

I Have the Strength Just Need the Motivation

Posted by HashemPleaseSaveMe - 24 Apr 2022 04:06

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Hey guys I'm a bachur In my young 20s been struggling with this for some time. I read battle of generation and struggle with images and mzl (not hardcore prn). Had a great streak till recently and have fallen so many times in the last few months I just need to get back up and moving. Haven't been learning really at all and I'm sure that's related i just can't bring myself to learn not sure why.

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Re: I Have the Strength Just Need the Motivation

Posted by HashemPleaseSaveMe - 24 Apr 2022 04:10

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I Had the strength to get rid of my smartphone... only to have my parents insist I use another (albeit old) smartphone!!!

and this is after I explained to them that I'm struggling and need to get rid of it

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Re: I Have the Strength Just Need the Motivation

Posted by Face the challenge - 24 Apr 2022 04:30

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I sent you a private message

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Re: I Have the Strength Just Need the Motivation

Posted by Bilaam Harasha to Yosef Hatzaddik - 24 Apr 2022 15:56

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Welcome!

I'm in a similar situation like you, I also find it hard to learn even though I have more than

enough time and that makes this struggle so much harder. What's weird is I actually really enjoy learning also, but I found that in my specific case if I took vows responsibly to learn a single page of anything that I enjoy learning, like sefer chofetz chaim or sefer derech Hashem, I end up learning much more because it really is enjoyable. I just need that initial nudge to get moving. Maybe that might also help you, but just be careful to take them on condition that if anything unexpected comes up to hinder the learning, that your not obligated. It happened sometimes to me and I was glad I made that condition to begin with.

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