

Today Thursday was the last time in my life!!

Posted by lasttimewasfriday - 15 Aug 2025 04:27

Hi guys i hope you are doing well i just wanted to let everyone know that TODAY WAS THE LAST TIME IN MY LIFE THAT IT HAPPENED!!! I will fight back like a lion!!! I will Fight!! Fight!! and Fight!! the actual thing that i am still fighting after all of those setbacks shows that i will win the fight at the end!. It will be hard but if hashem sent it to me he knows that i could fight back and win!! hashem only sends nisyonas to people who could win it.

=====

Re: Today Thursday was the last time in my life!!

Posted by puremind - 15 Aug 2025 06:33

I believe in you! you will Make it! thx for the chizuk:clap:

=====

Re: Today Thursday was the last time in my life!!

Posted by justwannabefree - 15 Aug 2025 06:51

Hey there! We are super happy to have you join us in this fight, especially since you seem to have a lot fight in you! Your determination is not only admirable, it is key to getting out of this YH.

I would just say that you must not leave it up to determination alone. The reason is simple. Eventually you will not feel the emotional high you feel now, and you therefore won't always feel as determined. The key is to take the determination while you have it and use it to learn what it takes to fight this battle. Most of the time it's not about a super strong emotion which you will use overpower the YH, it's about having the tools to manage the urges and so on.

So do yourself a favor and reach out to a gye mentor who can get you started with the basic yesoidos, and also function as an accountability partner to help you get off your feet with a knock and get into a good groove. But more importantly to guide you as to how to gain the aforementioned tools . They are all great. Here is a list that Proud yungerman compiled of some of our great mentors. You will not regret reaching out to one of them i promise.

HHM (Hashem Help Me) - michelgelner@gmail.com, Eerie - 1gimpelovitz@gmail.com,
ChaimOigen – chaim.oigen@gmail.com, Muttel - muttel15@gmail.com,
Iwannalivereal iwannalivereal@gmail.com, Vehkam vehkam7@gmail.com,
Amevakesh amevakesh23@gmail.com, ProudYungerman proudyungerman@gmail.com,
Iwantlife - iwantlifegye@proton.me.

Please stick around and post more too. It's a crucial tool, and it's also mechazeik other people in the thick of this fight like me and others!

a fellow fighter .. yours truly jwbf

=====

Re: Today Thursday was the last time in my life!!
Posted by lasttimewasfriday - 15 Aug 2025 14:21

thanks to both of you for your strong support

=====

Re: Today Thursday was the last time in my life!!
Posted by lasttimewasfriday - 17 Aug 2025 03:12

The fight is on like never before. The last 48 hour was not so easy but i am proud that i passed the test so far! I know that the current enthusiasm will evaporate in the next few weeks and the fight will become harder so i am using the current enthusiasm as a way to push me to read about the topic and to read the forum to see techniques to fight back as strong as i can not only through willpower but also through surfing.

IT IS A FIGHT THAT ONLY I CAN AND WILL WIN!!!

FIGHT!! FIGHT!! FIGHT!!

=====

Re: Today Thursday was the last time in my life!!

Posted by lasttimewasfriday - 18 Aug 2025 00:18

The last 24 hours was much easier then the first 48 hours but what i learned from my past experience's is that the enthusiasm will evaporate in the next few days and weeks and the ??? ??? will come to me and he will tell me that it is not so bad and nothing will happen if i only try a little of it. So let me tell you something Mr. ??? ??? i am ready for you and don't even try. I am much stronger this time around.

=====

Re: Today Thursday was the last time in my life!!

Posted by hollyari - 18 Aug 2025 14:07

My man, you got this!!

I've already set my reminder to send you a *L'chaim* message on your 30th day

On your end, all that's needed is — don't let this determination level decrease! Keep the fire alive, stay motivated, stick around, and share both your challenges and your successes.

And hey, try out the F2F program — you're a carpenter, so grab some tools from the toolbox and let's keep rolling forward!

=====

Re: Today Thursday was the last time in my life!!

Posted by lasttimewasfriday - 18 Aug 2025 22:48

Day #4 and the fight is on like never before!!! Thanks to the tools that i learned the past few days over here at GYE today was probably one of my easiest days in the past 30 days everything went smooth and sail, every time a thought came up i used the surfing technique and i also thought myself that i don't have to try to fight those thoughts i just have to let it pass by. The good thing is that i now from past experiences that it wont always be that easy as it is now and in those days i will take out my action plan and see exactly **WHY** i am doing this.

Thanks for all of you for your warm support it really helps me out a ton!!!

=====

Re: Today Thursday was the last time in my life!!
Posted by lasttimewasfriday - 19 Aug 2025 03:17

I just had my first BIG nisoyan but i am glad that i was able to win it!!!

FIGHT!!! FIGHT!!! FIGHT!!!

WHEN WE FIGHT WE WIN!!!

=====

Re: Today Thursday was the last time in my life!!
Posted by justwannabefree - 19 Aug 2025 06:51

lol you say fight fight fight and when we fight we win you can't say both u gotta choose which team ur on

=====

Re: Today Thursday was the last time in my life!!
Posted by lasttimewasfriday - 20 Aug 2025 00:37

Day #5 of my **JURNEY/PARIDISE** and i am starting to return back to a place where i want to be. My feelings are starting to open up much more and i feel much more human right now then what i felt just 5 days ago. Words can not describe what it feels to be free of something that you know that it is not good for you but you did it till now because you were forced by a internal force in your body to do it. I hope this is not a 7 day streak or a 40 day streak or a 90 day streak and neither a 365 day streak but a 120 year streak where i will live only in holiness. I know that the mountain is big but you could only reach the other side if you climb it.

"Every fight is a must-win because we are winners".-Shawn Porter

=====

Re: Today Thursday was the last time in my life!!
Posted by keepmekadosh - 20 Aug 2025 03:07

Keep up the kedusha!

=====

Re: Today Thursday was the last time in my life!!
Posted by lasttimewasfriday - 21 Aug 2025 00:18

Day #6 Today was not the easiest day, it was not that bad but it wasn't easy i had a couple of urges throughout the day that were not really interested in going away. It was not easy but I had my **WHY** before my eyes and I knew what my goal is and what will happen if i don't achieve it. **GYE** was also a real help when I knew that I would have to post a message for the day and it wouldn't look too good when the message would start off that I had a fall.... So I stayed strong and I used some techniques that I learned over the past week over here at **GYE** and I won the battle of the day.

THANK YOU HASHEM!!!

"Each day I win this fight, I become someone I respect more."

=====

Re: Today Thursday was the last time in my life!!
Posted by lasttimewasfriday - 21 Aug 2025 00:19

Day #6 Today was not the easiest day, it was not that bad but it wasn't easy i had a couple of urges throughout the day that were not really interested in going away. It was not easy but I had my **WHY** before my eyes and I knew what my goal is and what will happen if i don't achieve it. **GYE** was also a real help when I knew that I would have to post a message for the day and it wouldn't look too good when the message would start off that I had a fall.... So I stayed strong and I used some techniques that I learned over the past week over here at **GYE** and I won the battle of the day.

THANK YOU HASHEM!!!

"Each day I win this fight, I become someone I respect more."

=====

Re: Today Thursday was the last time in my life!!
Posted by lasttimewasfriday - 22 Aug 2025 03:38

Day #7!!!!!!Believe it or not I survived a full week!!!!I feel like a new human being! I feel much stronger emotionally and mentally i am not following my heart anymore, I am following my brain. I know the fight will get harder in the next few weeks but I'm not afraid, because the fighter in me is getting stronger, every single day. Thank you **GYE** for your resources it really helps me out each and every day, my highlight of the day is when i login in to my account and i get to click on that **I'm on track** button

"Temporary pleasure is never worth permanent regret."

=====