

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 simchastorah - 09 Feb 2025 05:20

Day 98 p&m "?"?

Day 3 computer addiction "?"?

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Re: Chizzuk Needed

Posted by frank.lee - 09 Feb 2025 08:43

Simple to get a program, like a chrome extension which blocks sites after a set amount of time.
So you can set news for 15 minutes a day, gye for ... Etc.

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Re: Chizzuk Needed

Posted by simchastorah - 09 Feb 2025 10:56

[frank.lee wrote on 09 Feb 2025 08:43:](#)

Simple to get a program, like a chrome extension which blocks sites after a set amount of time.
So you can set news for 15 minutes a day, gye for ... Etc.

If I don't deal with the issue itself I will just turn off the extension. I have such an extension, and
it is turned off...

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Re: Chizzuk Needed

Posted by parev - 09 Feb 2025 12:19

If you struggle with addiction then the 12 steps might be the way for you to go.

the bottom line is replacing our addiction with hashem

read up about it

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Re: Chizzuk Needed

Posted by simchastorah - 09 Feb 2025 12:35

[parev wrote on 09 Feb 2025 12:19:](#)

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Thank you, you may very well be right. I actually did start looking at a 12 step workbook yesterday and plan to continue

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Re: Chizzuk Needed

Posted by chaimoigen - 09 Feb 2025 15:57

I understand what you're saying and feel the pain in your writing.

I fully can relate to how compulsive news-checking and click-bait-clicking can be an addiction.

I would just like to express a word of caution about all-or-nothing thinking about this, and in general. Cutting off all avenues of distraction at once may not be healthy or realistic. Now, I'm fully aware that for an addict in addictive behavior even a small "sip" of the stuff can get him going towards a full-out binge.(and I personally went cold-turkey on browsing You Tube and other recreational internet searches, as I've shared in the past). There are two sides to the argument. I don't have a clear solution or suggestion. But I think it's worthwhile thinking about if there is a way to create some type of system with limits that still leave some space for gradual detox. (for example, I have 1 "Jewish" news site I allow myself, for better or worse).

You're courageous and growthful, and I wish you my very best in your ongoing climb, to great heights

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Re: Chizzuk Needed

Posted by simchastorah - 09 Feb 2025 16:34

I agree with you @chaimoigen that it's a bit risky to take on too much at once. But I am so frustrated and feel so empty from it that I think I need to try.

Today has been a tough day. Not for any good reason. I am in significant physical pain, which kind of does constitute a good reason, except it is clear to me that the pain is generated in some way by emotions, and there is nothing going on today in particular to bear responsibility for whatever the emotions that are generating the pain are. But I am in real pain. I did about half an hour of meditation and that helped a bit. But still not feeling good. My natural instinct is to drink... What a mess

Sometimes I just want to scream. Not that that would help. Or maybe it would. Lemme try... Nope didn't help. Just kidding, didn't scream.

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Re: Chizzuk Needed

Posted by redfaced - 09 Feb 2025 20:48

[simchastorah wrote on 09 Feb 2025 16:34:](#)

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Nope didn't help. Just kidding, didn't scream.

I feel you bro.

Sometimes (now, for example) life hurts. Hurts bad.

Hold on. Smoother seas are yonder.

(Possibly a bit more yonder than that)

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Re: Chizzuk Needed

Posted by simchastorah - 10 Feb 2025 07:18

Day 99 "?"?

As for computer misuse, though I didn't go on news, youtube or any of the off limit sites, I did spend lots of time clicking around, searching for random things on google, and roaming the gye countryside. I have been having serious back/neck/shoulder pain since yesterday, and it may very well be that the reason is because by subconscious is having a freak out about me trying to eliminate more distractions. Additionally I occasionally get overwhelmed by my learning schedule and feel major pressure and I think the pain has something to do with that too. For that I need to find a balance between a temporary loosening of the commitments and finding a more healthy way to relate to the commitments

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Re: Chizzuk Needed

Posted by parev - 10 Feb 2025 10:02

I can soooo relate

for me what works is focusing on the next right thing and breaking it up to half hour slots

'how can i be the most productive for the next half hour' helps me alot

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Re: Chizzuk Needed

Posted by tzitzis dude - 10 Feb 2025 14:18

IMHO, (besides for your incredible journey,) you're very aware of how your pain is coming to you.

Have you ever heard of Dr. John Sarno? He has a book called "Healing Back Pain"- it's about ~~how to make the greatest potato kugel ever~~ healing back pain, but also many other pains that your subconscious pins on different "causes". ???.

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Re: Chizzuk Needed

Posted by simchastorah - 10 Feb 2025 14:22

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Yes I've read a few of his books and spent much time trying to work with his methodology. It hasn't fully solved the problem every, though when I worked with it daily for a few months the pain went down somewhat. I am interested in hearin' more about this kugel stuff though.

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Re: Chizzuk Needed

Posted by tzitzis dude - 11 Feb 2025 03:05

[simchastorah wrote on 10 Feb 2025 14:22:](#)

[tzitzis dude wrote on 10 Feb 2025 14:18:](#)

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Have you ever heard of Dr. John Sarno? He has a book called "Healing Back Pain"- it's about ~~how to make the greatest potato kugel ever~~ healing back pain, but also many other pains that your subconscious pins on different "causes". ???.

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Good ingredients are key.

Yukon Gold potatoes rock in kugel. Idaho potatoes mean well, but their place is not in a good kugel.

Onions- regular yellow ones work great.

Oil- canola works fine, but if you wanna treat yourself (or it's Pesach and you have certain random hakpados), walnut oil is fantastic.

Salt- table salt, whatever's cheapest.

Order of stuff:

First are the onions. Not sure why, but it just works.

Note: the onions go first whether the kugel gets shmushed completely, shredded completely, or a combo.

Next are the potatoes. We personally do slightly more shredded, so the shmushed ones are first.

Next up are the eggs, oil and salt.

Honestly, I don't really know her measurements, but it's basically her looking at the potatoes and onions and deciding how many eggs, and how much oil and salt.

The potato-onion mixture is then mixed into the eggs and oil mixture. You may taste the mixture (if you dare the raw eggs). Make sure it feels oily, but not too oily, and it should be nice and salty. Again, a lot of eyeballing and getting used to stuff.

Bake in the oven, uncovered, at 350 Farenheit/176.667 Celcius until the top has a golden crisp (not to be confused with the cereal [although it's one of me favorites], but I digress). Timing differs, depending on how deep the kugel is.

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Re: Chizzuk Needed

Posted by lamaazavtuni - 11 Feb 2025 05:28

Im seriously contemplating switching my taiyvas nashim to kugel

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