

I'm really trying to break free!!

Posted by nowitstime15 - 18 Apr 2025 00:33

---

Hey all, I'm just using this to write down my thoughts and feelings. I just failed. I let Hashem my father down.

I'm so upset with myself, I get to 8 days clean, then I fail, I get to 14 days clean then I fail and I just can't seem to catch a break. I've deleted all my social media, I just have YouTube. I don't stay on my phone before bed, I still struggle with sleep due to illness. I go to the gym 3x a week and I guard my eyes, I have only male friends (cut out all my female friends over the past few years), I have lots of chavrusa and try and learn Torah.

I feel dirty and disgusting when I've failed. All I think about how disgraceful I am when I shake someone's hand on shabbos and how impure I am.

here's the thing though, I don't want to give up, I keep trying and always will do. I will get to the point where I don't think about doing any aveira in my life time.

I also listen to clean song, I watch clean tv shows. I work hard. And yet a day like today was really tough, even if I using distractions they work for a little bit and then BAM it gets me.

I know deep down that Hashem loves me, but I can't help but feeling that he's super disappointed in me and will not have mercy on me. Maybe that's just my yetzer hara, making me think the worst thoughts.

i don't know if any of this is making sense, but I don't know what else to do.

all I'll end with is, I won't give up, I can't give up, I won't give up on myself or my future family. I want a good life and Hashem has blessed me with a good job, a beautiful family and now I want him to bless me with the chizuk to overcome this huge nissayon and eventually find my Zivug.

I hate to call myself a frum yid, but I am.

I pray for each and every one of you that individually and together we overcome these challenges in life, that Hashem blesses us with the strength and only good/clean thoughts.

Now to wait another 7 days and I'll be physically and mentally clean. I just wish I was physically clean now.

p.s. sorry for a long message.

=====

Re: I'm really trying to break free!!

Posted by wannachange - 18 Apr 2025 00:42

---

WOW do I have respect for you! I would not be able to pass your test in your circumstances! Buddy you got this! Hashem put YOU her because he knows you have the power! So you fell, OK your human! Not that its ok but you will persevere!

Davening for you!

=====

Re: I'm really trying to break free!!

Posted by chosemyshem - 18 Apr 2025 01:14

---

Hey chaver.

Thank you for sharing. Sounds like some heavy thoughts weighing you down.

Just a suggestion. It sounds like you've made serious lifestyle changes and put in significant

work to get to a good place.

That's awesome! You need to recognize you've done amazing things.

But it also sounds like there are some really powerful tools the gang here recommends that you may not be using. Tools such as 1) an accountability partner you can speak to and be really honest with about your status. 2) a mentor you can do the same with. 3) learning to reframe this struggle as a positive opportunity to come close to Hashem (reading the book "the battle of the generation" (link below) is a good place to start in on that.)

Hatzlacha and keep up the good work!

=====

Re: I'm really trying to break free!!

Posted by sytv2002 - 18 Apr 2025 04:53

---

Hey! First off, you're a tzaddik. And the fact that you hold yourself to such high standards is because deep down you know how big of a tzaddik you are! Please be nice to yourself! You're doing great! I'm over here trying to just get to 3 days straight, let alone 8! Part of my journey has been learning to speak nicer to myself. Yes I'm unhappy with my actions, yes I call myself names. But I stop myself and focus on how to be better. What's my next step. How will I be better. Just yesterday I fell and was harsh on myself. But I implemented something new and it worked! I was clean today! Chasdei Hashem! Those are just my thoughts. Love yourself!!!

=====

Re: I'm really trying to break free!!

Posted by shmuel613 - 18 Apr 2025 10:48

---

Hey, I really understand the struggle. The feeling of thinking you are doing great then out of nowhere the yetzer hara just gets you is devastating.

You have to remember that all the effort was not in vain and a 14 day streak is seriously

impressive. Im in awe.

I know the feeling of "how can i be frum if i do this"- you are normal and have a yetzer hara.

Would love to discuss tactics, etc if you are down?

=====

Re: I'm really trying to break free!!

Posted by captain - 18 Apr 2025 12:48

---

Welcome! You're in a lot of pain right now because you are down. But if you don't like where you are, you can use that to motivate yourself to make things different from now on. But momentary motivation alone is not enough- you need to strengthen yourself to be able to be motivated every day, and you need the best tools in the fight.

Why don't you try strengthening yourself with these great free resources:

1) The Battle of the Generation: a sensational free ebook that seriously gets you excited to fight and win this fight. It's a real game-changer.

2) The Fight: an incredible audio series from Rabbi Shafier.

Links are below in my signature. Wishing you much success!

=====

Re: I'm really trying to break free!!

Posted by nowitstime15 - 22 Apr 2025 14:18

---

I think you underestimate yourself Achi! We both got this and Hashem loves both of us in our own right!

=====

====

Re: I'm really trying to break free!!

Posted by nowitstime15 - 22 Apr 2025 14:22

---

Thank you so much!! I will take those on board. I really do appreciate it. I feel better the last day or so, I just hate letting myself down. It's the failure, knowing I could've controlled myself but I didn't. Anyway, onwards and upwards.

=====

====

Re: I'm really trying to break free!!

Posted by nowitstime15 - 22 Apr 2025 14:25

---

Thank you Achi!!

Come on, you got this, you can get to 3 days, if we all believe in you and Hashem believes in you, then you have to believe in yourself. This world could not survive without you. I pray you have the chizuk to overcome this challenge. Vision yourself in 100 days being clean, clear and focused. That's what I'm trying to do.

=====

====

Re: I'm really trying to break free!!

Posted by nowitstime15 - 22 Apr 2025 14:28

---

I have respect for you, because even though you may be failing, you really want to succeed and you're doing everything you can!!

=====

====

Re: I'm really trying to break free!!

Posted by chizuk613613613 - 08 May 2025 16:34

---

Does what you currently have access to create triggers? Perhaps you need to consider pulling further back in what you have access to. Sounds like you're doing amazing and in the right direction. Someone driving versus someone in the car to go to the airport with a ticket to EY may look the same but are very very different

=====

=====

Re: I'm really trying to break free!!  
Posted by nowitstime15 - 09 May 2025 17:43

---

Hi!! So I don't have any social media apart from YouTube and on YouTube I only watch bodybuilding videos or food (I love cooking). I've been working so hard and I'm now 21 days clean, I won't lie and say it's tough, however I realise I have a lot of work to do. Thank you Hashem. I've been keeping myself busy with work, I don't use excuses and I'm just doing my best. I'm not out of the woods yet, I want to get to the 40 day mark and I know the yetzer hara will attack soon, so I'm weary. I pray for all my fellow brothers that hashem gives them strength always to overcome this nisayon and realise how much Hashem loves us all.

=====

=====

Re: I'm really trying to break free!!  
Posted by proudlyungerman - 11 May 2025 18:30

---

[nowitstime15 wrote on 09 May 2025 17:43:](#)

I know the yetzer hara will attack soon, so I'm weary. I pray for all my fellow brothers that hashem gives them strength always to overcome this nisayon and realise how much Hashem loves us all.

My dear fellow brother,

What are you doing to combat the weariness you are experiencing?

Have you tried any of the tools available from GYE? (See [here](#) for some of them.)

Have you connected with a mentor through GYE?

Looking forward to hearing from you soon!

Either way...

KOMT!

=====

Re: I'm really trying to break free!!

Posted by nowitstime15 - 13 May 2025 10:49

---

My dear brother,

This is a battle, every day is a new day. Honestly, I got so fed up of myself, I didn't like the person I was becoming, I felt a sense of lack. So I went on YouTube and searched what to do, I visioned what I wanted my future to look like, visioned true love not fake love. I made myself even busier, I stopped taking my phone into the bathroom or toilet, my laptop I hardly use. My phone has a filter.

It was a switch in mental attitude, I wanted abundance, I to be 'clean' and I kept thinking about what the Gemara said about waiting 7 days to be clean and I was horrible whenever I shook a fellow brothers hand. I changed everything I was watching. I focused on work.

1: no phone before bed, if I do, I leave my phone in a different room

2: quick meditation, I use Moshe Gerstch

3: I exercise 3 times a week now

4: I try and learn in the morning and in the evenings

5: I've stopped making excuses for myself

6: Changed my victim mentality

7: Started reading more - I love YOU REVEALED by Rabbi Naftali Horowitz, practice advice that I applied.

8. Having amazing friends that I can trust

I tried using the tools on GYE, however it was the brotherhood for me. I have ADHD and it was tough for me to watch the videos.

Everything above worked for me (so far) and of course davening to Hashem, asking him for his help is the most important thing.

Hashem loves you all and believes in you all!!

=====

Re: I'm really trying to break free!!

Posted by nowitstime15 - 21 May 2025 18:31

---

Just an update. Today has been a really tough day, I've hardly slept so I feel so tired and just thoughts running around my head, but I'm still clean.

The thought that keeps me going is my goal is 40 days clean, I want to find my wife already, I want to be clean and so I'm using those goals as a motivation.

Im going to pray, head to the gym, come home and eat, then go to bed. I can defeat my yetzer hara, I know I can, I have Hashem.

It's tough but not impossible. L

Stay Strong kings!

=====



