

My crowded yet lonely journey

Posted by connected - 28 Apr 2022 21:37

To the most authentic group of Yidden: Hello.

I've been a member of GYE for a while now, but I've never posted anything publicly. I generally shy away from speaking up in public and even on an anonymous forum. But I want to change that.

A little about myself:

I grew up Chasidish; I'm 29, married, and have three children BH.

I've been struggling with M since I was seven years old. Discovering P at around 19 made things exponentially worse (surprising, I know).

So far, my longest clean streak has been 14 days. I'm now three days into what I hope will be my 90 days - and beyond B'Ezsas Hashem. I hope to update this thread and track my progress regularly.

P.S. If anyone can help me reset my "current streak" counter to the correct number, I'd appreciate it.

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Re: My crowded yet lonely journey

Posted by Vehkam - 28 Apr 2022 21:53

Welcome. Thank you for posting. Hopefully the connections you make here will help you achieve all of your goals. Posting regularly also helps you internalize your commitment. Hatzlocha rabba looking forward to sharing many successes.

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Re: My crowded yet lonely journey
Posted by connected - 29 Apr 2022 17:06

Thank you Vehkam for the warm welcome.

I recently read your story; it's incredible and inspiring! It really gave me Chizuk that it's possible.

It's one of the things that made me decide to post.

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Re: My crowded yet lonely journey
Posted by Vehkam - 29 Apr 2022 19:59

“Challenge is the opportunity for greatness. Succeeding despite difficulty is your opportunity to accomplish what cannot be matched by anyone else because nobody else faces the same exact challenges you do.”

-The Battle of the Generation page 155

Have a great Shabbos.

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Re: My crowded yet lonely journey
Posted by Sapy - 29 Apr 2022 23:26

Welcome aboard! Sounds like your on a good track. Keep it going... Looking forward to hear from you!

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Re: My crowded yet lonely journey
Posted by connected - 02 May 2022 14:59

Here we are, Parshas Kedoshim (in Chutz Laaretz).

Hashem tells us that we can do this. We can separate ourselves and be unique.

Personal update:

I installed webchaver on my phone (with the filter option), and BH got the courage to approach and ask a respected person in our Kehilla to be my Chaver. He BH understood and accepted without giving me a difficult time. I appreciate that.

Hashem, see that I'm coming to purify myself; please help me. Help me become the person that my potential demands me to be. Without your help, I am dead in the water.

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Re: My crowded yet lonely journey
Posted by Lostjew85 - 02 May 2022 16:29

Dear Connected, thank you for your post. it helps me get strength knowing I'm not alone. I'm currently on day 32 and I feel like I'm white knuckling. I'm 10 years older then you and always struggled to stay clean for 30 days. Keep posting here, as for me what worked best is really wanting to give up the right to act out.

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Re: My crowded yet lonely journey
Posted by 5Uu80*cdwB#^ - 02 May 2022 16:53

[connected wrote on 02 May 2022 14:59:](#)

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Hashem, see that I'm coming to purify myself; please help me. Help me become the person that my potential demands me to be. Without your help, I am dead in the water.

Beautiful post! Every single day people on GYE show me how amazing Klal Yisroel is.

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Re: My crowded yet lonely journey
Posted by connected - 02 May 2022 17:36

[Lostjew85 wrote on 02 May 2022 16:29:](#)

Dear Connected, thank you for your post. it helps me get strength knowing I'm not alone. I'm currently on day 32 and I feel like I'm white knuckling. I'm 10 years older then you and always struggled to stay clean for 30 days. Keep posting here, as for me what worked best is really wanting to give up the right to act out.

Hey there 85th Lost Jew (see what I did there?),

When we go out and about our daily routines and we're the only ones knowing our deepest darkest struggles, we feel alone, but here we are all in this together.

Thirty-two days is a record I wish upon myself!

Keep climbing and stay strong!

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Re: My crowded yet lonely journey
Posted by connected - 03 May 2022 15:01

Another day secured.

Yesterday in mine, permanently etched into my essence.

No one can take it away from me.

Thank you, Hashem, for holding my hand.

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