

This time will be better

Posted by joetyh - 14 Jan 2022 10:58

hey people!!! just had a fall 2 nights in a row after building my streak to 5 days... but you know what, 5 days, that was pretty impressive. I have made myself sort of reliant on videos to entertain myself during bein hasedarim and after night seder which means i occasionally need to access youtube which is a killer because it starts with downloading just some fun vlogs and/or product reviews and it goes downhill from there. I need to find a way to be able to get some videos (I dont think i can quit cold turkey from watching and 613tube isnt an option) but not falling down that terrible rabbit hole of the "How bad of a video can i find on YouTube). besides for youtube theres the plain urges that come and I just feel powerless against them. I try to beat them but its so so hard to. even the smallest trigger (i.e. seeing a random pretty girl in the street) can just set me off on a bad day. I really want to be clean!!! I really do!!!! But I feel like as soon as the urge comes I just decide that "it's just this time" and I'll find an excuse to justify it.

I'm on day 1 now. My goal right now is 1 week. I think I can do it and I know it will be very painful but I'm ready.

any suggestions or if you can relate hop on to this topic

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Re: This time will be better

Posted by joetyh - 28 Feb 2022 08:09

1 Day clean behind me.

I Thank Hashem for that.

I am asking Hashem to help me out today because I cannot do it on my own.

I commit to be clean just for today.

Have a great day chevra!!!!

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Re: This time will be better

Posted by joetyh - 01 Mar 2022 06:03

Good morning!!!!

Thank you Hashem for another clean day!!!

2 days clean behind me.

I am begging you Hashem I want to be clean today but I cannot do it alone like I've proven too many times.

Please give me another day clean.

A day that I am closer to having a clean mindset

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Re: This time will be better

Posted by joetyh - 02 Mar 2022 12:59

Good afternoon!!!!

3 days clean behind me....

onto day 4!!!

I gotta focus on my learning more. I weirdly have this clarity in my mind that being involved in the learning is a certain level of inner peace... now I just gotta apply it to my life....

Bez"H we going to have another great day and another clean day!!!!

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Re: This time will be better

Posted by Vehkam - 02 Mar 2022 13:09

What a great feeling. Keep it up.

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Re: This time will be better

Posted by joetyh - 03 Mar 2022 11:19

Hey y'all we got 4 days behind me....

we onto day 5!!!!

Oh and it's Adar !!!!!!!!!

I ask Hashem for just one more day clean I cannot do it on my own!!!!

not much more to say today so I'll just say nothing.....

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Re: This time will be better

Posted by joetyh - 04 Mar 2022 06:09

Ah gitten erev shabbos koidesh!!!! Ah gitten Rosh choidesh Adar!!!!

5 days clean behind me!!!!

I beg you Hashem for One more day clean!!!!

Have an amazing shabbos guys!!!!

y'all are amazing!!!!

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Re: This time will be better

Posted by Vehkam - 04 Mar 2022 09:00

Such great news. Keep building. Have a wonderful Shabbos

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Re: This time will be better
Posted by joetyh - 05 Mar 2022 17:00

Gutt Voch!!!! How was Shabbos by y'all?

B"H 6 days behind me.

Mtzsh is always tough so I hope I can stay clean and make it through clean

i can't do it alone so please HaShem help me!!!!

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Re: This time will be better
Posted by joetyh - 06 Mar 2022 06:36

Drumroll..... We have reached 1 week clean!!!!

wow!!!!

back at it!!!!

I could not have done it without Hashem helping me every step of the way!!!!

As much as I will iy"H celebrate this week I also must remember that this week is behind me
and I must focus on being clean today!!!!

Hashem I am asking you for help to be clean today

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Re: This time will be better
Posted by joetyh - 07 Mar 2022 08:54

Ok so we had a little slip last night not a fall I almost started looking at inappropriate things but I
caught myself but I ended up masturbating (not ??? ??? wtvr)

nit counting it as a fall rather as a reminder....

so we on 8 days

Hashem I am begging you for one more day clean!!!!

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Re: This time will be better

Posted by Markz - 07 Mar 2022 18:18

[joetyh wrote on 07 Mar 2022 08:54:](#)

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so we on 8 days

Hashem I am begging you for one more day clean!!!!

????? ?? ????? ????? ????? ?????? ??? ???.

Ask your LOR

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Re: This time will be better

Posted by DavidT - 07 Mar 2022 18:53

[joetyh wrote on 07 Mar 2022 08:54:](#)

Ok so we had a little slip last night not a fall I almost started looking at inappropriate things but I caught myself but I ended up masturbating (not ??? ??? wtvr)

nit counting it as a fall rather as a reminder....

so we on 8 days

Hashem I am begging you for one more day clean!!!!

You're doing a great job and fighting like a dedicated warier in the army of Hashem! Keep it up!

I saw an interesting idea that can give us a better perspective on our urges for lust.

It says in the Torah "A man who marries his sister... it is Chessed... and they will be cut off .."
Chesed? That's a strange word for a terrible sin. The Baal Shem explained that the verse included the word Chesed to teach that lowly lustful desires are a misapplication of the Heavenly drive for Chessed. The verse is bemoaning the disgrace saying, "Lust? How could MISAPPLY CHESSED, the most radiant and important of character trait!

Lust is when we seek to connect with something or others, (especially of the opposite gender) for our own selfish pleasure. Lust, as the most virulent bodily desire, teaches that generous giving is the most powerful urge of the soul.

Perhaps the following thought might help overcome improper drives: The animal soul is ascendant when lust is actualized. If one acts according to the dictates of the selfish desires, one is little better than the beasts of the wild. On the other hand, when one displays selfless giving, the Heavenly soul shines through the body.

When experiencing lust temptation the body is reflecting a fallen urge of the soul. Let's transform the lust to engage in Chesed - selfless giving to other humans and to do for Hashem.

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Re: This time will be better

Posted by joetyh - 08 Mar 2022 07:57

Good morning!!!! B"H 9 days behind me!!!!

I ask Hashem for 1 more day clean.

I want to have a clean mind!!!!

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Re: This time will be better

Posted by joetyh - 08 Mar 2022 08:16

I had a wet dream last night which was really annoying because I did not look at anything inappropriate or lust after anything yesterday it just came out of random but I just gotta move on

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