

OivedElokim-I'll never give up

Posted by OivedElokim - 21 Feb 2021 21:37

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**Day one.**

This is my brand new thread for my brand new journey towards purity.

I will keep with me the lessons learned so far and keep my eye on the ball.

Today is the first day of the rest of my life.

A porn and masturbation free life.

A life of positivity and happiness.

A life of Torah and Avodah.

The life G-d intends for me to live.

Wish me luck.

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Re: OivedElokim-I'll never give up

Posted by OivedElokim - 11 Feb 2022 00:42

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Just fixed up my filter on both of my devices. That's the easy part...

Now I have to start working on my mindset and rewiring my brain.

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Re: OivedElokim-I'll never give up

Posted by OivedElokim - 11 Feb 2022 03:16

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Re: OivedElokim-I'll never give up

Posted by sleepy - 11 Feb 2022 03:28

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[OivedElokim wrote on 11 Feb 2022 03:16:](#)

Just fell

Falling sucks.

Chazak chazak bro

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Re: OivedElokim-I'll never give up  
Posted by OivedElokim - 13 Feb 2022 19:16

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Masturbated Friday night and last. Don't really have a plan in place for quitting. Have done contracts with knosim in the past, but it doesn't always help. I've torn up several 10 and 20 dollar bills already... I don't know what to do.

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Re: OivedElokim-I'll never give up  
Posted by OivedElokim - 13 Feb 2022 19:54

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Just finished lesson 2 of Flight2Freedom. I really liked it.

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Re: OivedElokim-I'll never give up  
Posted by OivedElokim - 14 Feb 2022 04:04

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Had a pretty good day in terms of work and learning, BH. I fell twice though, once with watching. I really want to stop but I'm not willing to make a new contract that involves ripping money. I wonder if donating to GYE (larger sums-like \$50, \$100) will do it for me...

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Re: OivedElokim-I'll never give up  
Posted by Hashem Help Me - 14 Feb 2022 12:28

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Suggestion: Stop with the knasos. Work the Flight to Freedom program, and get some chevra as partners. Of course do what you are comfortable doing...

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Re: OivedElokim-I'll never give up  
Posted by OivedElokim - 14 Feb 2022 15:22

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That's a good idea. Thank you.

I'm up to lesson 3 now and looking forward to starting it.

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Re: OivedElokim-I'll never give up  
Posted by OivedElokim - 16 Feb 2022 01:40

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Had a pretty bad day, woke up late for work and didn't learn due to the fact that I am totally exhausted and my chavrusas were all unavailable. Fell behind in all of my shiurim. Not feeling great about myself. But I am clean for 2 days now, BH.

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Re: OivedElokim-I'll never give up  
Posted by 5Uu80\*cdwB#^ - 16 Feb 2022 02:00

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Hi OivedElokim. I am sorry you didn't have a great day. It could be your yetzer hara will tell you that since you missed one day of learning, may as well miss another. I know you know this, but do NOT listen to that yetzer hara. You'll do great tomorrow and pick up from where you left off. In fact, it's still early tonight. See if you can chap arein a night seder and make up some lost ground. Will also help you feel better. You got this.

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Re: OivedElokim-I'll never give up  
Posted by OivedElokim - 16 Feb 2022 02:02

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Anybody else having trouble loading the flight to freedom site? Seems to be down or something.

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Re: OivedElokim-I'll never give up  
Posted by OivedElokim - 17 Feb 2022 03:25

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Had another bad day. I learnt more then I did yesterday, but that was only because I pushed myself beyond my comfort zone. I wasn't in the mood of doing anything today, but part of the reason I'm feeling down is because I haven't been productive so I need to break that cycle. I guess I should also be proud that I'm four days clean, which hasn't happened in awhile. I need to be very vigilant to make sure that my mood doesn't lead me to fall. I spent a lot of time today chatting with GYE guys online, which lifted my spirits a bit. I wish I had more/closer "real life" friends that I could reach out to on a bad day, but I don't currently...

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Re: OivedElokim-I'll never give up  
Posted by Vehkam - 17 Feb 2022 04:15

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Of course you should be proud of your four days. but you should be even more proud that you keep getting back up and continuing to fight.

I highly suggest that you find someway to go on the offensive instead of just playing defense. Try to commit to some positive activity and get into the routine of doing it every day. This should help with your mood and help you feel more productive. I have done that in micro steps and it has really changed the way I think.

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Re: OivedElokim-I'll never give up  
Posted by OivedElokim - 17 Feb 2022 04:40

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Thanks. I sent you a PM.

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