

Striving for Excellence

Posted by excellence - 23 Jan 2021 21:36

Striving for ExcellenceIntroduction

I've been waiting for some time to introduce myself. I wanted to be 'well on the way' before I posted my own journey, I feel more comfortable this way. I must of discovered GYE I believe at least a good 6 years ago, if not more, but it was a mere glance here and there. Over the past 2 years I started reading up much more on GYE, I printed the handbook & read up a lot, however I did not become a member. Nearly half a year ago I was overlooking a friend whilst he was looking at his emails & I noticed that he was signed up to the daily Chizuk emails. Being that GYE was on my mind anyway it gave me the boost to go ahead and sign up, (he doesn't even know what a Zechus he has -perhaps it's you!). Last Rosh Hashono I made a Kaboloh to be more active by using GYE's platform/resources regarding my personal battle with this struggle. You may have seen my posts here and there, & BH this Kaboloh has given me a renewed lease of life, mostly in regards to my perspective on this battle, how to fight, and on marriage in general.

The idea I have in mind by posting my story, which I see as pretty simple and basic, is to inspire all those who lurk around here but don't feel that their struggles are anything too big in particular, perhaps rather basic, or those who find that they keep telling themselves "this will be the last time I fall", to please take my advice and get out your shell by speaking to someone at GYE, or at least post on the forum, (because we won't let go of you!). It makes no difference where you're holding on the spectrum of this struggle but if you struggle even just with mzl, even if it's only at intervals, but you find that you don't seem able to totally break free, then I beg of you PLEASE PLEASE reach out. The professionals here have so much to offer and so much want to help, why wouldn't you make that first step towards your own happiness/ Menuchas Hanefesh?

Many times the question has been asked, 'why are there so few people active on the forum, relative to the 30,000 users signed up to GYE?', I believe that the answer may be, because many of us feel we don't struggle as strong as those on the forum, or we're more comfortable battling this on our own. We lurk around for Chizuk but remain silent. Oh, how foolish, don't we see we're not managing on our own, are we not desperate just to break free/grow up, etc. Let's stop living in denial that every time we fall will be the last time, or that at the next stage I will be clean or any other one of the Satan's tactics. This is also a call to the hundreds of Bochrin out there. DON'T WAIT, ACT KNOW. You're still young, you have such beautiful lives ahead of you, why wait. Sorry for venting but it's on my heart. I was like this for so many years, always excusing myself that at the next stage, it will be a thing of the past, this went on for 11 or so years, until I just picked up the phone to GYE who gave me incredible practical tools on how to break free. Instead of spending your days with patchwork, like kenosos, they will guide you

through and show you the correct perspective. Once again I Beg & plead of you, don't just sit back- Do something.

Part one, coming shortly...

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Re: Striving for Excellence

Posted by Markz - 14 Nov 2021 13:03

[excellence wrote on 14 Nov 2021 07:42:](#)

@markz,

?Because it's a selfish n sick thing to do, to make her believe that you're interested and care for her, when in actual fact all you want is to feast over her body. That's why.

A sick person needs medication / therapy.

Let's suppose they are in a long term relationship and they will even marry, what that non Jewish kid did, was normal, 100% normal in their society.

Being materialistic makes somebody sick?

My point is - Acting as he did in public was maybe not ok, but he's not sick. Maybe selfish - who isn't? But not sick...

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Re: Striving for Excellence

Posted by DavidT - 14 Nov 2021 15:11

[excellence wrote on 14 Nov 2021 06:17:](#)

Ok, so I fell after 68 day's clean.

I'm not really frustrated with myself, because the triggers/urges were getting out of hand. Perhaps I'm frustrated at the situation:

1- I've not been with my wife the past few weeks for a very practical reason. Even though she is desperate to be together, we just can't (she is Muttar). This should be resolved in another week or so.

2- Something happened to me on Thursday night, that really really set me in a frustrated and angry mode, which automatically caused me to feel like, "what the hell, I don't even care if I fall".

3- Even though urges are meant to subside. Mine keep following me around. On a day that I'm feeling venerable, I'll feel on the edge of the cliff all day. I felt it coming, eventually I was going to fall. I kept holding myself back, but eventually it get's to a stage where I just give in.

4- This is the worst of the lot: I came home on Friday after overcoming a huge urge, and guess what? From my window I got a birds eye view of a non-Jewish sick boy seducing a girl, & I won't elaborate in order not to trigger. They we're there for 3 hours... It was a bit like watching this online, just instead from my dining room window...

At that point I said to myself, I can't anymore. I was home alone and I fell....

Not so sure what I'm trying to say with the above. Time to stop dwelling and move on.

Have a wonderful day,

Excellence

Hi

It seems that you're in a very difficult position now and from what you're writing it may very well be that you're considered an ????? .

The famous Ohr Hachaim Z"L in Acharei Mos, 18:2 writes that when we are faced with either of these two aspects, sight or thought, it becomes close to impossible for a person to control himself. And it goes without saying that if one looks AND thinks about these things, he will be very weak when facing this desire. And it also goes without saying, that if one actually begins to taste from the bad, he will be completely given over into the hands of his desires.

And the only way that a man can wage war with this powerful desire is by removing from himself these two aspects (1. improper sights and 2. lustful thoughts). And by doing this, one instills within himself that he should not lust after this, and he will be able to control his natural desires.

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Re: Striving for Excellence

Posted by Sapy - 14 Nov 2021 16:59

Buddy I'm sorry to hear about your fall.

in my humble opinion, your doing great, no need to stress about it, as the saying used to go here... Fell, shmell... just dust off and keep going, maybe in 10 days or so, you can try to think what you could've done to not fall in such a situation, to know for the future. But for now... Keep on Trucking!

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Re: Striving for Excellence

Posted by excellence - 14 Nov 2021 21:06

@ Avrohom,

Thank you for your warm words. I read over my previous post & I really gained from going over it. Yes I must internalise once again that I am human after all, and falls do happen.

Thank you.

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Re: Striving for Excellence

Posted by excellence - 14 Nov 2021 21:18

[Markz wrote on 14 Nov 2021 13:03:](#)

[excellence wrote on 14 Nov 2021 07:42:](#)

@markz,

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A sick person needs medication / therapy.

Let's suppose they are in a long term relationship and they will even marry, what that non Jewish kid did, was normal, 100% normal in their society.

Being materialistic makes somebody sick?

My point is - Acting as he did in public was maybe not ok, but he's not sick. Maybe selfish - who isn't? But not sick...

Dear R Markz,

I beg to differ:

Firstly, society today is generally very unhealthy, which is a nicer term for the word "sick".

Secondly, it's more likely than not that the average encounter between a non Jewish boy & girl is NOT because they are in a long term relationship.

Thirdly, So what, if its normal in non Jewish circles to act in such a filthy way?!

Fourthly, Yes, it makes me feel sick to see a girl being "used" like that, it's filthy and sick to manipulate others to fulfil our own desires, specifically in this area.

Lastly, As HHM has taught me, it is imperative we work on not being so selfish by using our wives to make ourselves feel good, but to genuinely care for them and be in tune with their needs. What I witnessed - however tempting it may have seemed- was the complete opposite.

Thank you,

Excellence

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Re: Striving for Excellence

Posted by excellence - 14 Nov 2021 21:26

@ David T,

I just looked up this ??? ?????, such beautiful words. Thank you so much for sharing.

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Re: Striving for Excellence

Posted by Hashem Help Me - 16 Nov 2021 12:16

We believe that when we see things accidentally on the street, it is b'hashgacha elyona. Why you had to see this vulgar act is not something any of us can explain, but know that it was part of Hashem's plan for your story. (Obviously one should stop watching as soon as one realizes what's going on, but hey, we are all human, and can all understand why you kept looking back....)

One thought that came to mind. Obviously the yetzer hara had to take out one of his real heavyweight tricks out of the bag to get you to fall. The typical Internet viewing etc obviously BH does not entice you as in the past, and he knew he had to attack with mega force. Even this super triggering matzav took 3 hours!! I don't know about you, but if this would have happened to me in my early stages of getting clean, i would have been finished in 5 minutes max - and then would have come back for more.... Take it as a compliment tzaddik. And tell the yetzer hara, he shouldn't bother trying this tactic again, because it really didn't speak to you once it was over, so you don't plan on rach"l heading downhill with such an experience again. Keep inspiring us.

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Re: Striving for Excellence

Posted by excellence - 16 Nov 2021 13:10

@HHM, Thank you for taking the time to share with me such heartfelt words. They really touched me.

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Re: Striving for Excellence

Posted by Trouble - 16 Nov 2021 14:06

[Hashem Help Me wrote on 16 Nov 2021 12:16:](#)

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My apologies, but he knew enough that the non-Jewish boy was sick; he knew enough that he was trying to seduce her; he knew enough that it was for three hours. This was not Hashgachah Elyonah (more than anything else in the world). This was an ordinary occurrence of which this fellow was not able to control himself, or was able and didn't want to, and he had a good time for three hours.

All those words: "non-Jew," "seduce," "sick," "poor girl" - are just ways to lay the blame elsewhere.

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Re: Striving for Excellence

Posted by mggsbms - 16 Nov 2021 14:38

[Trouble wrote on 16 Nov 2021 14:06:](#)

[Hashem Help Me wrote on 16 Nov 2021 12:16:](#)

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All those words: "non-Jew," "seduce," "sick," "poor girl" - are just ways to lay the blame elsewhere.

The initial trigger is what HHM is referring to, I've yet to see something so enticing on the street.

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Re: Striving for Excellence
Posted by Hashem Help Me - 17 Nov 2021 01:52

Yes, i was referring to the initial trigger.

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Re: Striving for Excellence
Posted by excellence - 17 Nov 2021 13:02

Looking back, I believe that I only continued to look out the window, because I had already experienced a number of urges/slips over the previous few days prior to my fall, especially on the morning of the fall. Had I handled those urges better and not acted on them at all, it is much more likely that I would of shut the shutters and moved on, since at it's early stages the trigger wasn't that strong as it started off mildly and only later got worse.

Anyway, what's more important is that today is Day 3.

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Re: Striving for Excellence

Posted by Shmuel - 17 Nov 2021 13:23

[excellence wrote on 17 Nov 2021 13:02:](#)

Looking back, I believe that I only continued to look out the window, because I had already experienced a number of urges/slips over the previous few days prior to my fall, especially on the morning of the fall. Had I handled those urges better and not acted on them at all, it is much more likely that I would of shut the shutters and moved on, since at it's early stages the trigger wasn't that strong as it started off mildly and only later got worse.

Anyway, what's more important is that today is Day 3.

May I disagree?

I would say the more important thing is the recognition that your actions have consequences and that challenges don't just fall out of the sky...

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Re: Striving for Excellence

Posted by excellence - 07 Dec 2021 23:13

Day 11

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