

**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.

=====

**Re: Chizzuk Needed**

Posted by simchastorah - 25 May 2025 03:53

---

Day 8 "?"?

=====

Re: Chizzuk Needed

Posted by simchastorah - 26 May 2025 05:34

---

Day 9 "?"?

=====

=====

Re: Chizzuk Needed

Posted by adventurousjellyfish - 26 May 2025 06:21

---

Thank God. It's good to see you here simchastorah. ???.

=====

=====

Re: Chizzuk Needed

Posted by simchastorah - 27 May 2025 04:59

---

Day 10 "?"?

=====

=====

Re: Chizzuk Needed

Posted by simchastorah - 28 May 2025 06:17

---

Day 11 "?"?

=====

=====

Re: Chizzuk Needed

Posted by chancyhk - 28 May 2025 18:21

---

[simchastorah wrote on 28 May 2025 06:17:](#)

Day 11 "?"?

You know? I come in here every day, and while clicking on this thread I pray silently "Please Hashem let it be another clean day for Simches Torah"

Its like we have our own Sfiras Ha'Omer going on over here....

Keep on going upwards.

P.S. you know you can call me whenever you want. Or chat, or PM or email. or mail. Whatever works for you.....

=====

Re: Chizzuk Needed

Posted by authenticaved - 31 May 2025 21:49

---

Hi Simchastorah,

Just another yid who gets chizzuk from all your constant posts and check-ins (no matter what happens - admirable!) and wanted to say hi. we miss you and we need you!!!

Love,

AE

=====

Re: Chizzuk Needed

Posted by simchastorah - 04 Jun 2025 16:38

---

Thanks for checking in friends. I'm sorry to report that I have not been clean. I fell a few days in a row last week, each day multiple times. I didn't fall on Motzei Shabbos or Sunday or Motzei Shavuos and had a great and uplifting yontif with strong learning through the night. But then yesterday and today I fell a bunch of times. I feel totally out of control.

Like I've mentioned before the main thing for me in being clean is just being clean. It's a switch that I switch on or off. And when it's on then all the eitzos help to make it go smoother, or to maintain. But when it's off it feels like all the eitzos in the world are for a different person.

But ein shum yeush, I will keep on fighting and b'ezer Hashem I will get clean again and win the battle. I will be clean so I can be close to Hashem and have a healthy relationship with my wife. And build a holy home. And learn with holy eyes. And not be part of the cause of ??? ??????. I will keep fighting this terrible battle beh.

=====

=====

Re: Chizzuk Needed

Posted by chancyhk - 04 Jun 2025 18:06

---

[simchastorah wrote on 04 Jun 2025 16:38:](#)

Thanks for checking in friends. I'm sorry to report that I have not been clean. I fell a few days in a row last week, each day multiple times. I didn't fall on Motzei Shabbos or Sunday or Motzei Shavuos and had a great and uplifting yontif with strong learning through the night. But then yesterday and today I fell a bunch of times. I feel totally out of control.

Like I've mentioned before the main thing for me in being clean is just being clean. It's a switch that I switch on or off. And when it's on then all the eitzos help to make it go smoother, or to maintain. But when it's off it feels like all the eitzos in the world are for a different person.

But ein shum yeush, I will keep on fighting and b'ezer Hashem I will get clean again and win the battle. I will be clean so I can be close to Hashem and have a healthy relationship with my wife. And build a holy home. And learn with holy eyes. And not be part of the cause of ??? ??????. I will keep fighting this terrible battle beh.

Dear Simcha,

It breaks my heart to read your post.

Lets try next time you are feeling weak, give me a call. Maybe together we can get thru this.

=====

=====

Re: Chizzuk Needed

Posted by amevakesh - 10 Jun 2025 06:23

---

Hurts like hell to read. Here's a hug, and to hoping that the great warrior within you is brought out and forged by this terrible battle. Feeing for you my friend. Please keep us posted whether the tide turns, or even if not, please stay in touch.

=====

Re: Chizzuk Needed

Posted by upanddown - 10 Jun 2025 15:04

---

[simchastorah wrote on 04 Jun 2025 16:38:](#)

Thanks for checking in friends. I'm sorry to report that I have not been clean. I fell a few days in a row last week, each day multiple times. I didn't fall on Motzei Shabbos or Sunday or Motzei Shavuos and had a great and uplifting yontif with strong learning through the night. But then yesterday and today I fell a bunch of times. I feel totally out of control.

Like I've mentioned before the main thing for me in being clean is just being clean. It's a switch that I switch on or off. And when it's on then all the eitzos help to make it go smoother, or to maintain. But when it's off it feels like all the eitzos in the world are for a different person.

But ein shum yeush, I will keep on fighting and b'ezer Hashem I will get clean again and win the battle. I will be clean so I can be close to Hashem and have a healthy relationship with my wife. And build a holy home. And learn with holy eyes. And not be part of the cause of ??? ??????. I will keep fighting this terrible battle beh.

Dear Simchastorah,

You're a true inspiration! Your ups and your downs are so full of honesty and real avoida. Keep strong and keep inspiring us!!

I may be wrong, but I have a feeling (from following your thread when you counted day by day; and based on what you wrote [here](#)) that "the clean streak" is very important to you. I wonder if this is something that's holding you back from getting back up properly. For me, the clean streak has been beneficial but also often very destructive. Every time I fell after a long clean streak, I had this fear of getting back up and tried to utilise the downfall. It took me time to realise that the counting must be a total side point. Totally irrelevant. It's just a slight incentive, nothing more than that. The main thing is the inner change, finding the root of the issue and techniques/thoughts that speak to you.

I may be totally off target.

Either way, we're looking forward to hearing from you more about your journey...

??? ????,

UpAndDown

=====  
=====

Re: Chizzuk Needed

Posted by simchastorah - 12 Jun 2025 05:23

---

Day 3 "?"

@upanddown I appreciate the insight.

I agree that streaks are a double edged sword.

Something else that I have mentioned, including in the post you posted in response to, is that the main thing in being clean for me is being clean. I don't know how much more I could do in terms of recognizing the underlying issues. I have exhausted that, and continue to work on it. And techniques are helpful, but only for someone who wants to be clean. I think my issue is falling into a darkness where I don't really have the ratzon to be clean. When this happens,

having a streak can be enough to get me through for some time until I regain that ratzon. But all the urge surfing in the world will not bring the ratzon, and rehashing my inner issues and mistakes for the 1000th time may not either.

=====

=====

Re: Chizzuk Needed

Posted by simchastorah - 21 Jul 2025 18:56

---

Day 14 "?"?

BH doing well. Reviewing daily the pros and cons of engaging with or abstaining from acting out. Without that I seem to forget that it's just not worth it.

edit - after posting this I reread my last post from before this and I see that I was talking about ratzon over there. Clinically and coldly contemplating again and again the negatives compared with the positives of viewing etc as well as the positives vs the negatives of not doing help me to have that ratzon not to do it. Or the ratzon to be btahara. Depending on what's speaking to me more.

=====

=====

Re: Chizzuk Needed

Posted by upanddown - 21 Jul 2025 21:23

---

It's so good to have you back @simchastorah! We've missed you...

Wishing you continued Hatzlacha!

=====

=====