

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 simchastorah - 21 Feb 2025 06:10

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Day 110 "?"

Some great posts on the site yesterday, from BennyH and time2win, and chaimoigen responding to time2win. I see a bit of myself in each of their posts. I really appreciated what chaimoigen wrote about how many people who struggle have a 'living' problem. So true. (At least of me...)

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Re: Chizzuk Needed  
Posted by iyh2023 - 21 Feb 2025 15:53

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You should change the title of your thread to,

"Chizzuk Needed? Come get some here."

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Re: Chizzuk Needed  
Posted by iyh2023 - 21 Feb 2025 15:56

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You should change the title of your thread to,

**Chizzuk Needed? Come get some here.**

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Re: Chizzuk Needed  
Posted by simchastorah - 22 Feb 2025 17:19

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Day 111 ?" ? ? ? ? ? ? ? ? ? ?

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Re: Chizzuk Needed

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Posted by simchastorah - 23 Feb 2025 04:58

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Day 112 "?" "?" ??????. ?????? ????? ?????? ????"

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Re: Chizzuk Needed

Posted by simchastorah - 23 Feb 2025 18:24

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Man I been waiting the whole day for someone to say 112 is gematria ??? so I could make a joke about ?????? but no such luck

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Re: Chizzuk Needed

Posted by simchastorah - 23 Feb 2025 18:25

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Oh what the heck ?????? ????? ????? ?????? ?????

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Re: Chizzuk Needed

Posted by simchastorah - 24 Feb 2025 06:23

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Day 113 "?"

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Re: Chizzuk Needed

Posted by simchastorah - 25 Feb 2025 11:43

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Day 114 "?"

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Re: Chizzuk Needed

Posted by simchastorah - 26 Feb 2025 06:53

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Day 115 "?"?

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Re: Chizzuk Needed

Posted by simchastorah - 27 Feb 2025 10:30

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Day 116 "?"?

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Re: Chizzuk Needed

Posted by parev - 27 Feb 2025 11:14

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[simchastorah wrote on 27 Feb 2025 10:30:](#)

Day 116 "?"?

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Re: Chizzuk Needed

Posted by simchastorah - 28 Feb 2025 06:27

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Day 117 "?"?

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Re: Chizzuk Needed

Posted by simchastorah - 01 Mar 2025 16:40

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Day 118 "?"?

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