

**Chizzuk Needed**

Posted by simchastorah - 04 Nov 2024 10:39

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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.

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**Re: Chizzuk Needed**

Posted by simchastorah - 02 Dec 2024 05:52

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Day 29 "?"?

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Re: Chizzuk Needed

Posted by chaimoigen - 02 Dec 2024 11:19

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[simchastorah wrote on 01 Dec 2024 06:51:](#)

Day 28 "?"

Feeling desirous this morning. I think it's because for the last few work days I've been listening to content which although not pornographic or erotic is unclean and references sex in unclean ways as well as being filled with bad language. I asked myself this morning why am I struggling and I don't think it's because of any hidden emotional turbulence, I think it's just plain old exposure to tumaa ???? ?? ? ???? ??????.

It's also ??? ????? tonight (last time of ???? ended up being very short) so I know in the back of my mind that sex is be'h coming and this also makes me feel more 'tingly'.

I also tend to have my eyes focused on the long road ahead rather than the current moment, exactly the opposite of one day at a time. It's a personality trait that I have in general. When I open a gemara it's an internal struggle to focus on what's in front of me and not be thinking how long till I finish the daf, how long till I finish the maseches etc. Exactly what the gra in mishlei says you're not supposed to be thinking. It's a focus on the ????? without being able to appreciate the ??? that's here right now, it's being tuned in to a more superficial type of ???, an accomplishment rather than a ?????, a ??? rather than a ?????.

?????? ?? ????? ???, to look down at the bridge, put my feet one foot in front of the other, to appreciate this moment of ????? where I can call out to ? ???? without the ????? ????? of the strong images that get etched in my mind like iron when I c'v act out, to sit with the holy gemara and appreciate what's being said right now "??? ????? ??? ?????" without worrying about "how great I'm gonna be" once I know this sugya too, but instead to open up my heart to enjoy the ??? that's shining out of the ???? rather than craning my neck like a ???? to see what comes after the ???.

**Stop craning your neck simchastorah you ?????! The ??? is already here!**

Lots of good stuff here.

Yeah, the ???? is found in the working along the way.

There's no pot of gold at the end of the rainbow. The rainbow is the gold. It's a road that's beautiful in a breathtaking sweep of colors and in its graceful arc as it leads forward, a way to travel over the horizon...

?It's also smart to realize that feeling desirous is what happens through exposure. It's also ok to feel a pull onwards the negative. Good people have a Yetzer hora too. It's **acting** on those feeling that would be wrong, and you're not going to.

Because you are in a ??? ?????.

Here's a admiring hand,

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Re: Chizzuk Needed

Posted by simchastorah - 03 Dec 2024 05:49

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Day 30 "?"?

This was the goal , to post daily till 30. Since it b'h helped me I'm making a ????? ??? ??? to continue daily until I have 60 ????? ?????

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Re: Chizzuk Needed

Posted by odyossefchai - 03 Dec 2024 11:08

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Wow. What an amazing accomplishment

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Re: Chizzuk Needed

Posted by simchastorah - 04 Dec 2024 08:12

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Day 31 "?"?

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Re: Chizzuk Needed

Posted by simchastorah - 05 Dec 2024 07:53

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Day 32 ??????"?

I kind of wish that I had something I felt I needed to post about because posting becomes a catalyst for connecting with others here, but while as always there is a lot going on inside I'm not sure what is appropriate to share.

I will say that in the last few days I have become re-in-touch with a deep inner feeling of self rejection which while I have been aware of it in the past I have not brought up to my conscious mind in a while. Every day for the last few days I have been taking time to turn my focus fully inward in search of painful suppressed emotions, and each day I come to see myself as a young child of maybe 8 and find myself unable to feel much beyond contempt for this child, and have a lot of difficulty feeling compassion for him, ??? adoration.

It is clear to me that this inner dynamic is a facet of something which is at the root of many of my problems including p\* and m\*. Be'h I'll continue to bring up these feelings and try and find a way to heal. Like I said I have spent much time in the past on this but there's still a long way to go. I have tools for working on it alone having gone to therapy multiple times with multiple modalities, and I find myself sometimes more able to work on things alone than together with a therapist, but maybe I just haven't found the right therapist yet.

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Re: Chizzuk Needed

Posted by simchastorah - 06 Dec 2024 05:40

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Day 33 ???

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Re: Chizzuk Needed

Posted by simchastorah - 07 Dec 2024 16:35

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Day 34 ???

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Re: Chizzuk Needed

Posted by simchastorah - 08 Dec 2024 14:48

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Day 35 "?"?

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Re: Chizzuk Needed

Posted by simchastorah - 09 Dec 2024 07:15

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Day 36 "?"?

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Re: Chizzuk Needed

Posted by simchastorah - 09 Dec 2024 15:09

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Feeling an urge right now. I feel alone with it. If I think about what it is that I want to do I find the thought disgusting. The disgustingness also means I'm not comfortable to call someone up and say "hi i have an urge" that feels too vulnerable and embarrassing. Like calling someone up and saying "hi how you doing i'm making some diarrhea what's up". it seems to me that the urge itself bears within it a message about how i'm disgusting and i should just do it because the fact that i have it itself means that i'm lowly. i have to be able to see past it and maintain a sense of dignity and being above that behavior, looking at the urge as a confusing message being sent to me by someone else who is not me, who knows how to trick me into thinking that it's my own thought.

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Re: Chizzuk Needed

Posted by odyossefchai - 09 Dec 2024 15:15

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[simchastorah wrote on 09 Dec 2024 15:09:](#)

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me by someone else who is not me, who knows how to trick me into thinking that it's my own thought.

I'm almost insulted! Calling us all here disgusting!

All jokes aside, a true friend is someone you can count on during the hard times. They may lend you money during a moment of financial despair, or they may bring you a clean pair of pants if you get yours soiled.

I've called friends here about some weird stuff. They didn't judge me or make me feel bad. They uplifted me and gave me chizzuk.

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Re: Chizzuk Needed

Posted by BenHashemBH - 09 Dec 2024 15:43

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[simchastorah wrote on 09 Dec 2024 15:09:](#)

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My Brother, it may not be easy to call . . . but embarrassing? So you've got a *yetzer hara*? #MeToo, and so does everyone else - courtesy of His Majesty the *Ribono Shel Oilam*. We are *Am Echad* and we are fighting together. Especially here more than anywhere, we can relate to your feelings. We've all been low, but that's not who we are. Reach out to a fellow, because we rise together.

Kol tov

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Re: Chizzuk Needed

Posted by chaimoigen - 09 Dec 2024 16:59

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Part of the poison that we fight

is the pain of having to deal

with the **shame** of what we are dealing with.

Breaking out of the Bastille of shame and into the Light, is good. Easier said than done, friend.

Here's a thought:

Your urge is a compulsion to **do** a **shameful act**.

**Not acting** shamefully **is noble**.

Your urge **is a calling to the nobility** that is to be found on the other side.

You deserve that prize.

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