

**I Get Back Up Again**

Posted by FighterWithFire - 13 Oct 2022 05:17

---

So...it's been a really, REALLY bad couple of days.

I figured out how to get around the filter, fell repeatedly on pornography and erotic material, watched and even chatted (text only, no video hookup, thank heaven for small favors) on online cams, and came THIS close to creating an account for hookups.

Yeah. Not good, to put it mildly.

In a fit of rage/grief, I deleted the junk email I created, along with all the accounts on the inappropriate sites, and disabled the filter bypass. Hopefully I'll resist the urge to create them again. In the meantime, I have to grit my teeth and stay strong for the next two weeks until I go back to EY for Winter Zman, during which I will hopefully have no access to any shmutz.

I've decided to create a new thread to remind myself of this moment, to remind myself that the excuses I make during moments of weakness/lust are garbage, and that this filth destroys my life both mentally and physically, wreaking havoc on my Ruchniyus and ability to grow as a Yid. BE"H, this should be the start of the time I finally make it to 90 days.

In the words of Mordechai Shapiro: "Every time I fall, I get, I get back up again/Every time I fall, I get back up again."

L'chaim. Hatzlacha to all.

FWF

=====  
====

Re: I Get Back Up Again

Posted by Teshuvahguy - 28 Dec 2022 00:18

---

[FighterWithFire wrote on 27 Dec 2022 23:47:](#)

Fell. Badly.

I've been going through an awful lot lately. Trying to stay upbeat and focus on the positives, but it's getting harder. Ended the day feeling stressed, irritated, and bored. In addition, I was coming off a night in which I had a very triggering (pornographic) dream. Put those together, and I wound up falling for about a half hour on very graphic pornography.

Cried like a baby for about an hour afterwards while listening to Nissim Black's "Hold On" (it's generally not my type of music-I'm not a rap/hip-hop fan, but Nissim sings with such a Neshama, and that particular song really strikes a chord inside me-look up the lyrics, you'll understand why). I want to stop SO badly, but I keep falling after a couple of weeks (sometimes a month) clean. B"H, things are much, much better than they used to be (thanks in no small part to HHM and my miracle worker of a therapist), but I want to knock this out for good. I'm almost 22, and might start dating sometime in the not-too-distant future. How am I going to proceed with that life-changing step if I'm not free from these demons? How am I going to live life if I keep turning to filth when things don't go as planned?

With those questions in mind, I'm seriously considering adding to my (in person) supporting cast, and telling my parents. They can certainly help at home at the very least, and just knowing that they're with me in the fight would be a MAJOR boost when I'm around unfiltered devices here in EY. The con here is that they possibly will be crushed and disappointed in me, which, far from being a boost, would set me back considerably (their opinion of me matters a lot [possibly too much] to my self-esteem). Need to think about it some more before making a decision.

I'll share one of the stanzas from the aforementioned "Hold On" that's been playing in my head all night. Hopefully it gives someone a bit of Chizuk.

"There's been times that I don't want to go / But I know that I've really got to keep on going

The negativity, tries to enter me / but I scream 'Let me be' and I keep on rolling

And that me, that I want to be / set him free and believe me that he'll keep growing

Yes, there's ups, and yes, there's downs / but it's guaranteed that it, all turns around

(Just HOLD ON, just HOLD ON, don't let go, don't let go, you can't let go, you've got to keep on moving on...")

Lost a battle. But still in the war.

Hope everybody else is doing well. Here's to a 2023 filled with Hatzlacha in the fight.

Hatzlacha to all,

FWF

Two things: are you sure your parents will be disappointed? This is a natural nisayon for a 21-year-old male in this world today. Is it possible they would get that and be supportive and not judge? Or, can you tell them just enough, without the worst of it, to get their help and support without feeling you are disappointing them? You are such a fighter, and as long as you keep fighting you are winning, falls or no falls. I believe in you and root for you to succeed. Just keep going and you will prevail.

=====  
=====

Re: I Get Back Up Again  
Posted by Hashem Help Me - 28 Dec 2022 12:33

---

So far, with only one exception, the many guys i know that shared with their parents, received tremendous moral support, understanding, and chizuk. In addition, changes were made to accessibility at home. Of course, my statistics are only based on my experience, but i think deep down, any intelligent parent knows their child may be struggling - it is a very challenging world out there and they know it.

=====  
=====

Re: I Get Back Up Again

Posted by FighterWithFire - 07 Jan 2023 18:07

---

Hey all. At a week clean, B"H. In the end, I decided not to tell my parents (for now), but I made the decision to tell my relatives (on whose devices I've been falling repeatedly) that I will no longer be visiting them during the week. Said I feel that my place is in Yeshiva (which is true), and that staying by them is becoming a distraction (which is true, albeit in the form of an enormous euphemism). To that end, I will pretty much only be using devices on Erev and Motzaei Shabbosos from now on while in EY, and since people are always around then, it should make things considerably easier. It's worked so far, B"H. Halevai Vaiter.

Hope everybody's doing well. Hatzlacha to all.

A Gutte Voch,

FWF

=====  
=====

Re: I Get Back Up Again

Posted by Eerie - 08 Jan 2023 18:30

---

keep it up, holy friend! The fire of kedusha you are generating is warming us all!

=====  
=====

Re: I Get Back Up Again

Posted by FighterWithFire - 13 Jan 2023 13:56

---

At 13 days clean heading into Shabbos, B"H. Had an tremendously fulfilling and enjoyable week B"H, not going to my relatives and staying in Yeshiva was a huge part of that. Feeling the lust start to build itself back up again, but simultaneously confident with a plan in place. Shovavim is off to a good start, B"H.

A quick mashal courtesy of R' Meilech Biederman Shlit"a: a man took a \$100 bill out of his pocket in the Beis Medrash and held it aloft. "Who wants this?" Everyone in the room looked up and immediately raised their collective hands. The man smiled, and crumpled up the bill in his fist. "Who wants this now?" Everyone looked at each other, confused, and kept their hands raised. The man threw the bill on the floor and stamped on it repeatedly. "How about now?" Hands remained raised. The man spat on the bill and crumpled it up (still intact) in a tissue. "How about now?" All hands remained raised. Someone said to the man in confusion "Whatever you do to it, it's still a \$100 bill!"

The man smiled, and beamed at the room. "IT'S A MASHAL FOR A YID, raboisai. Whatever you do to him, whatever the world does to him, even whatever he does to himself-he's still a Yid. And Hashem loves him and wants him, no matter what he does."

Hope everybody's doing well. Hatzlacha to all.

Have a wonderful Shabbos,

FWF

=====  
=====

Re: I Get Back Up Again

Posted by Teshuvahguy - 13 Jan 2023 14:04

---

[FighterWithFire wrote on 13 Jan 2023 13:56:](#)

At 13 days clean heading into Shabbos, B"H. Had an tremendously fulfilling and enjoyable week B"H, not going to my relatives and staying in Yeshiva was a huge part of that. Feeling the lust start to build itself back up again, but simultaneously confident with a plan in place. Shovavim is off to a good start, B"H.

A quick mashal courtesy of R' Meilech Biederman Shlit"a: a man took a \$100 bill out of his pocket in the Beis Medrash and held it aloft. "Who wants this?" Everyone in the room looked up

and immediately raised their collective hands. The man smiled, and crumpled up the bill in his fist. "Who wants this now?" Everyone looked at each other, confused, and kept their hands raised. The man threw the bill on the floor and stamped on it repeatedly. "How about now?" Hands remained raised. The man spat on the bill and crumpled it up (still intact) in a tissue. "How about now?" All hands remained raised. Someone said to the man in confusion "Whatever you do to it, it's still a \$100 bill!"

The man smiled, and beamed at the room. "IT'S A MASHAL FOR A YID, raboisai. Whatever you do to him, whatever the world does to him, even whatever he does to himself-he's still a Yid. And Hashem loves him and wants him, no matter what he does."

Hope everybody's doing well. Hatzlacha to all.

Have a wonderful Shabbos,

FWF

Love the Mashal, FWF! Glad you had such a good week. Keep fighting that lust, my friend. You are doing great.

=====  
=====

Re: I Get Back Up Again  
Posted by cordnoy - 13 Jan 2023 14:54

---

[FighterWithFire wrote on 13 Jan 2023 13:56:](#)

At 13 days clean heading into Shabbos, B"H. Had an tremendously fulfilling and enjoyable week B"H, not going to my relatives and staying in Yeshiva was a huge part of that. Feeling the lust start to build itself back up again, but simultaneously confident with a plan in place. Shovavim is off to a good start, B"H.

A quick mashal courtesy of R' Meilech Biederman Shlit"a: a man took a \$100 bill out of his pocket in the Beis Medrash and held it aloft. "Who wants this?" Everyone in the room looked up and immediately raised their collective hands. The man smiled, and crumpled up the bill in his

fist. "Who wants this now?" Everyone looked at each other, confused, and kept their hands raised. The man threw the bill on the floor and stamped on it repeatedly. "How about now?" Hands remained raised. The man spat on the bill and crumpled it up (still intact) in a tissue. "How about now?" All hands remained raised. Someone said to the man in confusion "Whatever you do to it, it's still a \$100 bill!"

The man smiled, and beamed at the room. "IT'S A MASHAL FOR A YID, raboisai. Whatever you do to him, whatever the world does to him, even whatever he does to himself-he's still a Yid. And Hashem loves him and wants him, no matter what he does."

Hope everybody's doing well. Hatzlacha to all.

Have a wonderful Shabbos,

FWF.

Thank you

I'm sorry but I must disagree with the mashal, and it is somewhat shallow. A \$100 bill has the same exact value whether it is crisp or crumpled. A Jew who sins stains his neshamah. God does not want/like/look favorably at that. Does he still have potential? Yes. Does God love every Jew the same? I have no idea, but the mashal does not prove that He does.

Godspeed to all

=====  
=====

Re: I Get Back Up Again  
Posted by DavidT - 13 Jan 2023 15:05

---

A learned woman named Beruriah heard her husband, Rabbi Meir, praying that a certain group of thugs who had caused a lot of trouble would die. Beruriah pointed out that while this type of prayer may seem to have basis in a verse (Tehillim 104:35), a closer reading of the verse reveals that we should hope for "sins," not "sinners," to disappear from the earth. Rabbi Meir

agreed with her point and reframed his prayers – and, ostensibly with God’s help in answer to his prayers, they repented. (*Berachot 10a*)

**“Love the sinner, hate the sin”**

=====  
=====

Re: I Get Back Up Again

Posted by yitzy148 - 13 Jan 2023 17:17

---

[cordnoy wrote on 13 Jan 2023 14:54:](#)

[FighterWithFire wrote on 13 Jan 2023 13:56:](#)

At 13 days clean heading into Shabbos, B"H. Had an tremendously fulfilling and enjoyable week B"H, not going to my relatives and staying in Yeshiva was a huge part of that. Feeling the lust start to build itself back up again, but simultaneously confident with a plan in place. Shovavim is off to a good start, B"H.

A quick mashal courtesy of R' Meilech Biederman Shlit"a: a man took a \$100 bill out of his pocket in the Beis Medrash and held it aloft. "Who wants this?" Everyone in the room looked up and immediately raised their collective hands. The man smiled, and crumpled up the bill in his fist. "Who wants this now?" Everyone looked at each other, confused, and kept their hands raised. The man threw the bill on the floor and stamped on it repeatedly. "How about now?" Hands remained raised. The man spat on the bill and crumpled it up (still intact) in a tissue. "How about now?" All hands remained raised. Someone said to the man in confusion "Whatever you do to it, it's still a \$100 bill!"

The man smiled, and beamed at the room. "IT'S A MASHAL FOR A YID, raboisai. Whatever you do to him, whatever the world does to him, even whatever he does to himself-he's still a Yid. And Hashem loves him and wants him, no matter what he does."

Hope everybody's doing well. Hatzlacha to all.

Have a wonderful Shabbos,



FWF.

Thank you

I'm sorry but I must disagree with the mashal, and it is somewhat shallow. A \$100 bill has the same exact value whether it is crisp or crumpled. A Jew who sins stains his neshamah. God does not want/like/look favorably at that. Does he still have potential? Yes. Does God love every Jew the same? I have no idea, but the mashal does not prove that He does.

Godspeed to all

The "Jewishness" of any given neshama, which is loved by Hashem, is similarly unaffected by any sin, stain, etc. as disgustingly reprehensible as it may be; it is not part of the neshama. An exact parallel to the moshol. This is not to say that there isn't a vast immeasurable difference between the state/condition of the neshama of the fellow who did/does God knows what re his urges etc. and the one who never fell and just kept/keeps on struggling without giving in. (Again, paralleled in the moshol)

Does God love every Jew the same?

No idea either, but the core nekuda of a Jewish neshama is no different in any lowlife (even) than in the greatest tzadik, ba'al madreigah who ever lived.

=====  
=====

Re: I Get Back Up Again

Posted by FighterWithFire - 14 Jan 2023 17:01

---

[cordnoy wrote on 13 Jan 2023 14:54:](#)

[FighterWithFire wrote on 13 Jan 2023 13:56:](#)

At 13 days clean heading into Shabbos, B"H. Had an tremendously fulfilling and enjoyable week B"H, not going to my relatives and staying in Yeshiva was a huge part of that. Feeling the lust

start to build itself back up again, but simultaneously confident with a plan in place. Shovavim is off to a good start, B"H.

A quick mashal courtesy of R' Meilech Biederman Shlit"a: a man took a \$100 bill out of his pocket in the Beis Medrash and held it aloft. "Who wants this?" Everyone in the room looked up and immediately raised their collective hands. The man smiled, and crumpled up the bill in his fist. "Who wants this now?" Everyone looked at each other, confused, and kept their hands raised. The man threw the bill on the floor and stamped on it repeatedly. "How about now?" Hands remained raised. The man spat on the bill and crumpled it up (still intact) in a tissue. "How about now?" All hands remained raised. Someone said to the man in confusion "Whatever you do to it, it's still a \$100 bill!"

The man smiled, and beamed at the room. "IT'S A MASHAL FOR A YID, raboisai. Whatever you do to him, whatever the world does to him, even whatever he does to himself-he's still a Yid. And Hashem loves him and wants him, no matter what he does."

Hope everybody's doing well. Hatzlacha to all.

Have a wonderful Shabbos,

FWF.

Thank you

I'm sorry but I must disagree with the mashal, and it is somewhat shallow. A \$100 bill has the same exact value whether it is crisp or crumpled. A Jew who sins stains his neshamah. God does not want/like/look favorably at that. Does he still have potential? Yes. Does God love every Jew the same? I have no idea, but the mashal does not prove that He does.

Godspeed to all

Breaking my response down into two parts:

1) No Mashal "proves" anything, parables are not proofs. They exist in order to illustrate points

metaphorically. So while of course the Mashal does not "prove" anything, it still illustrates the point well.

2) While I do hear your point about the \$100 bill retaining it's 100 dollar value no matter what happens to it (so long as it remains intact), whereas a Yid who sins taints his Neshama, I believe (though I could be wrong) that that was EXACTLY R' Meilech's point when he said this; his exact Loshon on Thursday night was "*a hundredt bleipt a hundredt* (A hundred remains a hundred), *un a Yid bleipt a Yid* (and a Yid remains a Yid)." I understood this as R' Meilech acknowledging the Chiddush of his Mashal, and reiterating it to eliminate doubt-that the love of Hashem for a Yid does not diminish no matter what that Yid does (so long as that Yid is trying to serve Hashem to the best of his ability and acknowledges that Hashem is the ?? ??? ????? at all times, even when he (I.E., the Yid) falls).

Now, do I KNOW whether this is true (that Hashem's love for every Yid who believes in Him and tries to serve Him is the same)? No. But I believe it. And it seemed to me that it was exactly the message R' Meilech was trying to impart on the Chevra in the room this past Thursday night.

A Gutte Voch,

FWF

=====  
=====

Re: I Get Back Up Again  
Posted by sleepy - 16 Jan 2023 05:24

---

[cordnoy wrote on 13 Jan 2023 14:54:](#)

[FighterWithFire wrote on 13 Jan 2023 13:56:](#)

At 13 days clean heading into Shabbos, B"H. Had an tremendously fulfilling and enjoyable week B"H, not going to my relatives and staying in Yeshiva was a huge part of that. Feeling the lust start to build itself back up again, but simultaneously confident with a plan in place. Shovavim is

off to a good start, B"H.

A quick mashal courtesy of R' Meilech Biederman Shlit"a: a man took a \$100 bill out of his pocket in the Beis Medrash and held it aloft. "Who wants this?" Everyone in the room looked up and immediately raised their collective hands. The man smiled, and crumpled up the bill in his fist. "Who wants this now?" Everyone looked at each other, confused, and kept their hands raised. The man threw the bill on the floor and stamped on it repeatedly. "How about now?" Hands remained raised. The man spat on the bill and crumpled it up (still intact) in a tissue. "How about now?" All hands remained raised. Someone said to the man in confusion "Whatever you do to it, it's still a \$100 bill!"

The man smiled, and beamed at the room. "IT'S A MASHAL FOR A YID, raboisai. Whatever you do to him, whatever the world does to him, even whatever he does to himself-he's still a Yid. And Hashem loves him and wants him, no matter what he does."

Hope everybody's doing well. Hatzlacha to all.

Have a wonderful Shabbos,

FWF.

Thank you

I'm sorry but I must disagree with the mashal, and it is somewhat shallow. A \$100 bill has the same exact value whether it is crisp or crumpled. A Jew who sins stains his neshamah. God does not want/like/look favorably at that. Does he still have potential? Yes. Does God love every Jew the same? I have no idea, but the mashal does not prove that He does.

Godspeed to all

ALSO, a \$100 bill is green , a yid isnt.

ALSO, no matter what you do to a \$100 bill it still has tremendous value , a yid if you do things to him or he does things to himself ,doesnt have tremendous value, he...wait! thats not true, whatever happens to a yid , he STILL has tremendous value...ah, i just got the mashal.

maybe ill retweek the mashal a bit.

a human saw a martian walking with his son (the martians son) so the human grabbed the son away and held him aloft, and said to the father, do you want him? the martian held out his 5 hands and said yes! the human crumpled up the sons second head in his fist and said do you want your son back now? and the father said yes! The man threw the son on the floor and stamped on him repeatedly and asked "How about now?" and the father with his 5 outstretched hands said yes! The man spat on the son and crumpled him up, and said "How about now?" the father with tears in all 8 eyes said in confusion, "i carried him around in my stomach for 13 months ! whatever you do to him, hes still my son !"

so too with yidden

!??? ?? ????? ?? ??? ??

its not really such a good mashal either because martians are green and yidden arent...oh well back to the drawing board...

=====  
=====

Re: I Get Back Up Again  
Posted by sleepy - 16 Jan 2023 05:43

---

[cordnoy wrote on 13 Jan 2023 14:54:](#)

[FighterWithFire wrote on 13 Jan 2023 13:56:](#)

At 13 days clean heading into Shabbos, B"H. Had an tremendously fulfilling and enjoyable week B"H, not going to my relatives and staying in Yeshiva was a huge part of that. Feeling the lust start to build itself back up again, but simultaneously confident with a plan in place. Shovavim is off to a good start, B"H.

A quick mashal courtesy of R' Meilech Biederman Shlit"a: a man took a \$100 bill out of his pocket in the Beis Medrash and held it aloft. "Who wants this?" Everyone in the room looked up and immediately raised their collective hands. The man smiled, and crumpled up the bill in his fist. "Who wants this now?" Everyone looked at each other, confused, and kept their hands raised. The man threw the bill on the floor and stamped on it repeatedly. "How about now?" Hands remained raised. The man spat on the bill and crumpled it up (still intact) in a tissue. "How about now?" All hands remained raised. Someone said to the man in confusion "Whatever

you do to it, it's still a \$100 bill!"

The man smiled, and beamed at the room. "IT'S A MASHAL FOR A YID, raboisai. Whatever you do to him, whatever the world does to him, even whatever he does to himself-he's still a Yid. And Hashem loves him and wants him, no matter what he does."

Hope everybody's doing well. Hatzlacha to all.

Have a wonderful Shabbos,

FWF.

Thank you

I'm sorry but I must disagree with the mashal, and it is somewhat shallow. **A \$100 bill has the same exact value whether it is crisp or crumpled.** A Jew who sins stains his neshamah. God does not want/like/look favorably at that. Does he still have potential? Yes. Does God love every Jew the same? I have no idea, but the mashal does not prove that He does.

Godspeed to all

just for the record, id pay an extra dollar to get a clean \$100 bill,and not to get the crumpled spat upon \$100 bill...

=====  
=====

Re: I Get Back Up Again  
Posted by sleepy - 17 Jan 2023 05:31

---

[sleepy wrote on 16 Jan 2023 05:24:](#)

[cordnoy wrote on 13 Jan 2023 14:54:](#)

[FighterWithFire wrote on 13 Jan 2023 13:56:](#)

At 13 days clean heading into Shabbos, B"H. Had an tremendously fulfilling and enjoyable week B"H, not going to my relatives and staying in Yeshiva was a huge part of that. Feeling the lust start to build itself back up again, but simultaneously confident with a plan in place. Shovavim is off to a good start, B"H.

A quick mashal courtesy of R' Meilech Biederman Shlit"a: a man took a \$100 bill out of his pocket in the Beis Medrash and held it aloft. "Who wants this?" Everyone in the room looked up and immediately raised their collective hands. The man smiled, and crumpled up the bill in his fist. "Who wants this now?" Everyone looked at each other, confused, and kept their hands raised. The man threw the bill on the floor and stamped on it repeatedly. "How about now?" Hands remained raised. The man spat on the bill and crumpled it up (still intact) in a tissue. "How about now?" All hands remained raised. Someone said to the man in confusion "Whatever you do to it, it's still a \$100 bill!"

The man smiled, and beamed at the room. "IT'S A MASHAL FOR A YID, raboisai. Whatever you do to him, whatever the world does to him, even whatever he does to himself-he's still a Yid. And Hashem loves him and wants him, no matter what he does."

Hope everybody's doing well. Hatzlacha to all.

Have a wonderful Shabbos,

FWF.

Thank you

I'm sorry but I must disagree with the mashal, and it is somewhat shallow. A \$100 bill has the same exact value whether it is crisp or crumpled. A Jew who sins stains his neshamah. God does not want/like/look favorably at that. Does he still have potential? Yes. Does God love every Jew the same? I have no idea, but the mashal does not prove that He does.

Godspeed to all

ALSO, a \$100 bill is green , a yid isnt.

ALSO, no matter what you do to a \$100 bill it still has tremendous value , a yid if you do things to him or he does things to himself ,doesnt have tremendous value, he...wait! thats not true, whatever happens to a yid , he STILL has tremendous value...ah, i just got the mashal.

maybe ill retweek the mashal a bit.

a human saw a martian walking with his son (the martians son) so the human grabbed the son away and held him aloft,and said to the father, do you want him? the martian held out his 5 hands and said yes! the human crumpled up the sons second head in his fist and said do you want your son back now? and the father said yes! The man threw the son on the floor and stamped on him repeatedly and asked "How about now?" and the father with his 5 outstretched hands said yes! The man spat on the son and crumpled him up ,and said "How about now?" the father with tears in all 8 eyes said in confusion ,"i carried him around in my stomach for 13 months ! whatever you do to him, hes still my son !"

so too with yidden

!??? ?? ????? ?? ??? ??

its not really such a good mashal either because martians are green and yidden arent...oh well back to the drawing board...

i just snitched on the gye chevra to the moderator. and i quote:

" i did not recieve a thank you for this beautiful post , i think all the gye members should be banned for a week, thatll teach them!"

if youre gye account isnt working for the next few days , now you understand why

=====  
=====

Re: I Get Back Up Again  
Posted by FighterWithFire - 29 Jan 2023 05:01

---

28 days clean! 4 whole weeks! B"H, feeling fantastic, but getting harder as the lust increases. That being said, this streak feels different somehow-I feel like I've really figured something out. Hopefully I didn't just jinx it...



Hope everyone else is doing well. Hatzlacha to all.

A Gutte Voch,

FWF

=====  
=====