

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 - 03 Mar 2025 04:51

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Day 120 ?? ??? ?????? ??? ????? ????? ?"?

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Re: Chizzuk Needed

Posted by redfaced - 03 Mar 2025 17:39

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[simchastorah wrote on 03 Mar 2025 04:51:](#)

Day 120 ?? ??? ?????? ??? ????? ????? ?"?

Lets avoid the rest of the sentence , whattaya say?

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Re: Chizzuk Needed

Posted by chancyhk - 04 Mar 2025 01:10

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Dear Simcha (Simches Torah is already way in the past) it's time to get with the times.....

Living in pain and feeling vulnerable is what makes us human, it's makes us be good Yiden.

I have been learning a lot of Bitachon the last year and a half and I found something very interesting.

Half of the Sefer Chovos Halvovois is devoted to NOT rely on oneself and others, realizing that NOBODY can really help you, your money, intelligence and power can be gone with the wind, so don't rely on them! Rely on Hashem.

I realized that I can't relate to that, who relies on someone else? Who is there to rely on B'chlal? Who is even interested in helping me? What is he even talking about?

Then I chapped! Yes, most people do rely on someone or themselves to a big degree, some consciously and some unconsciously. So they need to first stop relying and then learn how to rely on Hashem.

But, Myself and I think you can relate to this, we are missing that first part..... we never learned how to rely on anyone or anything! The world was always a terrifying, unforgiving, unfriendly spooky house..... everything is up in the air, and if we blink everything will come crashing down!

From that perspective, we are further along the path of Bitachon than most others.

Im not just guessing so, I've been talking to people about this and I see that it's incredibly hard for people to get close to Hashem because they are so entrenched in their little fiefdoms.... "I hustled all my life, and that's why I'll be rich one day"

" I didn't let myself from anyone, I will teach them"

Etc. everyone with their little imaginary kingdoms ruling over everyone.....

I already know what's NOT true, now it's easier to learn how to trust the only real source of power in this and all other worlds, Hashem!

So get up from the floor, and start dancing, you were chosen for a mission, you have a special journey that nobody before or after you will get to do. You are on the right path, you are heading towards freedom, you will get there, meanwhile, you will teach a lot of people who in a similar situation how to overcome, how to persevere, how to use your struggles as a guide towards holiness.

Keep on growing, keep on shining and making Hashem happy.....

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Re: Chizzuk Needed

Posted by simchastorah - 04 Mar 2025 06:53

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Day 121 ?"?

Thanks for the chizzuk chancy!

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Re: Chizzuk Needed

Posted by simchastorah - 05 Mar 2025 06:06

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Day 122 "?"?

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Re: Chizzuk Needed

Posted by simchastorah - 06 Mar 2025 06:56

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Day 123 "?"?

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Re: Chizzuk Needed

Posted by simchastorah - 07 Mar 2025 09:40

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Day 124 "?"?

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Re: Chizzuk Needed

Posted by simchastorah - 08 Mar 2025 17:08

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Day 125 "?"?

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Re: Chizzuk Needed

Posted by simchastorah - 09 Mar 2025 09:32

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Day 126 "?"?

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Re: Chizzuk Needed

Posted by simchastorah - 10 Mar 2025 06:11

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Day 127 "?" (yall know the gematria i'm thinking of...)

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Re: Chizzuk Needed

Posted by simchastorah - 10 Mar 2025 15:27

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For those that didnt get it the gematria is ???? ???

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Re: Chizzuk Needed

Posted by altehmirrerr - 10 Mar 2025 15:53

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[simchastorah wrote on 10 Mar 2025 15:27:](#)

For those that didnt get it the gematria is ???? ???

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Re: Chizzuk Needed

Posted by sytv2002 - 10 Mar 2025 16:03

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Your resilience and perseverance is in itself so inspiring to me. For what it's worth, you've given be chizzuk to continue in my own fight.

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Re: Chizzuk Needed

Posted by simchastorah - 10 Mar 2025 16:23

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[altehmirrer wrote on 10 Mar 2025 15:53:](#)

[simchastorah wrote on 10 Mar 2025 15:27:](#)

For those that didnt get it the gematria is ???? ???

What about for those who still don't get it?

We'll include the answer in next week's edition

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