

Yedid's Count

Posted by yedid_nefesh - 15 May 2012 14:22

Hey people, i have been on GYE for a few years i am now in my late teens finishing off school. I unfortunately havent been to consistent in the foorums so after last nights fall i have decided to start a hopefully daily log of my journey. Anyways hopefully this log will help me focus more on my struggle and with Siyata Dishmaya really help out. I in the past years i have avoided the guidebooks and attitudes thinking not for me but the last few weeks of reading the emails have helped me realise its something that is vital if i want to make progress.

Im reading one attitude from the guide book daily and trying to personalise and absorb each attitude. Todays one is acknowledging that I am addicted which has obviously been tough as im sure most people have experienced that process by now but once again it is necessary if i will want to take the attitudes to heart. Also it is important to recognise when i am the most vulnerable so after llast nights fall i can safely add tha wanting to "chill out" to the list of dangerous times. Now Im not saying its bad to chill out but chilling has to be planned and definately not just surfing.

K got to go and will with Siyata Dishmaya continue this log just mainly ranting on.

TizkeH Lemitzvot

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Re: Yedid's Count

Posted by yedid_nefesh - 01 Aug 2012 19:17

The last few days have been frustrating and I dont really know where thing are going. This is what happened about 3 times in the last week more or less. I can feel all the dveikus to Hashem in the morning and - but then sometime during the late morning or afternoon a women will walk past and I'm sold to the yetzer. I either crash later that night or as I have done so far today just barely make it to mincha and learning in the afternoon where I was inspired to get a grip of myself for today. Please give me mussar chizuk suggestions ideas - I can have everything and I can say to Hashem Im in your hands, please take away the lust - but I see one women and already I'm sold. I dont know... Day one today... I just need to get out of this small vicious cycle and I can maybe just maybe go somewhere..

Help me holy friends!

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Re: Yedid's Count

Posted by Gevura Shebyesod - 01 Aug 2012 20:18

Asking for help by Davening is great - but the key is to surrender at the moment of the Nisayon. As soon as the trigger catches your attention, say "Hashem, I surrender my right to look and to lust. Please take away my desire to look, for I am weak and You are strong." As Alex says, it's not easy, it takes effort to catch yourself, but it works. And after a while it will become your habit, replacing the old habit.

Hatzlacha and KOMT!!!

Gevura!

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Re: Yedid's Count

Posted by yedid_nefesh - 07 Aug 2012 18:10

fell last nite after 6 days. It was a bad six days. The sad part is that I didnt read any emails or do any forum posting for about 5 days. On day at a time for now

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Re: Yedid's Count

Posted by yedid_nefesh - 15 Aug 2012 20:36

Last night i fell after a week long streak. On the up side it was only one fall and not the usual 3-4 falls so i got a decent night sleep and the morning was a little easier. Today was weakish and there was an impulse to fall further while im down anyway but at Maariv I had siyata dishmaya and was inspired to continue on with full force. Life has been very busy with a ridiculous amount of school work so not much free time which is good and bad. Im going to try spend a few quite minutes everyday sitting by myself and thinking about the days progress and the correct steps forward. Thanks

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Re: Yedid's Count

Posted by E-Tek - 15 Aug 2012 21:25

Also spend a few inutes everyday in CONTACT with someone, somehow. Isolation isn't good for us.

All the best!

Meir

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Re: Yedid's Count

Posted by yehoshua - 17 Aug 2012 09:14

I can't forget Bards, who wrote that he used to trace his progress every 15 minutes.

15 minutes clean

another 15 minutes clean

vau progress 8)

Icecream truck, mmmmmmm

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Re: Yedid's Count

Posted by beh - 17 Aug 2012 11:53

last night i had a close call i had to call 3 people say tehillim & thank god got out of it intresting

hashgacha protis a wrong # txt me and i almost got screwed b"h im a little better and hopefully won't beat my self up

AWESOME!!

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Re: Yedid's Count

Posted by yedid_nefesh - 19 Aug 2012 12:05

hello everyone! Baruch Hashem day 4 today. You don't understand its a difficult day today. I have got to learn for a really big exam coming up this week in a subject that I hate with a passion and the situation seems hopeless. Plan A is to just act out and look at a few bad things which will ease out the stress - for an hour or two at most that is. But then reality will hit me in the face, I will feel distant from Hashem, hopeless, and of course having wasted two hours that I cannot afford. I think ill take plan B. Plan B is looking the situation in the eye, confronting it and realizing above all that I can only do the small hishtadlus that I can and Hashem will decide the rest. And just writing this out makes the situation seem so much easier and even pleasanter. And yes Yehoshua only 15 minutes at a time! I surrender to you Hashem for the next 15 minutes and then we can see about the next 15 minutes after that. Thank you everyone for all the chizuk it really hits the spot.

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Re: Yedid's Count

Posted by yedid_nefesh - 22 Aug 2012 10:15

Fell last night after a clean week. Not much else to say except I need spend more time thinking about how the day went and what can be improved and in the long run be more serious and conscious about the struggle. I need to stop using youtube! it ruins me - I sometimes would use it for good in order to listen to some Jewish music or see videos of gedolim and such but the I either get carried away or I use it when I want to escape but "not go all the way". So I think it will be appropriate for Elul to break the habit. Bli neder no more youtube for elul (and hopefully after but thats a long way off).

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Re: Yedid's Count

Posted by yedid_nefesh - 27 Aug 2012 12:09

fell yesterday afternoon. I listened to a shiur shortly after and I was deeply frightened yet inspired for Elul. It gave me a bit of a wake up call and made me realise that if I want to be healed I need to make this the most important thing in my life. I tried implementing this mindset into today and it was Baruch Hashem successful. When faced with a challenge to look I thought about how that one peek could potentially chas veshalom ruin the rest of my day spiritually. Its been a long time since I was shomer ainyayim throughout the whole day till the afternoon but here I am . Tizkeh Lemitzvot

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Re: Yedid's Count

Posted by yedid_nefesh - 02 Sep 2012 12:11

Day 4 today. Anyways yesterday was Shabbos afternoon and knowing by my past Shabboses I was not going to make it through the Shabbos day and the particular people I was eating at without tripping in shemiras einyayim. So I cut the day into 4 sections and decided Ill do one at a time and - it worked Baruch Hashem. Last night and this morning I was feeling extremely frustrated about an ongoing issue that recently has been messing with my emotions which is not normal by me. Anyways some davening and a shiur in emunah helped put and BH my mind is almost 100% calm and although the problems is ongoing I will no allow it to mess with my emotions. My commitments for Elul have been no youtube which has been going strong and this morning after listening to a lot of goyish music and radio last night I committed to no goyish music whatsoever during Elul bli neder. Even without vocals is forbidden for now. So thats all for now besides for the tonne of work that faces me this upcoming week.

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Re: Yedid's Count

Posted by yedid_nefesh - 04 Sep 2012 17:25

I fell very late last night. At midday yesterday I was doing fine but I was stupid. I was standing and chatting with some people while women of questionable dress code kept passing. I should have left as soon as I could and there wasnt even such a strong taaiva to look. But the yetzer told me to stay just a bit longer and slowly slowly he wore me down. That is why I fell last night. I was planning for today to be a day of falling but Hashem some how forced me to see the repulsiveness and misery that another day of lust could bring and by lunch time I was back on my feet. I feel that I have made some progress in the last few weeks in that Im taking the struggle more seriously and I am more aware of the dangers. Also, what is good is that after Friday my life will be very stress free in terms of school work so thats something to look forward to. I will have to keep myself busy so I am planning on a solid exercise plan.

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Re: Yedid's Count

Posted by yedid_nefesh - 10 Sep 2012 18:18

hello. I experienced a bad fall last night. I was at a function where there were women but I think the main problem was my attitude. As soon as the yetzer started his nonsense I immediately had a feeling that the challenge is impossible and that I cant make it. Tonight the yetzer is trying to make me depressed about a certain situation that I find myself in and I know it so I just got to realise its from Hashem and keep on trucking and doing my best.

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Re: Yedid's Count

Posted by nederman - 11 Sep 2012 00:33

Amen. The yetzer hara is just begging you to give in, but he can't sin for you. You are an inspiration.

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