

Day 120

Posted by 5Uu80\*cdwB#^ - 09 Jan 2022 00:07

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Gut vuch to everyone. Only with Hashem's help am I still clean right now. Day 119 and 120 were the hardest days for me in an extremely long time. It all started when I heard someone make an absolutely disgusting remark on Thursday and I couldn't get it out of my head, where it started festering and conjuring up old memories. Imagery that I thought was long gone was popping up as if I just saw it. Out of nowhere I found myself in a growing battle that got worse and worse and worse. I was hanging on and fighting like I hadn't had to since around days 20-30. I had let my guard down. I thought I was in the clear. I was wrong. **The yetzer hara was in hiding for nearly 100 days until the perfect time to strike had come.** It got worse and worse until this morning. At 4 am I woke up in so much discomfort that I entered the all too well known pre-fall internal debate of whether or not to just give up and "get it over with already". Historically, when I get to this point I usually have a close to 100% fall rate; the debate is just a formality. I think I have probably only emerged from being so close to falling 4-5 times in my whole life, today being one of them. I was hanging on by mere threads. I was in extreme discomfort. I can't describe it. I just needed the physical relief of doing that mayseh. I went back to sleep until 6:30 when I woke up and I decided that I would either take the battle to the beis medresh like the Rambam says at the end of ????? ????? or literally fall to the lowest depths ??? on Shabbos Kodosh itself. I pulled myself out of bed and ran to shul where I called out to Hashem for help and was blessed with an uninterrupted 2 hours of focused learning in before Shacharis. Hashem blessed me and saved me this morning. After the seuda during the day, though, the fight was at full flare again. I know this sounds bad, but I just wanted Hashem to let it come out by itself while I took a nap because I couldn't deal with the thought that I will have to tolerate more pain and keep battling for at least another week. I am doing OK at this moment, but I am scared about tomorrow and the coming week. I truly don't know if I have the strength in me. I feel like a battered warrior ready to collapse. I tried to tell myself today how great and loved I must be by Hashem, but it's still so hard to feel geshmak when one of the most pleasing physical experiences in the world to me is a gross violation of halacha. Thank you everyone here for helping me to keep moving forward.

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Re: Day 120

Posted by chaimoigen - 19 Nov 2024 02:08

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You are a grizzled gladiator. You will rise, triumphant, because you have the tools, motivation and means to fight it. Hang on.

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Re: Day 120

Posted by 5uu80\*cdwb#^ - 10 Jul 2025 10:24

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Good morning.

Day 1400 ---> Day 0.

Had two falls over night.

I begin again, now.

I won't give up. I know what happened. Anger --> fantasy --> falls.

It's always fantasy. Addiction is a chronic disease.

I will not despair. Hashem loves me. I need to reflect on that constantly.

Have a good day.

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Re: Day 120

Posted by chaimoigen - 10 Jul 2025 11:04

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[5uu80\\*cdwb#^ wrote on 10 Jul 2025 10:24:](#)

Good morning.

Day 1400 ---> Day 0.

Had two falls over night.

I begin again, now.

I won't give up. I know what happened. Anger --> fantasy --> falls.

It's always fantasy. Addiction is a chronic disease.

I will not despair. Hashem loves me. I need to reflect on that constantly.

Have a good day.

Here's a warm hand.

You have been, and continue to be an inspiration and source of Chizzuk for me. I've learned a lot from you, and so continue.

General, I salute you.

You have NOT lost your accomplishments and days, your growth and change, your fortitude and strength. Please hang tight and keep going.

You're a great man,

Chaim Oigen

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Re: Day 120

Posted by 5uu80\*cdwb#^ - 13 Jul 2025 03:21

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Gut voch!

Day 3!

Back on course.

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Re: Day 120

Posted by lamaazavtuni - 13 Jul 2025 04:14

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I can't imagine your pain ...falling after so so long You seem strong !!

hatslacha !!

hugs!!

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Re: Day 120

Posted by 5uu80\*cdwb#^ - 20 Jul 2025 15:43

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Had two more falls back-to-back after my last post but got back up again and won a MAJOR battle last night. Now on day 7.

Veiter!

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Re: Day 120

Posted by 5uu80\*cdwb#^ - 23 Jul 2025 01:06

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Proud to report another win just now.

Have a great night, everyone!

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