

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 chancy - 03 Feb 2025 21:17

Dear Simches Torah

Just writing your name make me a little happier. Simches Torah is not just one day of the year, its an all-year-round happiness than us Yiden have by staying connected to the Holy Torah!

Everyone of us goes thru darkness, this is by design and always was at least since we went into exile almost 2,000 years ago.

There are very good and very deep reasons for that. If you want to talk more about this, we can PM, its not for this forum.

Just know that everyone has their own peckel to carry.

Know that Hashem chose you to do this specific job because He didnt trust anyone else.

Know that He knows exactly what you are going thru and He feels your pain, He said it clearly in the Torah.

Know that He can fix everything in less then an eye-blink, the only reason He didnt yet is so you learn from this and grow ever greater.

Know that you can achieve greatness in your own way even with all these struggles. A lot of our greatest Tzadikin went thru pure hell before becoming the Tzadikim we know.

Remember "what doesnt kill you makes you stronger" is even more accurate in the spiritual realm then it is in the physical! So you and me and the rest of us are poised for greatness. I know I have become a whole different person since going thru this fight. I wouldve been a empty shell without this struggle. Same thing for a lot of the great people here on GYE, just ask around.

Breath in deeply, resolve to never give up until the last breath when you see the Shchina coming to pick you up..... then you can let go and be embraced by His love forever.

We love you Simches torah. It means a lot to me that you are alive! It means tons that you are here and sharing with us! Its means the world to me that you are succeeding!!!

Stay strong and be Happy!

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Re: Chizzuk Needed

Posted by simchastorah - 04 Feb 2025 11:31

Day 93 "?"?

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Re: Chizzuk Needed

Posted by simchastorah - 05 Feb 2025 05:13

Day 94 "?"?

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Re: Chizzuk Needed

Posted by simchastorah - 05 Feb 2025 07:04

While I work I listen to music on Spotify. Sometimes I put on podcasts. Two days ago while listening to Spotify a podcast episode from some podcast I had never listened to was suggested. The content looked very wholesome, it was just about the sexual aspects of a certain cult. Nothing colorful about that. Knowing that there was nothing wrong whatsoever I turned it on. Shockingly it included some inappropriate content. After listening to that Spotify started suggesting some podcasts about people who live a certain immoral lifestyle. I clicked around listening to them for a while. Now my whole Spotify page is full of suggestions for nasty podcasts...

I just deleted my Spotify account (once again.) I have gone through this routine a number of times, each time hoping that I can use Spotify in a fully appropriate way, just for music while working. No podcasts! And each time eventually I capitulate, starting with podcasts which are actually beneficial for my work and fully clean, albeit from people outside of the tribe who's heads are stuffed with shtusim. Then it becomes podcasts about real shtusim, or political stuff, or certain people who like to have looong conversations (soma yall know who i mean). Then eventually I get suggested some podcasts about people who live a super friendly lifestyle, and next thing I know my spotify homepage is full of nasty suggestions and I'm checking them out....

Listening to this stuff makes it much harder to stay clean. (For my own personal definitions I don't consider this a fall, but a terrible idea.) It fills my head with bad thoughts and desires which

are contrary to the life I want/need to live. And I have seen time and time again that having Spotify leads inevitably downwards towards this pit. I am once again withdrawing from Spotify and will try and develop the clarity I need to say no the next time I start thinking that it's ok to have it if I commit to using it in an appropriate way. Because I the meantime unfortunately I am just unable.

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Re: Chizzuk Needed

Posted by Hashem Help Me - 05 Feb 2025 12:34

It is a reality that the vast majority of people who could benefit from certain online venues such as Spotify, YouTube and others, find that the nisayon is too great and too often they head downhill while using these venues for kosher purposes. Be proud of your decision buddy. There is no doubt that Hashem has immense nachas from the guys who inconvenience themselves in order to stay pure and not have accidental instances every month or so. It is a sign of ne'emanus and mesirus. In addition, it shows a serious loyalty to one's wife....

Should one feel guilty that he can't withstand these types of temptations? Absolutely not. This is how Hashem made us. We are wimps. He wants us to avoid and protect. Just to put in perspective - Nobody i know has a pantry with milchig, fleishig, pareve, and treife - and tells their kids "The yummy looking chocolates on the bottom shelf are treife so don't eat them". We simply don't bring it into the house. Our computers should similarly not have "milchigs, fleishigs, pareve, and treife". We find that Chazal instruct us with this mindset as well. A nazir is instructed - do not enter the vineyard; go around. He is not told to go in and control himself and not eat a grape. A hammer is muktze on Shabbos. We are not told that we can handle one but just don't bang in any nails. We set up gedarim to protect.

Whatever one **absolutely needs** online (and on the streets of the world for that matter) may have the extra syatta d'shmaya and Hashem will protect him. What we can do without, let's do without. Hatzlocha buddy. Keep inspiring.

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Re: Chizzuk Needed

Posted by chosemyshem - 05 Feb 2025 22:09

Love the attitude in HHM's post.

My hot take on Spotify? I have it logged in on my home computer and my wife can see exactly what's going on there. That being said, the second I see myself looking into how to delete the history on Spotify that thing is getting nuked.

Why don't you use one of the Jewish "alternatives"? Is it as good? Probably not. But *aderaba* it's so much *better* because it's cleaner.

Warning: Spoiler!

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Re: Chizzuk Needed

Posted by simchastorah - 06 Feb 2025 05:00

Day 95 "?"?

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Re: Chizzuk Needed

Posted by Muttel - 06 Feb 2025 09:25

I bought a 24-6 for my kids to get whatever music they want. It's great and inexpensive. That may work for you.

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Re: Chizzuk Needed

Posted by simchastorah - 07 Feb 2025 07:24

Day 96 "?"?

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Re: Chizzuk Needed

Posted by simchastorah - 08 Feb 2025 19:19

Day 97 "?"?

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Re: Chizzuk Needed

Posted by simchastorah - 08 Feb 2025 19:43

Something I've really been struggling with is using the computer destructively. I've written about this a bit in the past. I am so addicted to the computer. I check the news, email and gye first thing in the morning (sometimes while in the middle of saying brachos lately...). Throughout the day I check the news millions of times, just hitting refresh again and again, going from site to site, just trapped in a cycle of inertia. I see this as nothing less than another expression of addiction. It is intrinsically less damaging then the addictions we come here for, but I feel that it has an absolutely terrible effect on my life. It causes me to waste tremendous amounts of time that I could be learning, spending time with my family, doing things that I really really need to be doing, or working.

But again and again I find myself just stuck in front of the computer for no good reason. I saw someone post about having struggled with this in the past, I believe it was PYM. So I know I'm not alone in this.

I want to try and rid myself of this behavior (once again). I can't give up on this. Time is too precious.

I want to try and use the forum to break free from this addiction. I will be'h be posting here daily about my progress breaking free from this other thing as well. I am so fed up and in so much pain about this. I feel like such a slave and know deeply that acting passively on the computer is such a terrible terrible thing. If you don't agree with me, feel free to continue using the computer however you see fit. But after 5 years of having to be on the computer and seeing again and again what a terrible effect going on the news, entertainment and just brainless clicking has on me, my mind is fully made up that it's terrible. (Lets say an av hatuma, we need to leave titles for the real shmutz)

Thinking about cleaning up my act in this area is actual really scary. I lean on the computer as a crutch to help me deal with feelings of great unease. Apparently in the program addiction is called "the disease of dis-ease." I feel that that description fits me like a glove. I am constantly running to different things to help me with my deep disease. Throughout my life I have been addicted at various times to p and m, to drugs of different types, to smoking, to vaping, to books, to audiobooks, and to just general 'clicking around on the computer.'

So it's scary. How will I manage? What will I do when I'm learning and I'm suddenly seized by a fit of anxiety? I don't know. But it can't be going on the news anymore. Or going on youtube. Or going on linkedin (which stinks anyways). Or even going on gye. Because as great as gye truly is, acting like an addict on gye is damaging too.

So my goal is

No: news, youtube, social media, forums (other than gye)

Limited: gye. I will allow some clicking around on gye, and if am actively chatting with someone or reading a post or writing a post I won't put a time limit on it. I need to come up with a time limit for clicking around on gye, im thinking 20 minutes a day

Lastly, if I find myself clicking around aimlessly, to stop as soon as I realize it.

If you relate to what I'm talking about, I'd love to hear from you. If you don't relate or disagree with what I'm talking about, I'd love to not hear from you. If you think I should go to a therapist, you may be right, but I have gone to many in my life and am not interested at the moment in

starting that process over. It will take a number of sessions with a new therapist for them to realize that yes I know I'm insecure, I have a good idea where it comes from, I know that the reality within which my insecurities were developed are no longer applicable, now lets see whether you as a person can help me, and there's a good chance they can't. So ???? ???. What can I say.

Anyway: Day 2.

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Re: Chizzuk Needed

Posted by simchastorah - 08 Feb 2025 19:47

A footnote

Clearly it is imperative that I deal with the issues behind my addictive tendencies. And I am trying, may Hashem help me. And as long as I have not succeeded in dealing with those issues, the odds are great that a new addiction will be formed. Still, I feel it is worthwhile to also cut out the addictive behavior when it's damaging, and hope that whatever the next thing is will be less damaging. For instance if I am be'h successful in ridding myself of this thing, and I find that the only way I can deal with my disease is through meditating for 15 minute a few times a day, I would see that as a much better 'addiction' than news.

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Re: Chizzuk Needed

Posted by upanddown - 09 Feb 2025 00:57

[simchastorah wrote on 08 Feb 2025 19:43:](#)

...I check the news, email and gye first thing in the morning (sometimes while in the middle of saying brachos lately...). **Throughout the day I check the news millions of times**, just hitting refresh again and again, going from site to site, just trapped in a cycle of inertia. I see this as nothing less than another expression of addiction. ...

I totally relate. I was also addicted to the news and technology in general. When Daf Yomi

begun Sanhedrin I decided to only check the news once I've done the daf. Guess what... I haven't checked the news since! (52 days now) Which is not great news because it means that I haven't kept up with the daf either....

But with technology addiction in general I'm still struggling...

Keep up your great work. You're an inspiration!

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Re: Chizzuk Needed

Posted by ki sorisa - 09 Feb 2025 03:34

Very much relate

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