by envisioning each of you rooting for me - together with the shame of having to answer to you the next day (as per Sota 36b)...

WE ARE IN YOUR CORNER R' LEIZER :)

IMG

=====
=====

Re: Starting Again...

Posted by Looking_to_improve - 02 May 2021 21:21

[Ish MiGrodno wrote on 30 Apr 2021 22:55:](#)

BTW I am struggling to understand why so many of my dear friends are falling. **It is certainly not because I am more disciplined**; they are faaaarr better people than me....

Perhaps it's one of 3 reasons:

1) I am an old guy so less taavah.

2) I am too macho to bear facing the oilam if I fall.

?3) I consider this forum to be more "real" (i.e., I am more embarrassed of falling; whereas perhaps others feel more anonymous)?

I'm sure that there are a million other possibilities....but L'maaseh it's none of my business.

IMG

I'm going to hazard a guess and say that it might be because we are all unique and in unique, different situations. I think it would be more of a suprise if everyone on GYE all struggled at time X, had a strong urge at time Y and all fell at time Z. (Although there can be shared times which can be difficult.)

Just my \$0.02

=====
=====

Re: Starting Again...
Posted by Lou - 03 May 2021 07:29

Failed once again

Moving on

Hatzlocha to all

=====
=====

Re: Starting Again...
Posted by Sapy - 03 May 2021 19:32

Hi lou, I just looked threw your history here, and this is what I came up with: you joined end of Nov/beginning Dec. You were clean from Dec 22 which is when you started your thread, until your recent first fall, and your struggling since. Correct?

I may be wrong, but when I joined, i also had a 65 day streak, and it went pretty smooth, but after that first fall, that's when my real work began. The GYE forum magic pill didnt work anymore, and I needed to examine myself, and my pattern of behavior. Can it be that something similar is happening by you?

For someone who's done these stuff for years, what changed that you should stop except seeing yourself as "someone that just doesn't do it anymore"? That obviously flies out the window after a fall or two.

I tried looking threw your posts, and as far as I can tell you never posted why/how you fell, what triggered you etc maybe you need to take a closer and deeper look on these stuff?

It seems like you need something deeper than just a push or try harder etc If your 150 bucks didnt do it...

Again... I might be wrong... just sharing my experience, and raising the possibility.

=====
=====

Re: Starting Again...
Posted by Ish MiGrodno - 03 May 2021 20:06

For someone who's done these stuff for years, what changed that you should stop except seeing yourself as "someone that just doesn't do it anymore"? That obviously flies out the window after a fall or two.

Very well put....I guess you are describing what can be termed as a "GYE sophomore jinx." (I am pretty scared of this as well but BH still holding strong)

Lou, we need you back! ~ IMG

=====
=====