

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 - 19 Mar 2025 11:30

Day 136 "?"

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Re: Chizzuk Needed
Posted by simchastorah - 21 Mar 2025 06:00

Day 138 "??"

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Re: Chizzuk Needed
Posted by amevakesh - 21 Mar 2025 12:58

You are getting rid of your "???" in the best possible way!

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Re: Chizzuk Needed
Posted by simchastorah - 22 Mar 2025 16:51

Day 139 "??"

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Re: Chizzuk Needed
Posted by amevakesh - 23 Mar 2025 13:31

Thank you so much for your daily updates. It gives me personally a lot of Chizuk.

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Re: Chizzuk Needed
Posted by simchastorah - 24 Mar 2025 05:37

Day 141 "??"

I looked at a bunch of very inappropriate videos on YouTube over the last few days. If I don't do something to turn around, past experience tells me it will turn into a full blown fall.

As chaimoigen likes to say, for many of us, myself included this is a living problem more than a lust problem. When I first get clean it becomes a new way of living, living with beating the problem. But one I've been clean for long enough and that initial stage is over I start slipping, because I still haven't learnt how to live with looking at inappropriate content as something that I just don't do.

While I worked yesterday I was listening to a podcast which was an interview of someone in the field I work in. He has previously struggled with various addictions, porn chief among them. But by the time he was 21 he had reached a profound clarity that porn made him into someone he really didn't want to be and dropped it completely. And today he has what sounds like an amazing marriage. It was both inspiring and humbling to hear this non Jew describe this level of maturity that is still beyond me.

Shout out to stopsurvivingandstartliving, happy to see you're back.

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Re: Chizzuk Needed
Posted by chancyhk - 24 Mar 2025 15:38

Dear Simcha,

I feel your fear and anxiety coming right thru my screen.

You are right, see it for what it is, a wakeup call!!!

When the YH sees that you reached a 141 days, he is upset and needs a win over you., he knows that coming in and fighting you head to head wont work, so he tries a back door. And slowly increases your arousal level untill you will say, shoin its over for now, i need to _____ and finish, i will start from fresh tomorrow..... I already saw too much and it wont leave my brain untill i do something so its better to do something. Hirhury Avira Kushim etc.....

DONT FALL FOR IT!

Scare yourself of what could happen!

Think how much pain you had last time!

Think how far you have come!

Think of everyone here who will be really hurt if you fall!

Think about your beautiful soul begging you not to blemish it any more!

Think about Hashem who loves you more than you can imagine!

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Re: Chizzuk Needed

Posted by chancyhk - 24 Mar 2025 15:52

Ill share a recent story.

I went away to FL for 2 days on a business trip ALONE! Dumb idea, i know.

I was not in a good mood and watched on the plane ride, at least it was nothing inappropriate.

I got to the hotel and had nothing to do for the rest of the day, so of course i started watching, at first nothing bad, just cartoons, but the desire kept growing, you know that feeling, alone in FL, bored stiff, nice hotel room, huge TV, JUST GO FOR IT.....

I searched and searched but BH didnt find anything P related BH, but way not kosher. I was so upset you cant imagine..... what the hell is wrong with me? What kind of a loser am i? why didnt i just learn for a few hours, etc.

Next day, i was busy BH all day, but i still watched too much garbage and inappropriate things.

THE day i went home i reached out to some Guys here among them Muttel and HHM. I dont know how i forgot to reach out before, the YH made me blind.

We spoke for a few minutes and HHM told me "ON the plane, remember that the TV is Mutzka, not a little bit here and there, Fully Muktza!

I had a wonderful flight home, learned thru almost the full flight, I realized that this a opportunity for growth. I should have made a geder that ALL TVS ARE MUKTZA!!! I would've had a different experience in FL.

So i made a Kabala then and there to not watch any Goyishe movies anywhere, TVs are Muktzta B'Tachlis! Machmas Issur/Gufoi/Mius/Chisuoroin Kiss.....

So dust yourself off and learn from this, dont let it go any further.

Love you

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Re: Chizzuk Needed
Posted by simchastorah - 26 Mar 2025 05:35

Day 143 ?"?"

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Re: Chizzuk Needed
Posted by hashem help me - 26 Mar 2025 11:11

Your honesty was probably the catalyst to get you over that hump. Just like a fellow who did not grow up frum misses the cheeseburger, some part of us will always wistfully miss these arousals. Accept it, laugh, and move on, just like that fellow walks past the McDonalds and does not open the door.

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Re: Chizzuk Needed
Posted by simchastorah - 28 Mar 2025 06:48

Day 145 ?"?"

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Re: Chizzuk Needed

Posted by alex94 - 28 Mar 2025 10:09

Visions of greatness - ??? ?????? ??? ??????

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Re: Chizzuk Needed

Posted by simchastorah - 01 Apr 2025 06:37

Day 149 "?"?

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Re: Chizzuk Needed

Posted by livingagain - 01 Apr 2025 14:37

[simchastorah wrote on 28 Mar 2025 06:48:](#)

Day 145 "?"?

You are an inspiration and thnx for all the torah you share

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