

Work in progress

Posted by Vehkam - 02 Jan 2022 18:43

Trying to post here on a somewhat regular basis so that I stay on course. I have to rewire my thinking patterns of over thirty years! I set the counter to the last date that I fell in masturbation. I have been able to stay away from other things for longer. I thank hashem for his kindness in helping me to this point.

this shabbos I was in Florida. Obviously there are a lot more nisyonos. I definitely was more successful than other times in not following my eyes and gazing with the help of GYE. (Not to say that I was successful in every instance- at some point my feet just took me in the wrong direction even though my mind was saying- STOP!)

One thing that helped me alot was a shiur I heard recently that describes the power of a tefila that one has immediately after he withstands a nisayon. When I feel a possible weakness to a temptation, I quickly resolve to turn away and then I immediately daven for something that is very important to me. Each small victory is another tefila. I don't want these nisyonos, but if they are coming anyway at least I have the opportunity to use them for something very meaningful.

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Re: Work in progress

Posted by Vehkam - 04 Mar 2022 04:14

Thank you I have to see if there's anything I want to cut out.

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Re: Work in progress

Posted by Vehkam - 06 Mar 2022 02:21

I just realized some thing amazing. One of the suggestions over here has always been to celebrate your victories. Usually this is done privately because we don't announce our struggles to the whole world. Well I have been looking forward to a celebration ithis Tuesday for a long time because my Daf Yomi shiur is celebrating the completion of sefer moed and the party is scheduled for Tuesday night. I have also been looking forward to completing my goal of 90 days clean. I never paid attention to when exactly that would be, but I just updated my chart and I am at 87 which means I will be having a massive party on the day I complete my original

goal of 90 days. I feel like it's a another hug from Hashem. Thanks to everyone here for the ongoing encouragement.

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Re: Work in progress

Posted by Shtarkandemotional - 06 Mar 2022 02:27

Wow that's honestly amazing!!!! Blew my mind! Your the best buddy!

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Re: Work in progress

Posted by Vehkam - 09 Mar 2022 23:46

I hit my 90 days last night. Danced the night away at our Daf Yomi siyum. lyh onward and upward....

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Re: Work in progress

Posted by Dave M - 10 Mar 2022 00:05

Just read through your thread. Your amazing! Keep on inspiring us.

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Re: Work in progress

Posted by Hashem Help Me - 10 Mar 2022 12:03

Mazel Tov! Keep it up. Day 91 can be anticlimactic. Don't get demoralized - now it's just real life with normal urges like everyone out there..... You have learned to not get overwhelmed and panic. The fly however will still buzz in your ear....

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Re: Work in progress

Posted by Vehkam - 10 Mar 2022 18:57

Thanks. I'm still on the offensive. Gearing up to delete my Hulu account one of these days.

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Re: Work in progress

Posted by Shtarkandemotional - 10 Mar 2022 19:00

[Vehkam wrote on 10 Mar 2022 18:57:](#)

Thanks. I'm still on the offensive. Gearing up to delete my Hulu account one of these days.

I'm always so impressed how am yisroel is always growing! Vehkam, Keep it up!!!

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Re: Work in progress

Posted by Markz - 10 Mar 2022 20:30

[Vehkam wrote on 10 Mar 2022 18:57:](#)

Thanks. I'm still on the offensive. Gearing up to delete my Hulu account one of these days.

Combat Units are ready on standby!

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Re: Work in progress

Posted by 5Uu80*cdwB#^ - 10 Mar 2022 22:13

Mazal tov on 90 days Vehkam!!!

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Re: Work in progress

Posted by Vehkam - 10 Mar 2022 23:09

I really appreciate all the encouragement etc... each comment I read is another validation. I see that another 90 days will iyh take me to shavous. Hope to be able to celebrate k'ish echad b'lev echad.

Something that I thought of today

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Save me from my enemies (the yetzer hara) because they have become strong - memeni- from my previous actions which caused my enemy to become so strong (giving in to my urges which became stronger and stronger)

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Take me out from these bonds and allow me to praise you, let me be a crown for tzadikim (becomes in a place where a Baal teshuva stands, even great tzadikim cannot stand) because of your great mercy upon me (that you helped me do teshuva even though I fell so far)

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Re: Work in progress

Posted by Avrohom - 11 Mar 2022 00:55

[Vehkam wrote on 10 Mar 2022 23:09:](#)

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b'lev echad.

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Beautiful idea - thank you!

It also says ?????? ?????, perhaps meaning the shackles are from our own ??? - meaning an internal foe, not an external one - like you said.

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Re: Work in progress

Posted by Vehkam - 11 Mar 2022 04:05

Thanks. Excellent insight!!

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Re: Work in progress

Posted by Vehkam - 18 Mar 2022 20:11

So I am in Florida for Shabbos as I am quite often. My hotel is not in the middle of the action

but it is close to the beach and occasionally there are some bathing suit issues.

I ordered some food and was sitting outside waiting for Uber eats and three young women got out of a car and were standing right in front of Me - probably less than 2 feet from me. I cannot describe what they wearing because I was trying very hard not to look at it but it definitely was not tznius. I had every opportunity to engage them in conversation and my initial reaction was they are here anyway so why should I not talk to them.

I think that this was probably my most difficult struggle since I started this journey. I put my headphones on and some music and spend the rest of my time sitting there staring at my phone. It took a few minutes to process what I just went through. The feeling of desire to talk to them was so intense.

The intenseness really took me by surprise. Last time I was here I was able to take a long walk near the beach but then I was prepared for it and simply averted my eyes anytime I encountered any people. This time it was unexpected and they were just standing there in front of me.

I actually just read the chapters in the battle of the generation regarding Will power. This really brought that message home that motivation enough sometimes will not work if you do not also have sufficient willpower. (and will power itself will not work in the long term without motivation)

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