

I'll try to share some of my journey
Posted by trying23 - 03 Feb 2025 19:59

Today's Hayom Yom

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???? ????? ?? ??? ?????? ??????. One must recite words of Torah copiously, saying Tehillim or
verbally reviewing Mishna whenever and wherever possible, in order to bolster the existence of
Creation, to be saved from chibut hakever and kaf hakela, and to merit all the highest
revelations.

I'm not thinking about the kaf hakela after 120 but this can probably also help our day to day kaf
hakela when we go from being in the world of torah and being a good person to the complete
opposite extreme where we follow our eyes and thoughts.

Maybe later I'll post more about myself...

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Re: I'll try to share some of my journey
Posted by trying23 - 30 Mar 2025 02:01

Day 4

friday and shabbos were hard days in general (every week is) feeling depressed wanting
validation from my wife which I feel won't happen for a while (she knows all about my struggle)
and not sure how I'll keep this going.

Gut Voch

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Re: I'll try to share some of my journey
Posted by boardg - 30 Mar 2025 03:57

As hard as it might be, realize that getting validation from a person isn't the important thing,

rather getting validation from hashem by doing the right thing

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Re: I'll try to share some of my journey
Posted by trying23 - 31 Mar 2025 02:07

Day 5

Bh feeling the strength to go on thanks to some very special people who I'm in touch with, it is really tremendous

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Re: I'll try to share some of my journey
Posted by odyossefchai - 31 Mar 2025 12:10

Hello Reb trying23.

Just read through your posts.

I know the feeling of wanting to be validated. (I sent something to HHM yesterday that I won't share here but the feeling of being wanted and validated and not having that, is painful and lonely)

It seems that you need to be reaching out with more people here.

I can assure you that we are all with you on your journey.

Many people will very much identify with your struggles and you can make real friendships with some beautiful neshamos here.

I did that early on and although I should be even more in touch with them (Red I owe you a call), their love, warmth, understanding, and ability to listen to me get things off my chest, has been key to me growing and leaving behind the life of lust.

It doesn't solve my many issues in lots of other areas, but BH I was able to push PandM away from my life in a big way that it doesn't hold me in a vice like grip anymore. Of course I have

challenges, many many of them, on a daily basis, but the urge to M on a super frequent basis, is way lower than it used to be and I can mostly have a clean life.

Reach out to the chevra here, make lots of good healthy friendships, keep on posting. We are with you all the way.

Hatzlacha raba

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Re: I'll try to share some of my journey
Posted by trying23 - 01 Apr 2025 03:04

[odyossefchai wrote on 31 Mar 2025 12:10:](#)

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Thank you for your post

I am in touch with a minimal few friends and I'm open to growing it but I'm very slow at it.

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Re: I'll try to share some of my journey
Posted by trying23 - 01 Apr 2025 03:06

Day 6

BH my feelings have gotten a lot better (for 2 days

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Re: I'll try to share some of my journey
Posted by cleanmendy - 01 Apr 2025 15:10

So how we gonna celebrate a week??

I once posted a thought from the Tanya (I think he said it). Our connection with Hashem is like a rope, Sometimes it may rip, but we can retie it, and when we do the two sides become closer together.

We see that when guys fall and get back up they're much stronger, and our relationship with Hashem and everyone else can slowly but surely repair.

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Re: I'll try to share some of my journey
Posted by yosis.smart - 01 Apr 2025 17:46

Hey trying23,

Just wanted to say hi from a fellow yid and lubavitcher, I appreciate your sharing the inspiration from your daily shiurim!

I had a 30 year journey to get where I am today, I went through almost every program I researched to pull myself out of an endless horrific cycle and only just now got to my longest streak of 150 days clean.

Posting here is great, actually talking to the people who have been there and can both understand your struggles as well as offer some support and potential ideas is even better. You can PM me if you like, maybe I can help in some way with giving a virtual hug, some understanding and/or some advice. Either way I'll share a crazy miracle story of the Rebbe saving me from committing ---- over my addiction, I hope that will inspire you to know whose looking out for you.

Never ever give up.

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Re: I'll try to share some of my journey
Posted by trying23 - 02 Apr 2025 03:40

Day 7

BH not much to share

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Re: I'll try to share some of my journey
Posted by trying23 - 03 Apr 2025 03:14

Day 8

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Re: I'll try to share some of my journey
Posted by trying23 - 04 Apr 2025 02:31

Day 9

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Re: I'll try to share some of my journey
Posted by m111 - 04 Apr 2025 11:06

Good work...

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Re: I'll try to share some of my journey
Posted by trying23 - 06 Apr 2025 02:49

Day 11

Friday and Shabbos always has it's difficulties but bh this week we managed to have a non stressful Friday and shabbos and that's very helpful for my staying clean

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Re: I'll try to share some of my journey
Posted by grow - 06 Apr 2025 06:41

Woohoo! Thanks for the update.

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