

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 yoshi - 12 Jan 2025 15:59

Thanks a lot for this topic. Your story really reminds me of mine, and seeing your daily comments and the way you're openly fighting this battle makes me cry in front of my computer. Every time you talk about a dangerous situation—whether it's taking too much coffee or being scared to use your wife's phone to remove the filter from your computer—it brings back

memories of similar things I've been through. Sometimes I fell, and sometimes I managed to hold on. Seeing how you've stayed strong through this post and on this site gives me so much hope and strength. I hope little by little, you'll make it and free yourself from this struggle

=====
=====

Re: Chizzuk Needed
Posted by simchastorah - 12 Jan 2025 16:12

Wow it's eye opening to see that someone who's existence I was totally unaware of has been following my thread and gaining chizzuk from it. That really gives me chizzuk to keep posting

=====
=====

Re: Chizzuk Needed
Posted by chaimoigen - 12 Jan 2025 23:45

[simchastorah wrote on 12 Jan 2025 16:12:](#)

Wow it's eye opening to see that someone whose existence I was totally unaware of has been following my thread and gaining chizzuk from it. That really gives me chizzuk to keep posting

There are probably at least **dozens**.

That's not an exaggeration from my experience here.

Notice how many people are online every time you go on. Your thread is full of cogent thought, deep, meaningful introspection, and real growth. You really have no idea how many fellows you're impacting by your posting.

KOT!!

???

=====
=====

Re: Chizzuk Needed

Posted by parev - 13 Jan 2025 02:51

i get inspired by the no-frills updates - Day xx

tried to emulate you my thread

=====
=====

Re: Chizzuk Needed

Posted by simchastorah - 13 Jan 2025 05:53

[chaimoigen wrote on 12 Jan 2025 23:45:](#)

[simchastorah wrote on 12 Jan 2025 16:12:](#)

Wow it's eye opening to see that someone whose existence I was totally unaware of has been following my thread and gaining chizzuk from it. That really gives me chizzuk to keep posting

There are probably at least **dozens**.

That's not an exaggeration from my experience here.

Notice how many people are online every time you go on. Your thread is full of cogent thought, deep, meaningful introspection, and real growth. You really have no idea how many fellows you're impacting by your posting.

KOT!!

????

Wow thank you that really encourages me to keep posting

=====
=====

Re: Chizzuk Needed
Posted by simchastorah - 13 Jan 2025 05:54

[parev wrote on 13 Jan 2025 02:51:](#)

i get inspired by the no-frills updates - Day xx
tried to emulate you my thread

Thank you for sharing this, I appreciate it

=====
=====

Re: Chizzuk Needed
Posted by simchastorah - 13 Jan 2025 05:55

Day 71 ???

=====
=====

Re: Chizzuk Needed
Posted by tzitzis dude - 13 Jan 2025 06:20

To be honest, I've been thinking on how I could up my game, this thread is frustrating me by showing me that it's quite simple, (albeit difficult) to take that step.

=====
=====

Re: Chizzuk Needed
Posted by simchastorah - 13 Jan 2025 07:37

[tzitzis dude wrote on 13 Jan 2025 06:20:](#)

To be honest, I've been thinking on how I could up my game, this thread is frustrating me by showing me that it's quite simple, (albeit difficult) to take that step.

Can you please expound on this? What do you mean by upping your game? How has this thread shown you that it's simple? Why is it difficult?

=====
=====

Re: Chizzuk Needed
Posted by tzitzis dude - 14 Jan 2025 00:19

[simchastorah wrote on 13 Jan 2025 07:37:](#)

[tzitzis dude wrote on 13 Jan 2025 06:20:](#)

To be honest, I've been thinking on how I could up my game, this thread is frustrating me by showing me that it's quite simple, (albeit difficult) to take that step.

Can you please expound on this? What do you mean by upping your game? How has this thread shown you that it's simple? Why is it difficult?

You ask some doozies, my friend.

Upping my game? To strengthen myself to want to stay clean and reinforce that I don't want to fall. To be more honest with myself and to be mindful of pitfalls.

How did this thread show me that it's simple? Well, it seems that you're on a good path, and that your journey is in a a good, steady place. And how did you get to where you are? By being accountable. By being honest and vulnerable. By keeping up with your original commitment to keep on posting.

Why is it difficult? Lol. Like is hard if you're doing it right, changing stinks and my comfort zone is decently cozy. By committing to something as you have, that's taking a step which my subconscious wants to avoid. Besides for which, deep deep down, I kinda want a way to act out- free of accountability- if the urge "*really*" strikes. (Krumm, I know. But that's how my mind works. Welcome to Tzitzis Dude's World.)

In addition to all that, by taking the next step, I'm showing myself that I haven't been doing enough.

I'd legit love feedback.

=====
=====

Re: Chizzuk Needed

Posted by simchastorah - 14 Jan 2025 06:25

[tzitzis dude wrote on 14 Jan 2025 00:19:](#)

[simchastorah wrote on 13 Jan 2025 07:37:](#)

[tzitzis dude wrote on 13 Jan 2025 06:20:](#)

To be honest, I've been thinking on how I could up my game, this thread is frustrating me by showing me that it's quite simple, (albeit difficult) to take that step.

Can you please expound on this? What do you mean by upping your game? How has this thread shown you that it's simple? Why is it difficult?

You ask some doozies, my friend.

Upping my game? To strengthen myself to want to stay clean and reinforce that I don't want to fall. To be more honest with myself and to be mindful of pitfalls.

How did this thread show me that it's simple? Well, it seems that you're on a good path, and that your journey is in a good, steady place. And how did you get to where you are? By being accountable. By being honest and vulnerable. By keeping up with your original commitment to keep on posting.

Why is it difficult? Lol. Like is hard if you're doing it right, changing stinks and my comfort zone is decently cozy. By committing to something as you have, that's taking a step which my subconscious wants to avoid. Besides for which, deep deep down, I kinda want a way to act out- free of accountability- if the urge "*really*" strikes. (Krumm, I know. But that's how my mind works. Welcome to Tzitzis Dude's World.)

In addition to all that, by taking the next step, I'm showing myself that I haven't been doing enough.

I'd legit love feedback.

Thanks for the clear and thought out response.

Firstly, in your "upping my game" definition most if not all of what you describe is not in the category of 'concrete action', but rather in a more abstract middos place. "I want to *be* a certain way", "I want to *want* a certain thing."

I think it's natural and correct for our aspirations to be in the abstract. But the only way to get there is through actions ??? ??????? ?? ??????, preplanned actions which will bring about the desired 'abstract' result.

Coming to the next part, how you see from this thread that it's simple. Here you describe what the action is. 'Being accountable' is abstract. 'Being honest and vulnerable' is abstract. Keeping up with a commitment to keep posting, that's concrete. So we could say that an action which is ????? the desired result here might be posting daily. In that context the person can try and post *in a way* which is honest, and posting may *bring* accountability. But it's all based on the concrete action of posting.

Now I can't fully attribute the gift of the cleanliness of the past few months to the daily posting, but I do agree that it's been a part of it. Hard to measure how important each chelek is.

Regarding the difficulty, like everyone, you have conflicting rtzonos. On the one hand we have noble aspirations like the ones you mentioned, and on the other hand we want to indulge, or we want to be able to protect ourselves from scary feelings in an easy and familiar way - whatever. (wa'eva). And if I'm hearing you right, when you come to try and make plans from the perspective of the noble feelings, the other feelings get in the way.

I can tell you what helps me with this - thinking about what I want in a more abstract way (abstract -> action -> abstract). Thinking what do I really want in life? Not in the Imaysah level, because on the level of action I am confused already - the *actions* that I want already include acting out, or trying to impress, or speaking lashon hara, or whatever. But in a pure thought level, without jumping to what will I have to commit to. So for example in your case I could imagine having an internal process like - "I want to be more honest. Why do I want to be more honest? Because that will ensure me a better experience in life in this world and the next. Honesty brings a person to recognize reality as Hashem wants us to, and this brings towards dveikus in Hashem. The true tov is dveikus in Hashem. There is a natural mistake in human beings to pull us away from that good for reasons x y and z, but this is the true good." (wa'eva, the point is a logical thought process that doesn't get involved in action, which addresses whats desirable as well as how what's undesirable comes to appear desirable.) After working on clarifying in a logical way, then to think about an action. Ok - I've clarified that I want a certain abstract tov. Right now, in this moment it's utterly (halevai!) clear to me what I really want. Now I want to commit to a certain action, lets say posting daily. Posting daily will help me bring about that true good. How? _____. And when the thought about what it will 'take away' from me crops up, I can tell myself "yes, I know that I have mistaken perspectives, and it makes sense that I do. But the true good is like I clarified for myself before."

I hope this is helpful to you, if something about what I said is not clear please let me know.

=====
====

Re: Chizzuk Needed
Posted by simchastorah - 14 Jan 2025 06:30

Day 72 "? ???? ? ???? ??? ???? ?

=====
=====

Re: Chizzuk Needed

Posted by BenHashemBH - 14 Jan 2025 14:08

[tzitzis dude wrote on 14 Jan 2025 00:19:](#)

[simchastorah wrote on 13 Jan 2025 07:37:](#)

[tzitzis dude wrote on 13 Jan 2025 06:20:](#)

To be honest, I've been thinking on how I could up my game, this thread is frustrating me by showing me that it's quite simple, (albeit difficult) to take that step.

Can you please expound on this? What do you mean by upping your game? How has this thread shown you that it's simple? Why is it difficult?

You ask some doozies, my friend.

Upping my game? To strengthen myself to want to stay clean and reinforce that I don't want to fall. To be more honest with myself and to be mindful of pitfalls.

How did this thread show me that it's simple? Well, it seems that you're on a good path, and that your journey is in a good, steady place. And how did you get to where you are? By being accountable. By being honest and vulnerable. By keeping up with your original commitment to keep on posting.

Why is it difficult? Lol. Like is hard if you're doing it right, changing stinks and my comfort zone is decently cozy. By committing to something as you have, that's taking a step which my

subconscious wants to avoid. Besides for which, deep deep down, I kinda want a way to act out- free of accountability- if the urge “*really*” strikes. (Krumm, I know. But that’s how my mind works. Welcome to Tzitzis Dude’s World.)

In addition to all that, by taking the next step, I’m showing myself that I haven’t been doing enough.

I’d legit love feedback.

Dear Brother TD,

Unless I misunderstand this final comment, I hear you (about feeling that way) but have to disagree with that mindset. Doing more does not mean you haven't been doing enough. We have inherent limited capacity. It takes time to grow. We almost always do it in steps. Like training for a marathon, you need to commit, to exercise, and push yourself a little more at intervals to expand your abilities, but you can't shortcut to the end, and trying to is likely to result in injury and setbacks. The battle with the Yezter Hara is mostly fought along a line, and territory is conquered by advancing one step at a time.

Continued Hatzlacha my Friend.

=====
=====

Re: Chizzuk Needed
Posted by simchastorah - 15 Jan 2025 05:34

Day 73 ?"?"

=====
=====