

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 simchastorah - 20 Jan 2025 07:25

Day 78 "?"?

=====

Re: Chizzuk Needed

Posted by simchastorah - 21 Jan 2025 05:11

Day 79 "?"?

=====
=====

Re: Chizzuk Needed

Posted by simchastorah - 22 Jan 2025 05:48

Day 80 "?"?

=====
=====

Re: Chizzuk Needed

Posted by tzitzis dude - 22 Jan 2025 06:33

[simchastorah wrote on 22 Jan 2025 05:48:](#)

Day 80 "?"?

Please correct me if I'm wrong, but isn't it ??? ?????? ????????

Warning: Spoiler!

=====
=====

Re: Chizzuk Needed
Posted by simchastorah - 23 Jan 2025 05:33

Day 81 "?"?

=====
=====

Re: Chizzuk Needed
Posted by simchastorah - 23 Jan 2025 06:03

I'm reminding myself that nothing is going to change once I hit 90 days be'h. It's helpful to have goals and there's a reason 90 days was chosen as the standard goal on GYE but there's nothing magical about 90 days. I'm not waiting for any magical menuchas hanefesh to descend upon me from heaven once I have 'reached' a certain amount of time. Beh I'll continue posting daily as that's really helped me to keep staying holy as an active thing that I'm doing rather than a passive 'not giving in to urges'.

I want to also remind myself of a few facts

- There is no need to ejaculate, I will be just fine even if I don't
- Every urge will pass if not obsessed over
- Acting out ALWAYS makes me feel much worse
- I like the person that I am when I'm clean much more than the other guy

=====
=====

Re: Chizzuk Needed
Posted by simchastorah - 24 Jan 2025 05:04

Day 82 "?"?

=====

=====

Re: Chizzuk Needed

Posted by Hashem Help Me - 24 Jan 2025 12:09

[simchastorah wrote on 23 Jan 2025 06:03:](#)

I'm reminding myself that nothing is going to change once I hit 90 days be'h. It's helpful to have goals and there's a reason 90 days was chosen as the standard goal on GYE but there's nothing magical about 90 days. I'm not waiting for any magical menuchas hanefesh to descend upon me from heaven once I have 'reached' a certain amount of time. Beh I'll continue posting daily as that's really helped me to keep staying holy as an active thing that I'm doing rather than a passive 'not giving in to urges'.

I want to also remind myself of a few facts

- There is no need to ejaculate, I will be just fine even if I don't
- Every urge will pass if not obsessed over
- Acting out ALWAYS makes me feel much worse
- I like the person that I am when I'm clean much more than the other guy

As usual, very well thought out and verbalized.

=====

=====

Re: Chizzuk Needed

Posted by simchastorah - 25 Jan 2025 17:28

Day 83 "?"?

=====

=====

Re: Chizzuk Needed

Posted by simchastorah - 26 Jan 2025 05:18

Day 84 "?"?

=====
=====

Re: Chizzuk Needed

Posted by simchastorah - 26 Jan 2025 11:59

Having an urge right now. Looked at some pictures from something political which included the attractive wife of the politician. I searched for the politician hoping to see more pictures of the wife. I found. Now I'm turned on.

Really I need to completely and utterly cut out news. And really any non directed use of the computer. Iyh I'll be matzliach in it one day.

=====
=====

Re: Chizzuk Needed

Posted by Hashem Help Me - 26 Jan 2025 12:25

[simchastorah wrote on 26 Jan 2025 11:59:](#)

Really I need to completely and utterly cut out news. And really any non directed use of the computer.

Gedolei Yisroel waged war against the television in the 70's and 80's, and they were highly successful in convincing the young generation to start off married life without it in their homes. What was available then was a joke compared to what is available now, however they were adamant that what was being viewed fell under the issur of *lo sasuru acharei levavchem v'acharei eyneichem*; both in regards to kefirah and viewing inappropriate lacks of modesty. So, the Satan arranged that now almost everyone has a "television" in their homes and pockets where "only clips" are seen. Those short clips contain much more kefirah and inappropriate sights than the TV back then. Liberal media mocks all that is holy to us and subtly (and

sometimes not so subtly) brainwashes society in a G-dless direction - making leitzanus out of our basic yesodos of yiddishkeit, along with continuously lowering the bar as to what is considered respectable and acceptable dress. Do yourself and your family a big favor and set a standard to use the computer for necessity only. Hatzlocha.

=====

Re: Chizzuk Needed

Posted by chaimoigen - 26 Jan 2025 18:07

Recognizing an urge and posting about it here, with details, takes Gevura and courage.

And externalizing the urge is usually helpful.

This is an impressive accomplishment.

Don't focus only on the levels you have yet to achieve without also focusing on where you thankfully are. You've accomplished a lot. You're an impressive person, and you should give yourself credit and compassion.

Today will be another day of Tahara, building the Oved Hashem that you are further.

You'll keep striving and Shteiging.

Hang on. Here's a warm hand, from an admiring friend.

Chaim Oigen.

=====

Re: Chizzuk Needed

Posted by simchastorah - 26 Jan 2025 21:43

[chaimoigen wrote on 26 Jan 2025 18:07:](#)

Recognizing an urge and posting about it here, with details, takes Gevura and courage.

And externalizing the urge is usually helpful.

This is an impressive accomplishment.

Don't focus only on the levels you have yet to achieve without also focusing on where you thankfully are. You've accomplished a lot. You're an impressive person, and you should give yourself credit and compassion.

Today will be another day of Tahara, building the Oved Hashem that you are further.

You'll keep striving and Shteiging.

Hang on. Here's a warm hand, from an admiring friend.

Chaim Oigen.

Thanks for the kind words.

I was going to raise a bit of a question about the bolded bit, but after rereading I understood it differently, and I think more correctly. You are not saying that one should not evaluate whether his behavior is correct and seek to fix that which is not correct. You're saying that that should be done, but done together with an appreciation of the larger process that one is traversing and the accomplishments which have already been achieved.

If I had to explain why I think that that's a good idea I'd give two reasons.

1) Self criticism can be dangerous. The danger is that I will come to see myself in a negative light. The danger of seeing myself in a negative light is that it a) leads to depression, which spirals into all sorts of bad things and b) causes me to see myself as one for whom the bad

behavior is in fact befitting, chipping away at my motivation to stay strong in where I am and all the more so to continue to strive

2) Like the msilas yesharim says, there are two components to the cheshbon hanefesh done regarding behavior and ??? ????? ???. a) recognizing what needs to go, and b) recognizing what must be kept.

But knowing our friend and teacher chaimoigen he has more to add, or a different way to say it, and I'd love to hear it.

=====

====