

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 off 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 to 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!

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Re: Starting Again...

Posted by Lou - 16 May 2021 05:13

I have decided not to post my daily ideas for a number of reasons. Firstly, it is not always something so concrete so not really posting material. Secondly, it can get very personal.

Perhaps most of all is that as I was thinking over today's idea I realized that I was concerned with how it would be received on the thread. Would people like it etc? I really don't want that to play any role in choosing ideas to work on. I am trying to make this more real than last time around... I am still a work in progress, but this is what makes sense to me today.

A Gut Yomtov to all!

Hatzlocha

Lou

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Re: Starting Again...

Posted by silentbattle - 16 May 2021 22:59

I think concrete actions of positive recovery are excellent. Even if you're not posting them every day, sharing them can help other people, as well.

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Re: Starting Again...

Posted by Lou - 20 May 2021 01:52

[silentbattle wrote on 16 May 2021 22:59:](#)

I think concrete actions of positive recovery are excellent. Even if you're not posting them every day, sharing them can help other people, as well.

Point well taken. I guess a balance of both ideas is the way to go. BH Shabbos and Yomtov are not my time of nisyonos,so just focused on trying to enjoy Yomtov the correct way and didn't pursue any particular goals in the area.

Hatzlocha to all!

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Re: Starting Again...

Posted by Lou - 21 May 2021 16:59

I had what i would describe as a big slip last night. The direct cause was something obvious that I won't get into here. However,the root cause was because I started coasting. As I have mentioned (maybe elsewhere?) that this time around I am not just "doing" the 90 days. That worked for me on my initial 100+ streak but I see now that I have to be striving to grow and not just keeping clean. I think I got complacent and that is a problem. Last time around I was able to just kinda coast at times,but I think that won't work for me anymore. I think this is something positive as this will hopefully lead to more growth than the just the 90 days or contests etc.

Thank you

Lou

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Re: Starting Again...

Posted by Lou - 23 May 2021 16:54

I saw someone posted about crying babies getting in the way at times and how frustrating it can be. I can totally identify with that. However, last night I had the exact opposite. I have been slipping and sliding lately. (I hope I am not being too liberal with my definitions but I think it will be counterproductive for me to count falls unless they are really bad). As I was in the midst of slipping, my baby started crying. I went to take care of him so my wife could stay sleeping. By the time he was settled BH I was ok and did not fall.

This is obviously not good on my part but it shows Hashem is watching over me even when I don't stop acting really stupid.

Thank you Hashem!

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Re: Starting Again...

Posted by Lou - 24 May 2021 17:22

Back to 0.

All my postings don't seem to mean all that much as I keep falling anyway. Think I am taking a break for a bit.

Hatzlocha to all

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Re: Starting Again...

Posted by HappyYid - 24 May 2021 17:35

Please don't leave us for too long, we will miss you!

Hatzlacha!

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Re: Starting Again...

Posted by DavidT - 24 May 2021 17:46

There's a vort on ????? ?????? ?????? ??? ?????? - ?????? ??????

In order to overcome the challenges on midas hayesod, it requires to put an end to the bodily desires for good!

This is where many people (including myself) get stuck. We must recognize the importance of this challenge and the strong commitment plus enormous effort that must be utilized in order to overcome the nisyonos.

The nesivas sholom writes that it's impossible to overcome these nisyonos with 'sichlios' (intellect) alone, in order to really be able to overcome and stay strong we need to go through some real physical avodah and really work on recognizing our character defects in all areas of our life and working on becoming different, better people.

All this does not happen overnight. It's a life-struggle and if we will engage it that way - Hashem will definitely help us succeed!

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Re: Starting Again...

Posted by Lou - 04 Jul 2021 07:02

90 day counts are challenging and exciting.

Change, Real Change is hard. Really Hard.

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Re: Starting Again...

Posted by YeshivaGuy - 12 Jul 2021 15:46

How's it goin?

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Re: Starting Again...

Posted by YeshivaGuy - 16 Aug 2021 01:23

Hope you're doing well dear friend, please stop by some time and update us if you can.

With love,

YeshivaGuy

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Re: Starting Again...

Posted by Lou - 29 Aug 2021 06:39

Hasheivanu Hashem alecha vnashuva....Chadesh Yamenu kikedem.

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Re: Starting Again...

Posted by Sapy - 30 Aug 2021 01:13

Lou, we miss you here...

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Re: Starting Again...

Posted by YeshivaGuy - 30 Aug 2021 02:11

[Lou wrote on 29 Aug 2021 06:39:](#)

Hasheivanu Hashem alecha vnashuva....Chadesh Yamenu kikedem.

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