

I'm Fed Up

Posted by UpAndDown - 14 Sep 2021 21:44

This Nisayon is to big.

Long story in short: The journey started 10 years ago. A year ago I reached my longest clean stretch of about 450 days. But then I fell. And then I got up. Then I fell again. Then I got up, had a clean stretch and fell again. (with all the emotions that a person goes through...)

Finally I managed 100 days clean.

And then, just 3 weeks ago I fell again. But really badly. My worst ever.

I watched many hours of pornography on a unfiltered device that I got hold of. I acted out many times - trying hard to ignore the fact that it's Elul, AY"T etc.

I don't have the will to get back up again because I have lost my Emunah.

I do believe there is a creator of this world but I am loosing my Emunah in Torah Misinai and in Chazal.

If Hashem is really bothered about HZ"L then why is it not clear in the Torah? (I know there are some answers in the Seforim - but still - if something so important is asked from a person then why not say it clearly?!)

And why is man put in a situation where he will definitely sin, it's only a question of when and how??

I am full of anger, upset and guilt.

I was a top top avreich, but now I wish I could just leave my Yiddishkeit and just live a "normal" human life.

This past Shabbos - Shabbos Shuvah - I had a battle with my YH whether to be Mechalel Shabbos!!

I am in a state where I am open to commit any sin possible...

Dear friends -

Please save my soul!! (and my gorgous family)

I would love to be able to live like a loyal Yid but I need Chizzuk - mainly in Emunah, and I have no Rav who I feel would not judge me. And no Rav who could give me clear answers.

I am utterly fed up!

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Re: I'm Fed Up

Posted by upanddown - 08 Jun 2025 22:15

30 days clean BH.

Been reading the book "God of our understanding" by Rabbi Shais Taub. What he writes really resonates with my personal journey. My sex addiction (first time I'm admitting it) stems from a desperation for spirituality. And ever since I've been taking my Yiddishkeit more seriously and feeding that need with what it really yearns for, it has been much easier to stay clean. No chiddush really. It's just a great feeling to somewhat experience the ????? ????-strategy actually working.

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Re: I'm Fed Up

Posted by chaimoigen - 08 Jun 2025 22:19

[upanddown wrote on 08 Jun 2025 22:15:](#)

30 days clean BH.

Been reading the book "God of our understanding" by Rabbi Shais Taub. What he writes really resonates with my personal journey. My sex addiction (first time I'm admitting it) stems from a desperation for spirituality. And ever since I've been taking my Yiddishkeit more seriously and feeding that need with what it really yearns for, it has been much easier to stay clean. No chiddush really. It's just a great feeling to somewhat experience the ????? ????-strategy.

It's a fantastic book. Gave me a lot of insight.

KOMT!!!

Here's a warm hand,

Chaim Oigen

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Re: I'm Fed Up

Posted by upanddown - 18 Jun 2025 18:04

40 days clean BH.

Been having strong, frequent and long lasting urges.. (I find it hard to sit still while learning).
Been having financial pressure, feeling stressed and frustrated. The weather is gorgeous and I've had the pleasure of seeing some stunning young half-naked girls walking along with their boy-friends, which always triggers me in a very deep way... (Shmiras Einayim success rate of about 50%)

Sharing some thoughts that have been helping me...

1. This is the ultimate fight. It's what this entire world was created for: The moment a Yid overcomes his YH. The success of the israeli army is a joke compared to ??????. As it says in the ????? ?????? ??? ????? ?????? ??? ?:

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Every time we fight off the YH we should be feeling tremendous ?????, at least as much as when the mossad agents manage to eliminate a few nuclear scientists in one blast...

2. By refraining from acting out I am left with a void. It's crucial to fill that void with something satisfying rather than just ignoring it and moving on...

The Gemara (Sanhedrin 111b) mentions 2 types of people overcoming the YH: There is ????? and there is ????? ?????.

Rashi explains : ?????? ??????. ?????? ?????? ?????? ??????? ?? ??????? ??????.

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Perhaps this is the reason that a ?????? ?????? is better than a ?????? ??????: because by filling the void with a Mitzvah you are in a much stronger place, you are not left feeling empty and longing for something...

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Re: I'm Fed Up

Posted by upanddown - 18 Jun 2025 19:58

40 days clean BH.

My urges have been strong and frequent. I've been having financial pressure, feeling stressed and frustrated. The weather is gorgeous, so I've had the pleasure of seeing some stunning young half-naked girls walking along with their boy-friends, which always triggers me in a very deep way... (Shmiras Einayim success rate of about 50%)

Also, as I am managing more and more to overcome my sex-addiction, my addiction to other things e.g. following the news (very trendy nowadays), browsing on YouTube and binge eating has become a real issue. Seems that I'm trying to fill a void.

A couple of thoughts:

Re the strong urges -

1. This is the ultimate fight. It's what this entire world was created for: The moment a Yid overcomes his YH. The success of the Israeli army is a joke compared to ?????? ??????. As it says in the ?????? ??????? ??? ?????? ?????? ??? ?:

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Every time we fight off the YH we should be feeling tremendous ?????, at least as much as the Mossad agents must be feeling when they manage to eliminate a few nuclear scientists in one blast...

Re the new addictions -

2. When refraining from acting out we are left with a void. It's crucial to fill that void with something satisfying rather than just ignoring it and moving on... I think it's a mefurasha Rashi:

The Gemara (Sanhedrin 111b) mentions 2 types of people who overcome the YH: There is ???? ????? and there is ????? ??????. And ??" says:

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Ignoring the YH can work. Feeding him with good stuff is even better.

Any thoughts are welcome.

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Re: I'm Fed Up

Posted by kavey - 18 Jun 2025 23:15

For the 2 former I've essentially gone cold turkey (and in the current conflict in Israel am like a beggar begging for scraps of news...and it feels great!).

Not sure about binge eating but I've upped my exercise regime. Trying to go on treadmill 20 minutes a day. I know my eating is upsetting the balance more than the exercise but the exercise also feels good (can you say endorphins!)

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Re: I'm Fed Up

Posted by upanddown - 20 Jun 2025 09:33

Posting for accountability...

My wife is abroad. My children are in their various Moisdos. I have no chavrusa this morning. I could go to that place I went to just a few weeks ago and indulge in the most relaxing experience on earth... Nobody will see, nobody will know. An opportunity that won't happen so quickly again! My YH is trying hard...

But no. Full stop.

It may be what I want to **do** but it's not who I want to **be**.

TYH for this opportunity of Teshuvah.

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Re: I'm Fed Up

Posted by Muttel - 20 Jun 2025 14:43

So impressive!

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Re: I'm Fed Up

Posted by justwannabefree - 20 Jun 2025 18:33

Hi I'm new here but just wanna say I'm inspired by your journey sounds like you're getting somewhere despite a really hard situation.

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Posted by upanddown - 06 Jul 2025 00:20

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4. We can't and shouldn't rely on anything or anyone else. ?? ??? ??? ?? ?? ???. It's in my own hands.

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5. "*Dos pintele Yid*"! (The jewish spark.) However far a person has gone, he knows and feels the ???.

6. The terrible feeling of regret. ????? ?????? ??????.

7. Don't wait until it's too late. The ??? ????? can be so great - it can be fatal!!

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8. The unbelievable power of real Teshuvah, regardless to the severity or frequency of the sins.

Any ?????? or ??????? are welcome!

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Re: I'm Fed Up

Posted by captain - 07 Jul 2025 12:18

[upanddown wrote on 06 Jul 2025 00:20:](#)

Today in Daf Hayomi was the story of R' Elozor Ben Durdayo (????? ??? ??). What I have taken with me from this Gemara:

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1. It's a never ending persuit. That 1 affair won't give me satisfaction, I'll just want more.

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2. Eventually the sex-addiction will get so strong that I'll make irrational decisions. I'll waste all of my money, endanger my life, risk getting caught and losing my wife & family - just for the sake of a moment of pleasure.

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3. When she was ????, he started thinking about life... Could it be that perhaps his bubble of ??????? burst? It wasn't quite working out the way he imagined? A bit like finally the wife and kids are sleeping and you're trying to watch Pornography but the internet connection is weak and it's just not working out... it makes you catch yourself, like hey, where have I gotten to?! -- It's all ?????.

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4. We can't and shouldn't rely on anything or anyone else. ?? ??? ??? ?? ?? ???. It's in my own hands.

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8. The unbelievable power of real Teshuvah, regardless to the severity or frequency of the sins.

Any ????? or ?????? are welcome!

Great insights! Also see Chapter 11 of The Battle of the Generation (maybe someone could post some of it here).

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Re: I'm Fed Up

Posted by BenHashemBH - 07 Jul 2025 13:18

Chapter 11

Making the Decision to Change

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The incredible story of the teshuva of Rabbi Elazar ben Durdia is related by the Gemara (Avodah Zara 17a). Elazar ben Durdia was known to have visited every woman of ill repute in the world. Once, he heard of such a woman who lived far away. He amassed a bag of gold coins and traveled across seven rivers to reach her. When she met him, this woman recognized his depravity and told him that he would never be accepted back in teshuva. Struck by her statement, he ran out

of the house.

Elazar sat between two mountains and valleys. He cried out, "Mountains and valleys, beg for mercy on my behalf!" The mountains and valleys declined his request. He then asked the heavens and earth to beg mercy for him, but he was turned down again. He called out for the sun and moon to plead on his behalf, and they too refused. He begged the stars and constellations for help, and he was rebuffed once again.

Finally, Elazar said to himself, "It all depends on me!" He sobbed bitterly over his sins until he died. At that moment, a heavenly voice proclaimed, "Rabbi Elazar ben Durdia is ready to enter Olam Habba."

When Rebbe (Rabbi Yehuda HaNasi) heard this, he cried and said, "Some people acquire their portion in the World to Come

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over many years, while others acquire their portion in one minute!"

Rebbe continued, "Not only do they accept those who repent [in Heaven], they even call them ?Rabbi!"

There is a lot to learn from this story. Let's start by examining what caused Elazar ben Durdia to do teshuva. What changed? Before this woman told him that he wouldn't be accepted back in teshuva, didn't he know that what he had been doing his whole life was wrong? Of course he knew Hashem didn't like promiscuity, but that did not stop him from acting as he pleased. What changed now? What woke him up and caused him to change his life?

Rabbi Shafier (Shmuz 3: "Yom Kippur: The Power of Teshuva," www.TheShmuz.com) answers that Elazar realized he had hit rock bottom. When that sinful woman made her remark, he understood that he had fallen lower than he'd ever thought possible, certainly lower than where he was comfortable viewing himself. That shocking realization broke through all his rationalizations, waking him up and enabling him to see clearly. Not liking where he saw himself brought him to tears, and he turned around immediately. Of course, Hashem accepted his teshuva; Hashem eagerly awaits the repentance of even the most sinful people because of His tremendous love for all His children. For many people, there comes a point in their lives when they overstep their bounds and do what they never thought they would stoop to do. The shock and regret they feel afterward is

searing. It is vital that they respond properly to this pain because this moment is the most critical moment of their lives. In that instant, they can decide to see past their rationalizations and change, or they can defend their decisions instead.

Unfortunately, no matter how they respond, it will be painful. Whether they commit to act differently or try to deny their mistakes, they cannot completely quell the agonizing

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realization that they have done something wrong. Deep down, they know they failed, and that feeling is excruciating.

But there is a way for a person to mitigate much of this pain, and that is by saying to himself, "I will make this the most productive thing that ever happened to me because I am going to use it to change my whole life! Years from now, I am going to look back and realize that all I have become is because of what happened today, and that had it not happened, I probably would have continued to plummet further instead. I am going to become a different person and reach greatness because of what happened!" Making what happened productive by deciding to turn around because of it eases the sting of regret like nothing else can. Best of all, it is a huge shortcut on the road to self-control. It enables us to attain lasting change much faster than usual.

Of course, we must also remember that teshuva completely wipes away our sins as if we never did them.¹⁹ Once we repent, we no longer have to feel down about what we did. We can take comfort in the knowledge that our error has been erased and move on.

There is another lesson we can learn from this story. When Elazar ben Durdia tried to do teshuva, he first reached out to the elements of nature, requesting they do teshuva on his behalf. What was he doing? Did he really think the mountains and stars could repent for him?

Rav Yonasan Eibeshutz (Ya'aros Devash, Volume 2, Derush 10) explains that Elazar ben Durdia was trying to blame his behavior on his surroundings. He tried to blame society for his wrongdoings. But eventually, he realized that if he wanted to change, everything depended on him alone. No one else could change him and make him repent. If he wanted anything to

19. See Rambam Hilchos Teshuva 7:4.

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change, he had to take responsibility for his mistakes, and even more important, for what his future would be like. He had to cut past all his excuses and his identity as a lustful person. He had to resolve that he would change things and not let anything hold him back. That was the only way for him to successfully do teshuva.

This is a critical lesson for us. We all have various rationalizations for our behavior when we mess up. Anyone who doesn't have these rationalizations wouldn't be able to handle the guilt and self-criticism that come after sinning. And the truth is that these excuses might be built on some very good points. We really are living in a challenging generation, and we face tests from all sides. Our friends might be into the wrong things, we experience social pressures from those around us, and we encounter warped perspectives from society on what matters in life. Sin is far more accessible than it ever was, and its sales pitch is much more tempting and far-reaching than it was even one generation ago. People in past generations could never have even dreamed of the challenges we face. For good reason, we wonder what could possibly be expected of us. Our behavior is typical for anyone challenged so much. It takes much planning and effort to succeed.

But those rationalizations won't get us anywhere. If we

continue to use them, we will stay the same for the rest of our

lives, wishing we could do better and feeling bad for giving in.

Does anyone enjoy feeling that he is a slave to his passions? Do

you want to feel powerless and inferior for the rest of your life?

Nobody does. We only settle for that because we lack a better

alternative. Well, there is a better alternative — to get up and

fight! We can tell ourselves that we are sick of the guilt and that

we hate feeling incapable of reaching greatness. We can leave our

past behind and begin anew. We can free ourselves from the grip

Making the Decision to Change [97]

of desire and follow our dreams of greatness, just by making that decision to fight!

The key to quick, lasting change is the statement Elazar ben Durdia exclaimed: “It all depends on me!” He was telling himself, “I cannot rely on anyone else if I want things to be different! I must take care of it myself! I have to make it happen, and that is exactly what I will do!” Taking responsibility enabled him to make the most dramatic transformation in history, and that is how we can do the same and reach great heights, no matter how challenging our situation is.

We do not need to blame ourselves or beat ourselves up to make this turnaround happen. We need not revisit the past to decide to change. (Although wishing we had acted differently is part of the teshuva process, we can leave it for later if it is too daunting to deal with right away.) All we need to do is think about our lives until we realize that we are not happy with the way things are and then say to ourselves, “I am going to make things different.” Of course, we must rely on Hashem for His help because we cannot succeed without it, but then we must shed all our checkered history because all that is irrelevant now. Once we have decided to change and we know Hashem is helping us, we are capable of success!

Once we have decided to change, we no longer are our old selves who messed up so many times. We have left all that behind and have become new people. We are in control, and we are proud of who we now are! That is how we must identify ourselves from now on.

We must avoid making excuses or blaming our circumstances, which stops us from succeeding. But we must also forget about harshly judging ourselves, which would be wrong and irrelevant. Instead, we must focus on the exceptional person we want to be. We must have confidence that we will

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eventually reach the great heights we aspire to because we have taken responsibility for getting there! Since we have decided to change, nothing can hold us back. Nothing will be stronger than our determination to succeed and reach greatness!

The Chazon Ish (Emunah U'Bitachon 4:1) writes that although our Sages taught us about many different middos and how to perfect them, one middah matters more than any other: the trait of deciding to fight our negative impulses. No matter what middos a person struggles with, the most important factor is whether he allows them to run his life or fights back. That will determine whether he will overcome his bad traits and where he will end up as a person.

It is easy to follow our impulses, especially because they are so strong. Giving up takes the least effort, while fighting them requires an incredible amount of energy. Nevertheless, it is crucial that we take control of our actions. Although we might feel weighed down by strong desires and bad habits, we can conquer these impulses if we say to ourselves, "I don't want things to go this way. I want to be in control and live a thrilling and rewarding life! I want to feel good about myself, and I want to be happy with the path I chose. I won't let any desire control my life any longer, no matter how strong it is! I will stand up and fight!"

If you need to muster more strength to make the decision, remind yourself that you will experience so much pain if you don't change. Think about it until you feel you have no choice but to change, even though changing will mean leaving some pleasures behind. You don't want things to remain the way they are! Think about all the pain those indulgences put you through and how unsatisfying it was. Realize that chasing after desire is just not worth it! Say to yourself that you are done with being a person you don't want to be, and that you are going to change things no matter what! Think long and

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hard about where your life is heading and where you want it to be until you feel determined never to return to your

bad habits.²⁰

Once you decide to fight your desires, you will see that you have the strength to succeed. Of course, you will still face strong impulses that will make you feel that you want to indulge and that nothing else matters. Determination to change doesn't make your temptations go away; you will still be challenged. But if you are determined and use a step-by-step plan, you will succeed.

Nobody other than yourself will make you change. You might be able to blame your life's circumstances for your failures, and nobody will argue with you. If a couple of things in your life were different, of course you would be doing a much better job controlling yourself. But those things are not different, and they probably won't change anytime soon. If you want your life to improve so you can become the person you want to be, you must make things change. You must take control of your life instead of letting your desires and circumstances control you. Take responsibility for your mistakes without beating yourself up. Tell yourself that though it would have been difficult to control yourself those times you didn't, and though it will take significant effort for you to take charge, you will regain control starting now. By accepting responsibility to change, you are taking the first step toward the self-control and happiness

you seek.

There is one more lesson to take from this story. At the end of his teshuva, Elazar ben Durdia died. The Maharsha (Chiddushei Agados, s.v. Hachi Ka'amar) explains that Elazar was so entrenched in his lusts that it would have been extremely difficult for him to avoid sin had he remained alive. It was too likely that he would

20. See Shaarei Teshuva 1:4.

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slip back into temptation. For that reason, Hashem had to take him from this world right after he repented.

It would seem that from a spiritual perspective, Elazar ben Durdia had it easy. He died right after repenting and went straight to the World to Come, where he immediately received the greatest pleasure in existence. He did not have to struggle to control himself. We, however, remain alive to face that difficult task. It would be much easier if we were never challenged again, but no doubt we will be — many times. If we don't want to slip back into the trap of desire, we must work so hard. It seems unfair! We don't want to give in again and we want to be good, so why must it be so difficult? Why did Elazar have it easy while we have to struggle?

In reality, however, we are way more fortunate than Elazar ben Durdia. We are lucky to face such difficult battles because these challenges are our opportunity to reach greatness! The more difficult the battle, the greater we can become by winning. Unfortunately for Elazar, he no longer had a reasonable chance of winning such battles, and thus Hashem had to take him from this

world. Because he repented out of love for Hashem, his portion in the World to Come is amazing. He received reward for each sin he committed because the sins of a person who does teshuva out of love for Hashem are turned into merits (Yoma 86a). Yet, he never had another opportunity to overcome his nature in the battle against desire. We, however, were given this incredible opportunity! We get to face countless battles against the yetzer hara, which means we can perform many acts of greatness, each of immeasurable value.

It is true that it is harder to lose control when there are no challenges. It is much easier to stay perfect when there are no tests. But still it is to our advantage that we are constantly challenged, because it presents us with the greatest opportunity

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ever: the opportunity to reach incredible heights!

We must never forget that the focus of life is to accomplish, not to stay perfect. This is why Hashem put us in this world — the reason we are not better off dead! Let us take advantage of this opportunity rather than focusing on the impossibility of staying perfect. We have the greatest opportunity there ever was! Let's not forget that.

Let's encourage ourselves further by remembering that Hashem had to take Elazar ben Durdia from this world because he probably wouldn't have been able to control himself had he remained alive. We can deduce from this that since Hashem has kept us alive after we decided to improve, that means we can regain control over ourselves. We can defeat the yetzer hara. It's not just that Hashem believes in us; He knows for a fact that we can do it. He is helping us, so we can definitely succeed. Let's never give up, because unimaginable success is within our reach. Let's go forward with confidence and reach the greatest heights!

Though it might seem difficult, we can attain phenomenal success if we decide to take control. The crowning peak of achievement awaits if we stand up and fight in the battle of the

generation.

Quick Recap:

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If we ever slip up badly, we can use that to spring us forward to reach heights far beyond where we would have reached had we not fallen. We can turn our mistakes into the most productive events in our lives!

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We must decide to take control of our lives, no matter whose fault it is and how many excuses we have. The determination to stand up and fight will give us the strength to defeat the yetzer hara.

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As long as Hashem keeps us alive, that means He is helping

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us fight our yetzer hara and He knows for a fact that we can

defeat him! This is encouraging news for us because it means

that we can reach greatness!

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Re: I'm Fed Up

Posted by upanddown - 15 Jul 2025 19:20

67 days clean BH.

Feeling vulnerable, so posting for accountability.

Hoping to go jogging this evening to boost my endorphins.

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Re: I'm Fed Up

Posted by upanddown - 21 Jul 2025 01:05

Been having some really strong urges lately. Can't sit still. So today I did some intense excersise until I was totally smashed. It really helped.

Interestingly, when i go out jogging on my own and in my t-shirt and basball cap, I get bombarded with ?????? ?????... so I try to divert my mind to just enjoy the nature etc.

I have to just get into my head that going jogging in a t-shirt is not a goiyshe thing.

Alternatively I could do it in my hat and jacket. Not so practical.

(Please nobody suggest i should listen to a shiur while I'm running... thank you.)

73 days clean btw.

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Re: I'm Fed Up

Posted by kavey - 21 Jul 2025 11:58

[upanddown wrote on 21 Jul 2025 01:05:](#)

I have to just get into my head that going jogging in a t-shirt is not a goiyshe thing.

73 days clean btw.

Love this!

How do you feel about your gedarim? I think sometimes the yetzer pushes the tree a little harder if he thinks a coconut is likely to fall out.

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