

From now until MYK

Posted by ki sorisa - 01 Oct 2024 14:07

Hi all,

Just opening this thread to track my progress from now until after YK and for accountability (if it all possible on a anonymous forum..)

My goal is to abstain from porn, masturbation, chat lines and any internet search with the intent to feed my lust.

honestly, not sure how this is gonna be of any help, but a friend of mine on the site has been pushing me to do it. I can only try. Yesterday was day one

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Re: From now until MYK

Posted by shimon1836 - 09 Oct 2024 04:30

HEY KI SORISA!! Sounds like it is quite a struggle you are having like all of us. I read in bitachon weekly that god doesn't expect us to be angels. every little step counts. every time you turn away is HUGE!!! AT THAT MOMENT THAT YOUR HEAD IS TURNED AWAY AND YOU HAVE THAT BURNING URGE, CRY OUT TO HASHEM, AND SAY "HELP HASHEM, HELP! MY WILL IS TO DO YOUR WILL, BUT THIS CHALLENGE IS IMPOSSIBLE, I AM A HUMAN BEING FIGHTING AN ANGEL!!! AND THANK HASHEM!!!! BUT MOST IMPORTANTLY, EVEN IF YOU LOOK, GOD LOVES YOU UNCONDITIONALLY!!!!!! SO FEEL GREAT EVERY TIME YOU DO TURN AWAY, AND FORGIVE YOURSELF EVERY TIME YOU DON'T. I WAS THERE AND KNOW THAT BURNING DESIRE FEELING!!! KEEP UP THE GREAT WORK ONE DAY AT A TIME, ONE MINUTE AT A TIME. AND IT WILL GET EASIER. THIS TOO SHALL PASS!!!!!! HUGS, SHIMONED1836

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Re: From now until MYK

Posted by ki sorisa - 10 Oct 2024 03:14

Day 10. One of those days with loads of work but so freakin tired and no drive to do anything. Deep down was wishing I had access to something. Anytime I attempted to tackle something I found myself checking the news again for the umpteenth time. Just felt like one big fog today.

Hope the sun shines bright tomorrow

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Re: From now until MYK

Posted by richtig - 10 Oct 2024 03:18

Hope it does

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Re: From now until MYK

Posted by ki sorisa - 13 Oct 2024 02:59

#13. Had a slip up last Wednesday night as I dialed a chat line and totally forgot about my Kabbalah. Hung up pretty much right away before going further. Not counting it as reset and trucking ahead. Besides I'm a new man , I was given a new chance today and I will try my best. Wishing you all ah gut kvittle! Now I gotta rename this thread. All suggestions welcome

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Re: From now until MYK

Posted by chaimoigen - 13 Oct 2024 03:15

Here's a warm hand. Gutten Kvittle indeed!

I think you've been writing a good Kvittle, friend!

How bout "From now until Simchas Torah"?

rooting for you.

One day at a time.

Chaim

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Re: From now until MYK

Posted by ki sorisa - 14 Oct 2024 04:34

Perhaps

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Re: From now until MYK

Posted by ki sorisa - 14 Oct 2024 04:35

Here's a warm hand. Gutten Kvittle indeed!

I think you've been writing a good Kvittle, friend!

How bout "From now until Simchas Torah"?

rooting for you.

One day at a time.

Chaim Perhaps, thanks!

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Re: From now until MYK

Posted by ki sorisa - 14 Oct 2024 04:36

[chaimoigen wrote on 13 Oct 2024 03:15:](#)

Here's a warm hand. Gutten Kvittle indeed!

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How bout "From now until Simchas Torah"?

rooting for you.

One day at a time.

Chaim

Perhaps, thanks! Is there an option on the site to edit a threads name?

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Re: From now until MYK

Posted by ki sorisa - 14 Oct 2024 04:37

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Re: From now until MYK

Posted by ki sorisa - 15 Oct 2024 03:59

Day 15.

Extremely busy these days with work and getting ready for the chagim which is bh very helpful. Boredom is no good for me especially if nothing pressing at work to take care of and that normally leaves me feeling quite unproductive.

on another note I got caught up with work today and missed my chance of davening with a minyan, I sort of knew that that would happen but chose to finish up huge workload instead and ended up davening a butchered mincha beychidus. Feeling very guilty abt it especially two days after yk. A little voice in my head is pestering me that "hey don't you see you don't give a darn abt god, look at you when nobody is around you just skip mincha. Stop feeling so holy and like a good Jew, you're a fraud...etc.. stop feeling goid abt yourself for trying to stay clean.. who are you fooling?!"

trying to ignore this voice but very difficult to be honest..

Gnite brothers!

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Re: From now until MYK

Posted by eerie - 16 Oct 2024 16:24

Sorry for the ichy voice, my friend

My friend, that voice is where the YH gets us best. He tries to convince us that all of our life is one big cheshbon, with one bottom line. It doesn't work that way! Of course there are the things we do wrong, but the things we do right are ours forever! If a person lived and hypothetically all he did in his life was that he once had a test to say Lashon Hara, and he held himself in for two minutes, and then he blurted it out. When he gets up there, if he didn't do teshuva, for the aveirah he'll get some gehinnom, and then for the two minutes that he held himself in he'll receive reward in gan eden forever and ever!!!!?? ?? ??? ????? ????? ????? ??? ????? ????? ????? ?? ????? ?????? ?????? ?????!!!! Your keeping clean is chaviv mikol chaviv!

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Re: From now until MYK

Posted by richtig - 16 Oct 2024 17:19

[ki sorisa wrote on 15 Oct 2024 03:59:](#)

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trying to ignore this voice but very difficult to be honest..

Gnite brothers!

Just curious, if you hadn't been doing so well the last 15 days and davened a butchered mincha, would it have bothered you so much then too?

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Re: From now until MYK

Posted by ki sorisa - 20 Oct 2024 01:04

Gut Moed dear brothers! Didn't have a min before yt to log on and update. Bh day 20. All was smooth till last night when I started getting getting these very wanting feelings, and even had some dreams bh no wet ones. woke up today feeling nudgy but bh as the davening progressed I snapped out of it. I started thinking how in a week from now yt will be over and I started getting this sad feeling i always get when its over, like a lost hopeless dark feeling of an endless rest of the year without any meaning and drive. trying to stay mindful and hope that we don't have to have that same ending this year again. hopefully with moshiach tzidkeinu which i yearn for so much especially in these times and days! Amen!

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Re: From now until MYK

Posted by ki sorisa - 21 Oct 2024 03:34

21. Thank you hashem!

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