

My Nisoyin. My Life.

Posted by BeVeryStrong - 14 Jun 2021 19:46

Hi all, I'm new here but I'm not new in this struggle.

I only discovered GYE 2 weeks ago after being on a roller coaster for the last 20+ years (each part of life the struggle coming from a different perspective) and I already feel like a different)

It is really amazing to be part of a group of Yiden that all they want is to work on Kedusha and be close to Hashem. And at same time it is a big Chizzuk realizing that the struggle is real and I'm not alone in this struggle. To be at it first hand just makes it much easier on the front lines everyday.

I have many things to tell, share and take advice on. First let me have this thing started.

person. (Hey, a roller coaster has flat tracks too

BeVeryStrong

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Re: My Nisoyin. My Life.

Posted by BeVeryStrong - 24 Jun 2021 01:18

Woohoo! 20 days clean! Still going easy. Time for me to prepare energy for when things will not go the way I want and hope. Im stressing very much these days to have a 100% clean mind and Machsuva and it really is key. You can't lust what you didn't see. Of course the bad memories are here and the struggle is not to go in that direction.

An interesting thing is that having a clean mind makes it much easier to be triggered of real minor stuff which normally would mean anything. The cleaner/finer ones mind is the more it is important to be on guard on finer things...

BeVeryStrong

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Re: My Nisoyin. My Life.

Posted by Markz - 24 Jun 2021 02:06

Awesome. KOT!!!!

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Re: My Nisoyin. My Life.

Posted by BeVeryStrong - 25 Jun 2021 11:32

Day #21, BH by keeping myself on top of this subject, being careful with what I do and stating in my mind that falling is really not an option (until now I was always relying that just in case I have an outlet) the struggle has been relatively easy.

With my wife not being available now its a new chapter in this struggle since I'm on GYE. Hashem please help me staying clean and overcome my struggles!

Thank you all for your support!

BeVeryStrong

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Re: My Nisoyin. My Life.

Posted by HappyYid - 25 Jun 2021 14:33

Keep it up!

You can do it!

Hatzlacha

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Re: My Nisoyin. My Life.

Posted by BeVeryStrong - 29 Jun 2021 02:49

Day 25 going into 26

I'm really happy to be in this community!

The urges are getting stronger I hope and I am keeping myself stronger too!

I'm saying this here so my own ears should hear that I'm staying strong myself. I can and will proceed to 30, 60, 90 and beyond AND ONLY BEZRAS HASHEM!

Thnak you all

BeVeryStrong

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Re: My Nisoyin. My Life.

Posted by BeVeryStrong - 30 Jun 2021 04:18

Day 26!

Last night was really hard for me. I knew I'm not giving up, but what can I do?

I literally just picked myself up and started dancing that Hasham gave me the Zechiya to get such strong Nisyoines and be stronger from it!

Good night everyone!

BeVeryStrong

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Re: My Nisoyin. My Life.

Posted by BeVeryStrong - 14 Jul 2021 10:45

Day 40!!! BH

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