

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.

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Re: Chizzuk Needed

Posted by yosis.smart - 31 Jan 2025 14:46

Hi Simchastorah,

Just wanted to let you know from a guy who has felt the same way for my whole life - I understand you. For most of my life I was trying to find ways to end it so I could get out of the addiction - I felt bipolar since I am inherently a very sensitive and spiritual person, A+ all grades, davening and learning and very close connection to Hashem, the whole deal. I couldn't make peace with my existence in this world causing pain to others.

I am only alive due to nissim galuyim.

And I am very much alone - I take care of my wife's health and 5 kids all day, so I don't go to shul 2 blocks away or see anyone in the rapidly growing community I was very much a part of building. And I could never really explain to anyone my wife's spiritual journey or the challenges it has made for me - so I feel alone from my wife as well.

Any my future aspirations are hampered by incredible challenges, within and without.

I don't need the pity party, my point here is to say I understand you.

And - Hashem and the world needs you. The proof is that you are alive today. So we all here are depending on you to not give up, ever.

I just hit 90 days, and there was no thunder or lightning, and didn't feel like it moved the needle much in my relationship. But it told me I can beat this disease that has been killing me since I was 7 yrs old. I don't know if I can beat it forever, but if I can do 90, I can do 91, and hopefully 180.

Reach out to PM if you need to vent or you need a hug.

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Re: Chizzuk Needed

Posted by chaimoigen - 31 Jan 2025 14:53

Listening and caring.

Even if we can't really share the depth of a soul with another, certainly not in this medium, still, the touch of a warm hand makes one less lonely than not touching does, or at least that's how it's been for me.

I've been there or at least what felt similar at times.

Hoping and daven for you that Shabbos brings some Menucha inside.

your friend

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Re: Chizzuk Needed

Posted by chosemyshem - 31 Jan 2025 16:35

[simchastorah wrote on 31 Jan 2025 08:26:](#)

I feel like garbage today. Like I just want to die. I don't think there's anything anyone could say to make me feel better. This is my life. Sometimes I feel like an utter piece of garbage. ?? ?? ??????. But in the meantime it sucks. Maybe one day I will never feel this way. It happens less and less often as I get older. I feel like there's an inferno of sadness in my heart that has the ?? to just consume me.

"It's the satan trying to bring me down because I'm almost at 90 days." -- quote from future well meaning person

There is no way of verifying that without a ??????. And these feelings come and go, sometimes caused by something seemingly small, sometimes something very big, and sometimes with no discernible reason at all. My mother suffers from depression, as does one of my brothers. I have no doubt that the satan is involved, but no one knows exactly what his mahalach is. Besides, I don't think I'm excited enough about 90 days for the satan to try and jump on me about it.

Here on GYE we experience each other user as a username and whatever we can glean about them from their posts. Everyone writes in the same font, displayed in the same way on the computer. But the reality is that behind each username is a unique person, who may be experiencing life in a vastly different way from you. Some people like to give advice about how others should see things, and sometimes with great passion, but without realizing that while english is their shared language they are living a very different life.

Sometimes the most well meaning statements are the ones that make me feel the most alone.

Warning: Spoiler!

While I can't empathize with this, I can sympathize. I'm sorry you have this exceedingly tough pekel.

I'm sure you know this. But maybe it's kdai to talk to therapist about this. There's things that can be done (or at least attempted) to alleviate things like this.

Hatzlacha.

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Re: Chizzuk Needed

Posted by Hashem Help Me - 31 Jan 2025 21:05

Disappointment is very understandable, and we all need to grieve at times. As you exit that phase and thank Hashem for 89 days, ask Him for more.

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Re: Chizzuk Needed

Posted by simchastorah - 01 Feb 2025 16:39

Day 90 ?"?!

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Re: Chizzuk Needed

Posted by simchastorah - 01 Feb 2025 16:40

[Hashem Help Me wrote on 31 Jan 2025 21:05:](#)

Disappointment is very understandable, and we all need to grieve at times. As you exit that phase and thank Hashem for 89 days, ask Him for more.

This must have been a misunderstanding, there was no fall. Just was feeling depressed on Friday and posted about it.

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Re: Chizzuk Needed

Posted by alex94 - 01 Feb 2025 22:48

I've been lurking on gye for a month and nothing I've seen has pushed me to post until this

I don't know your story and why you feel like this

I spent many years feeling that way

Many times there's nothing else to say but that it really really really sucks

Happy to share more by pm if interested

I hope your good days give you strength to push through

You may be alone in your emotional world, but there are people here rooting for you and genuinely happy for your incredible 90 day success and I'm one of them

i see quote didn't work

replying to your post re feeling like garbage

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Re: Chizzuk Needed

Posted by chaimoigen - 02 Feb 2025 04:27

It's isn't more that it is, but it isn't less, either. Mazal Tov on 90!

You're a fighter, a grower. May Hashem grant you a river of serenity amd shalom, flooding your Neshoma with Light and Life!

Onward and Upwards!

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Re: Chizzuk Needed

Posted by simchastorah - 02 Feb 2025 05:06

Day 91 "?"?

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Re: Chizzuk Needed

Posted by simchastorah - 02 Feb 2025 05:07

[chaimoigen wrote on 02 Feb 2025 04:27:](#)

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You're a fighter, a grower. May Hashem grant you a river of serenity amd shalom, flooding your Neshoma with Light and Life!

Onward and Upwards!

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100%

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Re: Chizzuk Needed

Posted by 5678 - 02 Feb 2025 06:20

[simchastorah wrote on 01 Feb 2025 16:39:](#)

Day 90 ?"?!

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Re: Chizzuk Needed

Posted by yoshi - 02 Feb 2025 08:17

[simchastorah wrote on 31 Jan 2025 08:26:](#)

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Mazal Tov on your 90 days!

You are a true source of inspiration for others. Many people are speaking out on this topic for the first time because of you, touched by your story and your sincerity, which leaves no one indifferent.

I would like to share a bit of my own journey in response to what you have shared. Living with ups and downs, sometimes very deep lows, has been my reality since a very young age. Over time, these dark periods have become shorter—now, they usually last no more than a week—but they remain extremely difficult. For a Jew in such a situation, holding on is a real challenge, as the inner distress can be overwhelming.

I often wake up with the feeling that nothing is worth it, an oppressive inner emptiness that constantly feeds negative thoughts, sometimes even suicidal ones. Every time I found myself in these moments of deep distress, I sought comfort and relief by turning to porn and masturbation, hoping it would make this internal suffering go away faster. But every time, it only made things worse. And this has been the case since my childhood...

But last week, for the first time—or almost—I went through an entire week in that hellish state without relapsing. The urge to fall back was immense, but each time, I managed to stop myself in time. And this is largely thanks to you and the people in this forum. But most of all, thanks to you—your unwavering honesty allows others to understand that they are not alone, and that despite our struggles, we can hold on, we can make it.

Without delving into the deeper reasons behind how Hashem has shaped each of us with our strengths and weaknesses, know that, from my perspective, you have already fulfilled the mitzvah *???????????? ???? ?' ?????????? ?????? ?????????? (Love Hashem with all your heart, including both your yetzer hara and yetzer hatov)*. By sharing your story, you have helped others hold on in their darkest moments, allowing the yetzer hara to serve the yetzer hatov.

Thank you for everything, simchastorah.

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Re: Chizzuk Shared Successfully

Posted by chosemyshem - 02 Feb 2025 21:08

Big mazal tov on getting 90!

For whatever 90's worth, at the very least it's a nice round number and a truly impressive accomplishment.

Thank you for the sharing and thinking you've shared along the way. It's always thought

provoking.

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Re: Chizzuk Needed

Posted by simchastorah - 03 Feb 2025 08:46

Day 92 "?"?

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