

Chizzuk Needed

Posted by simchastorah - 04 Nov 2024 10:39

Shalom to all the courageous members of GYE, who deal with this nisayon that so many struggle with, bravely admitting to their issues and doing everything that they can to overcome it. I had a different thread in the past, but have not been active on it for a long time. I have been struggling recently and what I have tried has not helped. I have a filter, accountability with HHM, and have delved deeply into my inner life to try and understand the roots of my struggle. I daven passionately to Hashem in every way I know how to help me, but alas I find myself falling again and again.

My hisbonenus for today is to be mischazek in the emuna that Hashem has infinite koach and He can overcome my yetzer no problem. And ??? ?????? ????????. And that any voice in my head that tells me I'm bound to fail, ????? ??? ??????. As some explain the the ??? ????? is this thought itself, that I don't have the power to overcome the yetzer.

Yesterday I fell three times and by the end of the day I felt like I was living in hell. I finished a productive and meaningful morning seder and walked home davening to Hashem to help me not to fall. By the time I got home I felt that I had the chizzuk I needed to not fall. Even with being mchuzak I fell and wasted much precious time throughout the day trying to find cracks in my filter to squeeze out whatever filthy content I could.

But ????? ??????? and I am absolutely committed to not being ???????.

I am committing bli neder to posting here every day until I have 30 days clean from porn and masturbation.

=====
=====

Re: Chizzuk Needed

Posted by meshivasnofesh - 04 Nov 2024 11:17

Wow! Your perseverance and commitment sound amazing.

Do you mean you have an accountability filter with HHM?

=====
=====

Re: Chizzuk Needed
Posted by simchastorah - 04 Nov 2024 11:26

Yes I have truple

=====
=====

Re: Chizzuk Needed
Posted by chosemyshem - 04 Nov 2024 13:47

[simchastorah wrote on 04 Nov 2024 10:39:](#)

Shalom to all the courageous members of GYE, who deal with this nisayon that so many struggle with, bravely admitting to their issues and doing everything that they can to overcome it. I had a different thread in the past, but have not been active on it for a long time. I have been struggling recently and what I have tried has not helped. I have a filter, accountability with HHM, and have delved deeply into my inner life to try and understand the roots of my struggle. I daven passionately to Hashem in every way I know how to help me, but alas I find myself falling again and again.

My hisbonenus for today is to be mischazek in the emuna that Hashem has infinite koach and He can overcome my yetzer no problem. And ??? ????? ??????? ??????. And that any voice in my head that tells me I'm bound to fail, ????? ??? ??? ??????. As some explain the the ??? ????? is this thought itself, that I don't have the power to overcome the yetzer.

Yesterday I fell three times and by the end of the day I felt like I was living in hell. I finished a productive and meaningful morning seder and walked home davening to Hashem to help me not to fall. By the time I got home I felt that I had the chizzuk I needed to not fall. Even with being mchuzak I fell and wasted much precious time throughout the day trying to find cracks in my filter to squeeze out whatever filthy content I could.

But ????? ??????? and I am absolutely committed to not being ???????.

I am committing bli neder to posting here every day until I have 30 days clean from porn and masturbation.

Thank you for the honest share. I identified quite strongly with having that feeling of "now I got this" only to minutes later turn right back around and step right back into hell. It's painful. But it doesn't mean that you can't change.

Those are some powerful tools you are using. It sounds like you've been around the block on GYE and have put in a lot of effort. Just to throw out an option - have you ever spoken to Dov or anyone about SA? Maybe listening to Dov's 12 step workshops (links in my signature) is worth a few minutes of your time to see if it's something that sounds like it could be helpful.

=====
=====

Re: Chizzuk Needed
Posted by simchastorah - 04 Nov 2024 14:05

[chosemyschem wrote on 04 Nov 2024 13:47:](#)

[simchastorah wrote on 04 Nov 2024 10:39:](#)

Shalom to all the courageous members of GYE, who deal with this nisayon that so many struggle with, bravely admitting to their issues and doing everything that they can to overcome it. I had a different thread in the past, but have not been active on it for a long time. I have been struggling recently and what I have tried has not helped. I have a filter, accountability with HHM, and have delved deeply into my inner life to try and understand the roots of my struggle. I daven passionately to Hashem in every way I know how to help me, but alas I find myself falling again and again.

My hisbonenus for today is to be mischazek in the emuna that Hashem has infinite koach and He can overcome my yetzer no problem. And ??? ?????? ??????? ??????. And that any voice in my head that tells me I'm bound to fail, ????? ??? ??? ??????. As some explain the the ??? ????? is this

thought itself, that I don't have the power to overcome the yetzer.

Yesterday I fell three times and by the end of the day I felt like I was living in hell. I finished a productive and meaningful morning seder and walked home davening to Hashem to help me not to fall. By the time I got home I felt that I had the chizzuk I needed to not fall. Even with being mchuzak I fell and wasted much precious time throughout the day trying to find cracks in my filter to squeeze out whatever filthy content I could.

But ????? ??????? and I am absolutely committed to not being ???????.

I am committing bli neder to posting here every day until I have 30 days clean from porn and masturbation.

Thank you for the honest share. I identified quite strongly with having that feeling of "now I got this" only to minutes later turn right back around and step right back into hell. It's painful. But it doesn't mean that you can't change.

Those are some powerful tools you are using. It sounds like you've been around the block on GYE and have put in a lot of effort. Just to throw out an option - have you ever spoken to Dov or anyone about SA? Maybe listening to Dov's 12 step workshops (links in my signature) is worth a few minutes of your time to see if it's something that sounds like it could be helpful.

Thank you. I listened to most if not all of Dov's 12 step workshop recordings when I first joined GYE, though maybe I should listen again. I considered SA briefly a couple of years ago, but at the time HHM recommended against it. When I first joined GYE I stayed clean for 180 days with little effort, and from conversations with HHM he seems to think that's clear indication of not having SA level addiction. (Correct me if I'm wrong Rabbi Gelner)

=====
=====

Re: Chizzuk Needed
Posted by simchastorah - 04 Nov 2024 14:06

Correction, it was not with little effort. A tremendous amount of effort went into it. What I meant to say was without having overwhelming urges

=====
=====

Re: Chizzuk Needed
Posted by simchastorah - 05 Nov 2024 05:45

BH yesterday was clean. I felt very strong urges before I posted but posting helped to calm it down

=====
=====

Re: Chizzuk Needed
Posted by simchastorah - 05 Nov 2024 11:07

Not really sure what to post about, so I will just share my thoughts. The Rambam compares ??? to ???, and says that ?????? ??? are found only in a ?? which is ??? from ???.

????? the ??? is ??? the same place in ?? as ???. The ????? of ????? who personifies ??? and ????? ????? is ?????? who took ? ????. So the ????? of ??? which is ????? from ??? is ??? - ???. Through ??? it's ????? to the ??? that the true nature of reality is a singular ????? of ??? which is completely one with Hashem. This is ????? from the perception of the false ??? wherein I am the center of reality, and everything is here to be ????? me, which is ???.

May Hashem give me chizzuk to see the world through true eyes, eyes that see that the ??? of the world is Him and not me, and through that to be ????? from ???, which will give me holier eyes, to be ??? in ?????? ?????? ?????? ??????

=====
=====

Re: Chizzuk Needed
Posted by proudyungerman - 05 Nov 2024 13:04

My friend, I am feeling for you.
Please excuse my point if it's off base...

I noticed that in your original post you mentioned accountability with HHM, a filter, and delving into your inner life, however, you didn't mention friends.

Have you tried making some GYE friends? I personally, among many others, have this tool very powerful.

(I'm referring specifically to friends and not mentors. Friends that you can call or text when you just need a pick me up, or just need to shmooze, rant, vent, or just plain grump...)

=====
====

Re: Chizzuk Needed

Posted by simchastorah - 05 Nov 2024 14:14

[proudyngerman wrote on 05 Nov 2024 13:04:](#)

My friend, I am feeling for you.

Please excuse my point if it's off base...

I noticed that in your original post you mentioned accountability with HHM, a filter, and delving into your inner life, however, you didn't mention friends.

Have you tried making some GYE friends? I personally, among many others, have this tool very powerful.

(I'm referring specifically to friends and not mentors. Friends that you can call or text when you just need a pick me up, or just need to shmooze, rant, vent, or just plain grump...)

Not at all off point. I have spoken with a number of GYE guys, and I have found it helpful. My first long clean streak with GYE was very much catalyzed by speaking with someone on GYE who had one year clean after seriously struggling and that really inspired me to get clean myself. Outside of GYE I have a number of friends that I can speak to about it, but have not done so much lately.

I think you are right, I should be speaking to peers about it too, thanks for pointing it out

=====
=====

Re: Chizzuk Needed
Posted by simchastorah - 06 Nov 2024 09:13

Bh today is day 3. Two days has me with a 'clean' feeling. I know that sometimes when I have a clean feeling my YH tells me that now it's ok, that now that I'm not feeling enclothed in filth it wouldn't be so bad to have just one little celebration. Hashem help me to see through the nonsense.

=====
=====

Re: Chizzuk Needed
Posted by simchastorah - 07 Nov 2024 09:49

Bh today is day 4.

=====
=====

Re: Chizzuk Needed
Posted by simchastorah - 07 Nov 2024 14:43

I'm currently in danger. My wife is taking a nap and left her phone around, and I can use it to remove the filter temporarily from my computer. Technically I could use her phone to access p*** too but b'h I have never crossed that line so I remain ??????. Every since I discovered that there is a way to completely turn off the filter there has been a crouching beast inside waiting to pounce on the opportunity to use it. I currently have that opportunity.

It is amazing how quickly I forget the actual misery that doing this thing causes me. On Sunday I felt like I was living in hell from doing it, and now I'm under attack from my inner enemy who tells me it would be the most magical thing in the world.

=====
=====

GYE - Guard Your Eyes

Generated: 10 April, 2025, 05:43

Re: Chizzuk Needed

Posted by simchastorah - 07 Nov 2024 14:45

There's pashut a disconnect with reality that enables this behavior. When it comes to a nisayon it's like someone pulled the plug out of my brain and made everything I know inaccessible to my heart.

=====
=====

Re: Chizzuk Needed

Posted by rebakiva - 07 Nov 2024 15:19

Just by posting, you've got yourself a little bit out of danger, yes you are in a dangerous situation please keep strong, but do yourself the biggest favor and stay here with us, read through a bunch of different threads, post whatever you want, and maybe also call someone to shmuz, {if that's possible}.

~~Don't~~ You won't let yourself fall, just let us know when the danger has passed how it went, we're all praying for you.

Keep it up and keep us posted.

With love akiva

=====
=====