

Chizzuk Needed

Posted by simchastorah - 04 Nov 2024 10:39

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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 redfaced - 13 Feb 2025 13:56

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[simchastorah wrote on 13 Feb 2025 11:36:](#)

Ok be'h leaving gye till tomorrow, see you later crocodile. i mean catch you in a while alligator.

the early bird is healthy, wealthy and wise

Thanks for not feeding the worm to the early bird.

I always hated that quote. Ye, it's pretty cool for the early bird to get the worm, but the poor early worm is getting eaten for crying out loud. That, my friends will not get me to wake up early.

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Re: Chizzuk Needed

Posted by simchastorah - 14 Feb 2025 08:26

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Day 103 ?"?

Bh yom yom I kept my commitment yesterday and did not check gye till now (no seder on Friday, so at least till after shacharis). I have still not been on news etc. I am feeling such an addicts pull to go on news and reload reload reload. Mamash insanity. Please Hashem help me stay strong in this.

@redfaced it may help you to get up earlier to realize that it is not the early worm that gets eaten by the early bird. The worms get up much earlier than the birds, and only the late worm gets eaten by the early bird. So really you are doing all the world a favor by eating that good for nothing lazy worm.

Signing off gye till after shabbos iyh. Have a wonderful shabbos everyone. Except the late worm, we know exactly what's gonna happen to you.

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Re: Chizzuk Needed

Posted by redfaced - 14 Feb 2025 13:16

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[simchastorah wrote on 14 Feb 2025 08:26:](#)

Day 103 ?"?"

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Hmm I wonder if that perspective change will help me or maybe i have my old thought process too deeply embedded in my psyche. I guess i can try a 90 day program to see if I can reset my brain..

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Re: Chizzuk Needed

Posted by simchastorah - 15 Feb 2025 17:38

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Day 104 ?"?"

Bh still off of news etc. I pray to Gd that I'll be able to continue with this. I need my life back.

@redfaced don't beat yourself up too much. It's ok, you'll meet many people on the site who were just like you, and with help and support became real worm bullies. If they can do it, you can too! Can I recommend you start off with a cruciatus curse on a small worm? It doesn't have to go on for too long, maybe just a few seconds to show yourself that you can.

Signing off the gye till after seder tomorrow iyh. Shavua tov umvorach. To all non worms

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Re: Chizzuk Needed

Posted by simchastorah - 16 Feb 2025 11:04

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Day 105 "?"?

Still detoxing from news etc. Thanks to the various people who recommended 24six, in the meantime it is an acceptable replacement for spotify and with none of the danger. Thank Gd for GYE.

Signing off till after seder tomorrow iyh. I hope tomorrow I'll be able to report back on no news, social media etc. I need to come up with a short term for the whole category. Maybe time-wasterbating? Hmm no that's no good. Suggestions are welcome!

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Re: Chizzuk Needed

Posted by simchastorah - 16 Feb 2025 20:14

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Here I am on GYE. I am feeling super anxious right now. Sitting trying to learn but my brain is just not working right. I just feel so tense. Hashem help me

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Re: Chizzuk Needed

Posted by simchastorah - 17 Feb 2025 12:26

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Day 106 "?"?

I dont have koach to go into the details about being on gye during 'off' hours, i'll post about it when i do be'h

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Re: Chizzuk Needed

Posted by simchastorah - 18 Feb 2025 07:23

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Day 107 ?"?"

Spent 40 minutes journaling to get to a deep level of inner pain. I didn't uncover anything that hasn't been uncovered before, but uncovered what hasn't been uncovered in a while. A deep feeling of being alone and unloved. A feeling that goes back to the distant past of childhood. I'll need to keep going back there daily for a while to stop being in so much pain in my day to day.

Bh still no going on news or youtube. Though I think the thing which was most potent was not going on computer at all till after seder. But I need to be going on now to journal (my hand cramps when i write by hand.) And once I'm on hard not to go on other stuff, GYE, email. I'm not going to get down about it, that won't help anything.

My inner pain holds me back so much. I have had very painful experiences in my life, some just like everyone else and some in more extreme categories. Terrible traumatic events that extended over a long period of time and very much shaped my journey in life. But the inner pain goes back even before those events I think. Growing up in an unhealthy home and not getting what I needed, a mother sometimes depressed and bedridden, an angry father. Left with a sense of loneliness which left me all the more vulnerable for the terrible things later on.

This is the journey Hashem chose for me. But I can't say I like it. Sometimes I feel like it's not fair. I try so hard and come up against this wall. And if it would just be a wall maybe I would be ok with it (i wouldn't) but why does it have to hurt so much.

No wonder I turned to myriad things to escape. Because sometimes I feel like I just can't take it. I feel so vulnerable and like a wind blowing the wrong way can just stir up the emotions in my heart leaving me confounded, hanging on for dear life not to get swept away.

I hope I don't get anyone too down reading this. Maybe someone will read and relate.

Sometimes I feel guilty for struggling so much in life when our ancestors had it so much harder, I'm sure I'm not the only one who feels this way. Like how can I be so down about how I feel when just a few short years ago my worries would be about Nazis ym"sh and Cossacks. (Though to be fair I do live with some constant tension thanks to our cursed cousins the bney yishmael ym"sh.) But this is not true. I didn't choose to be in so much pain, I certainly didn't choose to be in so much physical pain. So what difference does it make if the pain is coming from emotions or from someone outside of me hurting me. I am in pain and I don't want to be.

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Re: Chizzuk Needed

Posted by Hashem Help Me - 18 Feb 2025 12:29

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**HUG!!! and then another hug and another hug.** Do not feel guilty for your pain buddy. But do make sure your kids have the healthiest abba, totty, daddy a child can have. Shower them with nurturing love; guide them with clarity; discipline with consistency and fairness; give them the best chance to be stable geshmak and ehrlich.

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Re: Chizzuk Needed

Posted by jollylemur95 - 18 Feb 2025 16:48

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My friend, You are in a league of your own! Your posts are so real I can not get over them! I do not know what your childhood was but it sounds like it was very rough. My respect for you just went through the roof! How you do what you do with all that baggage is beyond me. Keep it up!

(I am still waiting for that phone conversation we chatted about!!)

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Re: Chizzuk Needed

Posted by alex94 - 18 Feb 2025 18:51

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I relate to %110 of what your saying.

Took me years to stop bingeing TV shows or youtube as an escape. I still do alot of news.

Honestly, if i had the time it would probably be more of an issue.

It feels really bad to be a couch potato. What feels even better than not being a couch potato is knowing that I'm doing that work not just myself but for those around me, first and foremost my wife and children as Rabeinu @HHM so eloquently said.

But the yesod, as you seem well aware, is to know what you are escaping from and to work on that. Once our inner child sees someone cares about him and is committed to his wellbeing, he calms down somewhat (for me this is taking years of work), even if it's a long road to healing or even a long road to creating a less pain triggering day to day life.

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Re: Chizzuk Needed

Posted by m111 - 18 Feb 2025 20:45

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Our life is what we have. Our difficulties are real, regardless if our ancestors had bigger or smaller difficulties.

We can just be present with that. No guilt involved.

We feel you.

With love

M111

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Re: Chizzuk Needed

Posted by chaimoigen - 19 Feb 2025 04:48

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... tears in my eyes, chaver, really. respectful silence.

A lot of genuine respect.

some love.

and , hell, I don't know. Oish! Rebono Shel Olam!

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Re: Chizzuk Needed

Posted by simchastorah - 19 Feb 2025 08:17

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Day 108 "?"?

Thanks for all the support, I appreciate it

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