

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 Reachstars - 15 Apr 2021 17:06

@Excellence have you thought about doing some research into SA?

Ask yourself these questions:Test Yourself - 20 Questions

1. Have you ever thought you needed help for your sexual thinking and behavior?
2. That you would be better off if you didn't keep "giving in"?
3. That sex or stimuli are controlling you?
4. Have you ever tried to stop or limit doing what you felt was wrong in your sexual behavior?
5. Do you resort to sex to escape, relieve anxiety, or because you can't cope?
6. Do you feel guilt, remorse, or depression afterward?
7. Has your pursuit of sex become more compulsive?
8. Does it interfere with relations with your spouse?
9. Do you have to resort to images or memories during sex?
10. Does an irresistible impulse arise when the other party makes the overtures or sex is offered?
11. Do you keep going from one relationship or lover to another?
12. Do you feel that the right relationship would help you stop lusting, masturbating, or being so promiscuous?
13. Do you have a destructive need — a desperate sexual or emotional need for someone?
14. Does pursuit of sex make you careless for yourself or the welfare of your family or others?
15. Has your effectiveness or concentration decreased as sex has become more compulsive?
16. Do you lose time from work for it?
17. Do you turn to a lower environment when pursuing sex?
18. Do you want to get away from the sex partner as soon as possible after the act?
19. Although your spouse is sexually compatible. do you still masturbate or have sex with others?
20. Have you ever been arrested for a sex-related offense?

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Re: Striving for Excellence

Posted by excellence - 15 Apr 2021 21:35

Dear Reach stars

Thanks for taking the time to post on my thread. What made you think I may need SA?

Thanks

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Re: Striving for Excellence

Posted by Snowflake - 13 Jun 2021 18:01

R'excellence, how are you?

I just wanted to say that I went through your whole thread and found it to be pure gadlus.

Please keep posting, your chizuk is invaluable, not only to myself, but to the whole GYE community, no doubt.

If I understood your penultimate post correctly, it happens every so often to myself.

Being a divorced man I constantly grapple with perfectionism, particularly if I did everything I could to salvage my marriage. I found that I'm very judgemental to myself (i.e. maybe I should've tried more), but were it someone else in my shoes, relating to me the same story, I'd totally tell this person not to worry at all, that he did much more than most men would ever do to save it. Makes sense?

Once more, please keep us posted. Your story and tips are amazing and very inspirational.

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Re: Striving for Excellence

Posted by Sapy - 13 Jun 2021 18:32

[Snowflake wrote on 13 Jun 2021 18:01:](#)

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Once more, please keep us posted. Your story and tips are amazing and very inspirational.

I second that. Really miss your being around.

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Re: Striving for Excellence

Posted by excellence - 14 Jun 2021 21:02

Dear my chaveirim- Snowflake & Sapy,

Thank you so much for the Chizuk, You have no idea to what extent a good word can effect someone.

I'm really happy my posts have interested you, I certainly put alot of time & effort into writing them, and Iv'e always dreamt about helping others with what caused me so much anguish in my years as a Bochur.

To be honest Iv'e not had it so easy lately. I'm not ready to elaborate. This caused me to avoid

looking at GYE the past week or 2, but I'm around and hopefully I always will be.

With admiration and appreciation,

Excellence.

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Re: Striving for Excellence

Posted by Snowflake - 15 Jun 2021 12:55

We're all in this boat together. Come back when you're ready. Still if I may advise you, don't stay off for long. Isolation is all the YH wants. The YH says I got this, I can deal with this on my own. Nothing could be further from the truth. We've all tried to "solve it ourselves" and it only led us deeper down the hole. By coming here and opening up, your struggle becomes much easier and lighter. Don't be afraid of falls. Years of bad programming don't unwind easily. The single most important thing is to keep trying, and never give up, no matter how much you fall.

Please post more, looking forward to your chizuk!

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Re: Striving for Excellence

Posted by soaring high - 18 Jun 2021 03:23

hi r' excellence, this is my first time commenting on someone elses post, but i just wanna tell u that u give me tons of chizuk wow wow wow, i hope to be where u are one day

soaror, hatzlocha!

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Re: Striving for Excellence

Posted by ihadstringsbutnowimfree - 18 Jun 2021 20:40

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Re: Striving for Excellence

Posted by ihadstringsbutnowimfree - 18 Jun 2021 20:50

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Re: Striving for Excellence

Posted by excellence - 30 Jun 2021 22:14

Dear friends,

I believe I will hold on stronger if I log my journey, I've come to the realization that it's very likely that the forum alone is not a strong enough tool to help me break free so I have also taken other steps, but the forum nonetheless will help me on the side!

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(Feel free to go back to the beginning of this thread for those that may wanna see my story)

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Re: Striving for Excellence

Posted by excellence - 01 Jul 2021 21:16

I feel a little silly saying I'm one day clean because I know i can and I am a lot better than that, however nonetheless a day used well cannot be underestimated either. so B"H as of now I am clean, and I surrender and Daven to Hashem as HE is the only one who can truly help me.

May Hashem be mechazek all of us,

With respect to you all.

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Re: Striving for Excellence

Posted by Looking_to_improve - 01 Jul 2021 22:15

[excellence wrote on 01 Jul 2021 21:16:](#)

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May Hashem be mechazek all of us,

With respect to you all.

Don't feel silly. Day 1 is often the easiest day to fall again, so don't underestimate the achievement

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Re: Striving for Excellence

Posted by excellence - 02 Jul 2021 15:03

2 Days,

I'm quickly logging this cos had slight urge so quickly turned to GYE.

Gut Shabbos

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Re: Striving for Excellence

Posted by excellence - 03 Jul 2021 23:24

Thank you Hashem for granting me another day clean & a very inspiring and uplifting Shabbos.
Please help me that tomorrow will be the same too.

Love excellence

3 Days

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