

Striving for Excellence

Posted by excellence - 23 Jan 2021 21:36

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**Striving for Excellence**Introduction

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 Gevura Shebyesod - 16 Jul 2021 17:01

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Yom Chamishi BL"N.

Hatzlacha!

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Re: Striving for Excellence  
Posted by Hashem Help Me - 16 Jul 2021 20:19

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Do you mean an entire Yom each day or divided over the time you will be there?

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Re: Striving for Excellence  
Posted by excellence - 17 Jul 2021 23:06

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[Hashem Help Me wrote on 16 Jul 2021 20:19:](#)

Do you mean an entire Yom each day or divided over the time you will be there?

Neither! I mean that only if I manage to stay clean, then after I leave the 'danger zone' as a reward for me, you will agree to say one yom of tehilim, just once!

Makes sense?

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Re: Striving for Excellence

Posted by starting - 18 Jul 2021 06:45

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Beautiful

2 bl"n

Please pm me when I should say it bec I won't necessarily notice if it's just on the thread

Pressure is on! Hatzlocho

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Re: Striving for Excellence

Posted by excellence - 19 Jul 2021 07:43

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A tremendous thanks to the following Tzdaikim for helping me with my challenge:

@sapy- Yom Rishon

@starting- Yom Sheni

@Gevura shebyesod- Yom Chamishi

@mggsbms- Yom Hashabbos

But I still really need more chavieirim to help fill in the gaps, (you will only need to say it once! see earlier posts). **Please.....**

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Re: Striving for Excellence

Posted by Markz - 19 Jul 2021 16:10

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[excellence wrote on 16 Jul 2021 15:12:](#)

Dear Friends,

?I've been thinking what sort of plan I can make for myself whilst I travel after Tisha B'av, as at the location I will be staying at, there is open access to unfiltered devices. I have always fallen there and in my formative years I spent hours watching porn there.

Monetary Kenosos have not worked for me there, even big ones. I would say that I'm in a better state now than in the past but I certainly have to make a plan.

I believe the knowledge of being held accountable by others will be a powerful motivation to resist an urge.

?I therefore want to make the following request:

If I manage to stay clean, I am looking for GYE Chaverim who will agree beforehand to take upon themselves to say one Yom of Tehilim (as a zechus for siyato dishmayo for me and all the special members of GYE) , in lieu of the fact that I managed to stay clean.

I believe, that if I know that by giving in to an urge i am giving up on the whole sefer tehilim being said because of me, i will Bez"H be able to resist.

I will be at this location untill close to Elul.

?I am looking for a minimum of 7 volunteers, that way Tehillim will be finished at least once.

If your interested, Please reply on this thread by writing the Yom of Tehilim you agree to take. Please go in order, i.e the first volunter takes Yom rishon e.t.c

?With tremendous thanks in advance for showing kidness to an anonymous friend trying to surf the waves out there.

With love

Excellence

I like how you started.

But from your word therefore... It took a different twist than I would have thought. If you are looking for someone to PM on a specific day of the week I think that is a nice idea and I am all in!!

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Re: Striving for Excellence

Posted by ??? ????? ????? ??? - 19 Jul 2021 16:20

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I'll take Yom Shlishi. Hatzlacha!

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Re: Striving for Excellence

Posted by Captain - 19 Jul 2021 18:55

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I'll take Yom Shishi. I'm glad to be part of such a holy idea.

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Re: Striving for Excellence

Posted by excellence - 19 Jul 2021 22:03

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## **UPDATED:**

A tremendous thanks to the following Tzdaikim for helping me with my challange:

@sapy- Yom Rishon

@starting- Yom Sheni

@ ??? ????? ????- Yom Shlishi

@????????????????- Yom Revii

@Gevura shebyesod- Yom Chamishi

@Captain- Yom Shishi

@mggsbms- Yom Hashabbos

Any more Hidden tzadikim out there for yom revii? please....

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Re: Striving for Excellence

Posted by lionking - 19 Jul 2021 23:57

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I'll take Yom Rivihi. Please pm or email me to remind me to say it.

Hatzlacha Rabba

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Re: Striving for Excellence

Posted by mggsbms - 20 Jul 2021 00:22

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[lionking wrote on 19 Jul 2021 23:57:](#)

I'll take Yom Rivihi. Please pm or email me to remind me to say it.

Hatzlacha Rabba

Wow! We've got to the finish line! We're all waiting..

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Re: Striving for Excellence

Posted by excellence - 20 Jul 2021 04:32

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**UPDATED:**

A tremendous thanks to the following Tzdaikim for helping me with my challenge:

@sapy- Yom Rishon

@starting- Yom Sheni

@ ??? ???? ???? ????- Yom Shlishi

@lionking- Yom Revii

@Gevura shebyesod- Yom Chamishi

@Captain- Yom Shishi

@mggsbms- Yom Hashabbos

No words to thank you all. I daven to be able not to c"v let you all down. I will be entering the above mentioned location tomorrow Bez"H.

Looking forward to making you all proud when I leave that location beginning of Elul Bez"H.

If anyone else would like to join, feel free. Probably won't finish another sefer, but the more people involved the more accountability.

Have a wonderfull day,

Excellence

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Re: Striving for Excellence

Posted by excellence - 23 Jul 2021 15:59

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Dear Chaverim, Tzadikim, Yedidim,

B.H Youv'e all started me up on a real good note. I'm very motivated, and at the moment not even interested in all the sick dirt out there!

It's thanks to you all, and there is no question about it that without GYE I would be having crazy urges right now.

I daven it should stay this way and that I should sail through this Tekufa smoothly.

Just want to wish you all A gut Shabbos,

Love Excellence

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Re: Striving for Excellence

Posted by excellence - 26 Jul 2021 10:08

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Thank you Hashem that You're keeping me so busy, there's just no time for the Yetzer hora.....!!!!

26 Days

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