

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 BenHashemBH - 24 Dec 2024 15:18

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[Hashem Help Me wrote on 24 Dec 2024 12:30:](#)

[simchastorah wrote on 24 Dec 2024 07:53:](#)

Day 51 "?"?

Thanks to the olam for all the thank yous yesterday, it's a nice chizzuk. (which i need, see title)

Hey buddy, we all need it. And don't forget to realize that you are doing an impressive job of inspiring/encouraging others as well. As an aside, giving to others by clicking "thank you's" and posting on other guys' threads, actually helps people stay clean. It keeps the writer focused - but more important, it pulls the guy out of the self-centered mode that pornography poisoned him with.

Thank you Reb HHM.

Perhaps that is one interpretation of ?????? ?????????????????? ??????????????????????

That we're not just pushing back the YH - we force him to serve us.

Brother SimchasTorah, not only are you beating the YH, but through it you are also bringing chizzuk and kedusha to others.

KOMT!!!

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Re: Chizzuk Needed  
Posted by simchastorah - 25 Dec 2024 08:03

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Day 52 "?"?

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Re: Chizzuk Needed

Posted by simchastorah - 26 Dec 2024 05:24

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Day 53 "?"?

Happy Channukah

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Re: Chizzuk Needed

Posted by simchastorah - 27 Dec 2024 05:35

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Day 54 "?"?

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Re: Chizzuk Needed

Posted by rebakiva - 27 Dec 2024 07:25

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??? ?? ?? ?? ??? {???? ?? ?????} ??? ????

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Re: Chizzuk Needed

Posted by simchastorah - 27 Dec 2024 08:34

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[rebakiva wrote on 27 Dec 2024 07:25:](#)

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I was wondering who would say it

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Re: Chizzuk Needed

Posted by simchastorah - 28 Dec 2024 17:12

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Day 55 "?"

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Re: Chizzuk Needed

Posted by simchastorah - 29 Dec 2024 05:35

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Day 56 "?" ??? ?

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Re: Chizzuk Needed

Posted by simchastorah - 30 Dec 2024 05:00

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Day 57 "?"

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Re: Chizzuk Needed

Posted by chancy - 30 Dec 2024 16:11

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[simchastorah wrote on 30 Dec 2024 05:00:](#)

Day 57 "?"?

I am so proud of you! Keep on climbing. You got this!

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Re: Chizzuk Needed

Posted by simchastorah - 31 Dec 2024 07:54

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Day 58 "?"? ?? ??? ?????

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Re: Chizzuk Needed

Posted by simchastorah - 01 Jan 2025 06:45

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Day 59 "?"?

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Re: Chizzuk Needed

Posted by odyossefchai - 01 Jan 2025 11:58

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[simchastorah wrote on 01 Jan 2025 06:45:](#)

Day 59 "?"?

you can change the thread name to GIVING chizzuk

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Re: Chizzuk Needed

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Posted by simchastorah - 02 Jan 2025 06:30

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Day 60 "?"?

Thank you Hashem for showing through me ??? ?????? ??????? ?????.

I recently commented to someone that it's not about the length of the streak, it's either clean or not. This has been my experience, though admittedly my longest streak was (only) 9 months and so I can't personally attest to what happens after that. But for me it has been something of a switch on or off. Am I living passively, letting what I desire take hold of me and make my choices for me, or am I living actively, knowing that my yh can't make the decisions for me if I don't let it.

I really don't know what brings me to be in one state or the other. The last time I was clean before this it also started with a 'switch' of sorts, suddenly I was just not doing this, and so too now. I do know that in both cases the catalyst was bringing the struggle to the light, last time speaking to someone from GYE this time posting on the forum, maybe through bringing to the light I was able to access a place in my daas that I wasn't accessing.

The main thing I want to say is this: if you are reading this and you feel ?????, don't give up. Even if it's just lip service after you have a fall say out loud - ??? ?? ??????. Throughout the last year I fell many times but I wasn't ????? at all and I feel that that helped me now to start trying to get clean again. Even if you have fallen a million times, and you feel like there's just no hope for you, and you browse the GYE forums and see other people being matzliach and you don't know whether to feel happy for them or sad that yet another person is free while you feel mired in the mud, know ????? there is no difference between him and you, and you just at this moment have not found the ??? out of the darkness. And it's not necessarily your fault that you are ????? ?????? ?? ?????, sometimes it is hidden. But be'h if you keep on trying to find the ??? and davening to Hashem to find the ??? you will find it and step through.

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