

My Journey to 90 and Beyond. Chasing Purity
Posted by AStrugglingJew - 23 Oct 2019 20:49

Hi,

I have b"h reached 121 days, something that I am extremely proud of. I have for the most part employed filters and taphsic to keep myself in check.

My main issue now is that every few days i will have a day of extreme tayva where I will then try to give into that by having serious hirhurim or lusting over attractive women on the internet. I do not think i will actually fall because I remember how painful it was the last time I fell with a streak of similar length. Remembering that pain really keeps me and check. It was the worse decision of my life and hus brought much struggle to my life.

The Tayva is very hard because I am single and sometimes I feel like there is no immediate outlet besides giving in. I know it is extremely hard, and a high madrayga, but I am looking to control my tayva when it comes about and be able to subdue it and not fantasize. One of my main motivations is that I want to start dating soon (I am 20) and I want to have a super clean relationship with my future wife.

If anyone has any tips, that would be much appreciated. Sadly, I don't check GYE as much as I should, so if I don't reply right away it isn't because I don't appreciate it a ton, but rather because I am still working on inculcating GYE in my daily routine.

Thank you so much. Much Appreciated

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Re: My Journey to 90 and Beyond. Chasing Purity
Posted by DavidT - 23 Sep 2021 18:53

Here are some tips for strengthening bitachon that might help...

Choose a phrase to repeat out loud for a minute or two each morning. You can adapt the

phrases to your own language. Write the phrase on an index card and put it somewhere you will see it each morning. Some people tape the card to their car dashboard or computer.

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Blessed is the person who trusts in the Lord, and whose hope the Lord is. For he shall be like a tree planted by the waters, and that spreads out its roots by the river, and shall not see when the heat comes, but its leaf shall be green; and shall not be anxious in the year of drought, nor shall it cease from yielding fruit.” (Jeremiah 17:7-8)

Set aside five to ten minutes at some point in the day to either journal or do the hitbodedut practice answering these questions.

What good point did you notice in yourself or others regarding bitachon in your change efforts?

What choice point did you have regarding effort and trust?

What is your state of renewal or despair regarding social change right now?

How is your Bitachon aligned or not with your understanding at this moment of God's will for you or what the universe is calling for from you right now?

How is your level of Bitachon expressing or working against your own deep desire/will?

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Re: My Journey to 90 and Beyond. Chasing Purity
Posted by anonymousmillennial - 23 Sep 2021 19:33

Hi ASJ

I feel your pain. A few years back, right at this time of year, I was hit with a very challenging time. I was doing great in Yeshiva, putting all of my efforts into Avodas Hakodesh, when suddenly, I started experiencing panic attacks during shiur and during davening. Believe me it was not fun and it greatly hampered my ability to function. In fact, it turned my till then normal life, upside down. Both davening and learning came much harder to me. For quiet a while I felt a strong disconnect to Avodas Hashem and even anger towards Hashem Himself.

Over time, though, I've come to accept (at least in part), that as painful as it was, it was part of what I needed. And just like a doctor might perform painful surgery to his patient for the patient's own benefit, so too Hashem performs painful 'surgeries' on us too. I know this analogy is cliché, but it is worthwhile reminding ourselves of this idea. 'Es Hashem Ye'ehav Hashem Yoichiach'.

In times of pain, it becomes easier for us to let go of ourselves. When there is nothing to sooth us, including perhaps the idea of Hashem as well (when we feel we've done everything for Him and he's not reciprocating), we desperately are looking for some comfort. That was the case by me at least. Unfortunately, I ended up doing some stupid things I regretted afterwards. In hindsight none of them were worth it. (Nothing life-threatening, mind you, but stupid nonetheless.) Sometimes it's really hard, but at least we should try not to do things we know we'll regret afterwards.

But if we do end up doing something stupid after all, it's worthwhile reminding ourselves that we're human and we shouldn't kick ourselves so much in the stomach. Let's just brush off the dust and get back up, as painful as getting back up may be. Pain in life is inevitable, our perspective on pain, though, is our choice. And if we know this in advance, it can greatly help us deal with it.

Another idea worth mentioning is the ring that Shlomo Hamelech used to have on his finger. It said: "Gam ze ya'avov". Whatever trials and tribulations we're going through in life no matter how terrifying they seem, will eventually come to an end. It might take a month, it might take a year or even a couple of years. But eventually it'll pass.

I hope that you get through the current challenging times very soon and that you'll truly experience that super-sweet year bekorov mamash.

Keep strong.

AM

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Re: My Journey to 90 and Beyond. Chasing Purity
Posted by AStrugglingJew - 23 Sep 2021 20:48

Thank you so much DavidT, these are some really great eitzas, some of the best I have seen on the issue, for something that I have personally been struggling with recently, so it really means the world to me that you would take the time to comment on my post, and be"h this approach will help a lot! Truly thank you so much!

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Re: My Journey to 90 and Beyond. Chasing Purity
Posted by AStrugglingJew - 23 Sep 2021 20:56

[anonymousmillenial wrote on 23 Sep 2021 19:33:](#)

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I hope that you get through the current challenging times very soon and that you'll truly experience that super-sweet year bekorov mamash.

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Thank you so much AM!! Truly one of, if not the, best message I have received here on GYE. Sometimes the most comforting feeling is knowing that someone totally understands how you feel and has even been there before.

And your cliché mashal is great and one I definitely tell it to myself all the time. I just have to work on being more patient as the surgery is taking place. And I know from my lived experiences that often what seems to be the worst thing for us ends up being the biggest beracha, but even still, it's hard to have that clarity in the midst of it.

Trying my best, at least I hope I really am.

Again, I would like to thank you again for your comforting words, they really mean more to me than you could imagine

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Re: My Journey to 90 and Beyond. Chasing Purity
Posted by Captain - 23 Sep 2021 21:53

[AStrugglingJew wrote on 23 Sep 2021 17:15:](#)

Any eitzah's for bitachon?

I am really struggling. A few parts of my life are not going my way. I daven so much, poured my heart out for awhile already, but the tides haven't changed yet, it all seems the same.

Obviously in the end, it's all for the best, but I am just quite down recently. We daven for a sweet year, but sometimes it just feels bitter.

I really went into sukkos, zman simchasainu, hoping to only have attitude of simcha, and for all that is wrong having strong bitachon, but I am clearly weak in this area.

I honestly feel like I am getting punished. I believe in Hashem with a full heart, I know in my end it's all for the best, but when the process is bitter it still is really hard to keep oneself from getting down.

And when I am down like I am now, the tayva to fall is so great. "Why not? Things are already going badly, just add it to the list, just hot rock bottom, then it will only be up from there" my yetzer hara says

Really open to any advice from this very holy community to help in this area

Why don't you try the Living Emunah books from Rabbi David Ashear? They're great

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Re: My Journey to 90 and Beyond. Chasing Purity
Posted by taheerlibeinu - 01 Oct 2021 15:58

I have been reading through your posts captivated by your journey. I have nothing but complete admiration for you. Your honesty and strength through this struggle is truly remarkable. As a single guy you went over 300 days at a time. Yes you might have fallen recently but can we just stop a second.. As a single guy you went over 300 days clean. I cannot get over that. It is incredible. Draw strength from that. Hashem is listening to your Tefillos there is no doubt about that. I hope and pray that in you will find a Zivug Hagon and build a Bayis Neeman B'Yisrael.

300 days.. wow. You are truly amazing. May Hashem bless you with strength and Siyata Dishmaya to get through this challenge. As has been said by others Gam Ze Yaavor, you will get through this. B'Ezras Hashem you will be Matzliach.

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Re: My Journey to 90 and Beyond. Chasing Purity
Posted by AStrugglingJew - 01 Oct 2021 16:23

Just had a fall after 8 days. Such a stupid one. This one was less because of crazy amount of tayva, and more from general stress and trying to escape that and make myself feel better, and because my streak was still relatively pretty fresh it didn't feel like that big of a deal to fall again. I wasted so much time this morning so that I would be able to have a great pleasure, some menuchas nefesh, my hetzer hara convincing me that I would feel better after I fall, and

obviously after I fell all I got was the opposite. I knew in my mind that would be case but nonetheless I persisted. I'm an idiot. Hopefully I can remember this post next time and not fall for the same fake arguments.

I'm gonna vent for a second. This whole avoda is so hard. Its so hard for someone who really just wants to be pure. I hate not being good. My whole life I love to follow the rules, to be perfect. I want Hashem to be proud of me. I want to be pure so that I can go into the process of finding a wife with a pure mind and heart. But its so hard to not mess up. I feel like I just keep on defiling myself. I was so pure going into Rosh Hashana/Yom Kippur, and Hashem purified me, but I just dirty myself again. How am I going to find the proper pure partner if I am dirty. I know all the positive messages that I can say, but these negative perspectives usually win the emotional battles inside me.

I love you Hashem. I truly do. I want to be better. Please help me help you. Please bring menuchas nefesh and purity into my life so I can serve you with a full, dedicated heart.

Sincerely, your lonely servant,

A Struggling Jew.

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Re: My Journey to 90 and Beyond. Chasing Purity
Posted by AStrugglingJew - 01 Oct 2021 16:25

TaherLibeinu, I appreciate this message more than you can imagine. Knowing that another person can find the slightest inspiration in my journey makes is the greatest pleasure I can find in this process.

Thank you so much for your kind words and Hakaras Hatov

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Re: My Journey to 90 and Beyond. Chasing Purity
Posted by Captain - 01 Oct 2021 16:29

[AStrugglingJew wrote on 01 Oct 2021 16:23:](#)

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Sincerely, your lonely servant,

A Struggling Jew.

Please check out the resources in my signature. They are very helpful with having the right perspective in all this, and will make you feel uplifted. You know, to remember that each second of holding back is an incredible accomplishment in Hashem's view, and that sins don't define you. Also you might want to check out the gye attitude ebook.

Hatzlocha

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Re: My Journey to 90 and Beyond. Chasing Purity
Posted by AStrugglingJew - 01 Oct 2021 16:32

[Captain wrote on 01 Oct 2021 16:29:](#)

[A Struggling Jew wrote on 01 Oct 2021 16:23:](#)

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Hatzlocha

Thank you do much Captain, you are always so helpful!

will definitely check those resources out

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Re: My Journey to 90 and Beyond. Chasing Purity

Posted by retrych - 03 Oct 2021 16:32

Strongly agree. Maybe this happens to us so we can get shocked awake and climb harder. If you slip slowly, you don't feel much of a difference. A big drop like this, while we are still above it enough to feel horrified by it, either becomes our new nireh k'heter, or becomes the motivation to take a big leap forward

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Re: My Journey to 90 and Beyond. Chasing Purity

Posted by dovidfg - 06 Oct 2021 15:20

Really relate to you. These days stress is the only reason i would fall and barely because of taivah. HHM told me to call him to vent instead of venting through watching porn. It really worked earlier this week. Highly recommended to find someone you can call whenever youre feeling stressed.

? As for youre venting I've vented the exact same things and totally see youre words speaking my heart. Just want to tell you that i understand youre pain and take great chizuk in seeing you fight you will bezras hashem get out of it and find youre bashert while feeling pure.

You dont even know how lucky you are fighting it while still single better now than later

Hatzlacha Rabbah Merubah

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Re: My Journey to 90 and Beyond. Chasing Purity

Posted by AStrugglingJew - 06 Oct 2021 19:26

[dovidfg wrote on 06 Oct 2021 15:20:](#)

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You dont even know how lucky you are fighting it while still single better now than later

Hatzlacha Rabbah Merubah

I just wanted to say thank you a to. The most comforting feeling is oftten knowing that someone is the same situation and we are not alone. Be"h we should all be matzliach!

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Re: My Journey to 90 and Beyond. Chasing Purity
Posted by AStrugglingJew - 29 Oct 2021 01:30

Just had a fall after a solid 20 something day streak.

Not going to let myself get to beat up about it, rather I wanted to share a thought I had.

Often I get upset with myself because when I fall I feel so flawed. I feel like I tarnished myself. And I feel like I am so far from the perfection that I am looking to achieve.

And while that is all true, maybe that is not exactly the mindset I should have. Maybe it is best to switch from a "am I being perfect" mindset to a "am I getting better" mindset. Because yes I did fall, but just reflecting on where I was a couple years ago to where I am now, I am worlds away, in such a better place. And that is a beautiful thing. The fact that we are all here on this site, looking to improve, and challenging ourselves to get better is such a wonderful accomplishment in of itself. I am sure we have all experienced some sort of improvement in our relationship with tayva and we should be proud of that.

This isn't to say we shouldn't have some level of frustration and regret when we fall, but maybe to just keep in mind that the goal is not to be perfect now, but to slowly but surely be getting every day, every week, every month, year, decade.... until all these slow and steady improvements add up and get us as close to perfection as we possibly can.

Just a thought that at the very least was comforting to me and hopefully can help inspire.

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