

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 excellence - 01 May 2022 20:23

I'm back.... if anyone remembers me.... (you're welcome to find out about me at the beginning of this thread)

To try keep it short: I have had ups & down's, Life was too busy to keep logging in. I made F2F my focus but I simply didn't have enough time for that either. I now plan on continuing with F2F, and perhaps posting here a little bit.

I just want to point out one thing:

I have come to the realization that the only way I stand a chance is by being constantly alert and not slipping into auto pilot mode, that is when the Yetzer Hora jumps out and gets me. I need to internalise that the same way an alcoholic cannot smell wine, I cannot afford to allow myself to come close to falling at all. However being that this is not always possible, I must constantly, at least once a day prepare myself for that day. I suppose an alcoholic also needs to prepare himself before he goes shopping, likewise i must prepare myself too.

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Re: Striving for Excellence

Posted by Vehkam - 01 May 2022 21:02

If you daven every day, you can build some of that preparation work into your davening. I also find that it is very helpful to have it as part of your going to sleep and/or waking up routine

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Re: Striving for Excellence

Posted by Sapy - 01 May 2022 21:36

Yay! Excellence is back!!!!

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Re: Striving for Excellence

Posted by YeshivaGuy - 09 May 2022 00:41

Great to "see" you again buddy

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Re: Striving for Excellence

Posted by excellence - 13 Sep 2022 22:57

Im still around!! Got inspired tonight to post on my thread. (pls read the beginning of this thread if you never heard of me!).

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Re: Striving for Excellence

Posted by Sapy - 14 Sep 2022 02:22

Hi Brother! I'm also still around... miss you here!

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Re: Striving for Excellence

Posted by excellence - 17 Sep 2022 21:15

Thanks.

Just signed up for mentor.....

I'm also in touch with a partner. we try once a week, but think I need mentor too.....

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Re: Striving for Excellence

Posted by No Mask - 18 Sep 2022 07:06

Just went through your thread, it was very inspiring.

You're amazing!!

I could relate and more than relate to your story, growing up in a choshuvah home being considered a top buy, and putting on a big mask, and suffering in silence.

Wishing you all the best

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Re: Striving for Excellence

Posted by excellence - 20 Sep 2022 13:13

I am so inspired: www.yutorah.org/lectures/lecture.cfm/914698/rabbi-moshe-weinberger/kedusha-is-it-within-our-reach/

?Thanks to whoever posted this on his thread.

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Re: Striving for Excellence

Posted by excellence - 20 Sep 2022 20:14

I just signed up for web chaver for extra protection. If I am makpid to eat food only with a good hechsher, my comp should have one too!!

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Re: Striving for Excellence

Posted by excellence - 29 Sep 2022 21:13

This video has been at the back of my mind for years, thought I should really share it here too.

gye.vids.io/videos/489bd1b81e19eecdc0/its-all-fake

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Re: Striving for Excellence

Posted by excellence - 14 Oct 2022 14:28

Warning: Spoiler!

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Re: Striving for Excellence
Posted by excellence - 11 Nov 2022 13:24

Very Very
powerfull: videos.sproutvideo.com/embed/119dddb11515e5cb98/78d6649b0fa2bfe5?type=hd

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Re: Striving for Excellence
Posted by yechielmichel - 11 Nov 2022 13:52

[excellence wrote on 11 Nov 2022 13:24:](#)

Very Very
powerfull: videos.sproutvideo.com/embed/119dddb11515e5cb98/78d6649b0fa2bfe5?type=hd

This looks like its from a christian pastor...

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