

This time I'm going to do it

Posted by TYH18 - 27 Apr 2020 05:31

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I've been struggling for years. I've been on GYE for a little while but no matter how much I tried to do the 90 day challenge I keep on falling. I am now officially starting a week challenge for myself... Wish me luck

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Re: This time I'm going to do it

Posted by Singularity - 24 May 2020 04:04

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YEAH! SMASH IT!!

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Re: This time I'm going to do it

Posted by TYH18 - 24 May 2020 14:38

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Well I celebrated too fast... I had a fall last night but this is the test! Not to give up now!! Let's kill it!!!! HASHEM PLEASE HELP ME!!!!

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Re: This time I'm going to do it

Posted by YeshivaGuy - 17 Dec 2020 12:19

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How u been man?

Please come back! We care about you!

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Re: This time I'm going to do it

Posted by TYH18 - 17 Dec 2020 12:35

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hey. sorry ive had some bumps and recenty ive made it to 21 days than i fell then 11 than i fell so now im in the hard process of keeping strong and bulding that streak

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Re: This time I'm going to do it

Posted by YeshivaGuy - 17 Dec 2020 12:42

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[TYH18 wrote on 17 Dec 2020 12:35:](#)

hey. sorry ive had some bumps and recenty ive made it to 21 days than i fell then 11 than i fell so now im in the hard process of keeping strong and bulding that streak

Building the streak, that's great.

But maybe it's time to focus on building your Self?

Are you happy?

What is your situation? Do u have filters? Are you still in Shiduchim?

Speak to us. We don't just want to hear about streaks.

Streaks are just numbers.

We want to hear about YOU!!!

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Re: This time I'm going to do it

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Posted by OivedElokim - 17 Dec 2020 18:04

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Keeping strong will be easier if you hang around here more, posting and reading the stories of others. Our strength is in our numbers...

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Re: This time I'm going to do it

Posted by DavidT - 17 Dec 2020 20:19

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*"is it true that every small effort is a separate accomplishment?"* you might wonder. "And if I end up giving in, does it really matter how many times I tried to stop myself?"

In his introduction to *Sefer Shemiras Halashon*, the Chofetz Chaim relates that the Vilna Gaon would quote a *Midrash* that says, "For every second a person holds himself back from forbidden speech, he merits a pleasure that no creature or angel can fathom." The Chofetz Chaim notes that the *Midrash* does not say every month, week, day, or even minute. It says every second!

That is the reward granted for withholding from doing any *aveirah* when challenged. Each instant is a separate *mitzvah*! Every second we control ourselves is so precious — even if we give in to the same desire moments later — because that second of effort is a victory in itself! It's an act of listening to Hashem. Now imagine what we will accomplish once we gain control over ourselves. We will rack up accomplishments at an astounding rate!

Celebrating our victories will give us the determination we need to stand up to the *yetzer hara* the next time he challenges us. We will have the strength to pump our fist once again and confidently declare, **"I am not giving in! I want to win, and I will!"** This determination will grant us the strength to overcome challenges that would otherwise be overwhelming.

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