

?When Chizuk is Needed.. failed once more.
Posted by Emes-a-Yid - 15 Jan 2023 05:24

HardButPossibleLetsgoNachamul! JourneyCount..Day1

So I, emesayid, failed. Today was a completion of a long streak (3months roughly) sadly, It bothers me to express but am awaking a new journey. I need the oilam's help again, please help with the chizuk, I am still down, but I know posting will help and I will get back a new within some time. I love you hashem and I will shtiegh and pass through this hard nisayon, although it's a very hard time for me now, tomorrow I will hopefully look back and see the heligha kiroyvim here and help, with my tefilos which can bring help from you. I will do this bzas hashem 90days bzchus one to have children, I will be more involved to shtigh! Hashem you are here with me and I can give people chizuk, to give myself is hard but am trying my best. To the chasuvey oilam, I am sorry I thought I was a gibor but realized today I am not, I am down and it hurts I know I am temporarily going through this darkness, but this nisayon will pass through soon!

Hatzlacha to me - emesayid, you will look back and pat yourself at the end of this all bzh! Keep making Tati Proud He is watching down at you!

=====
=====

Re: HardButPossibleLetsgoNachamul! JourneyCount..Day1
Posted by Eerie - 14 Feb 2023 01:05

Take a deep breath, my friend! We are here for you, we care for you, and we want to hear what's going on! Hold strong, we are right here at your side. 18 days and counting:) keep it up, my holy friend

=====
=====

Re: HardButPossibleLetsgoNachamul! JourneyCount..Day1
Posted by Emes-a-Yid - 14 Feb 2023 19:04

When your heart feels heavy and your head hurts in hard pain, not as exciting as it sounds. Did some activities helping it out but still at same pace

=====
=====

Re: HardButPossibleLetsgoNachamul! JourneyCount..Day1
Posted by Emes-a-Yid - 16 Feb 2023 14:12

Baruch HaShem doing well. Bezras Hashem we keep at it more and more, Hatzlacha me

=====
=====

Re: HardButPossibleLetsgoNachamul! JourneyCount..Day1
Posted by Emes-a-Yid - 17 Feb 2023 19:39

I feel as though I write to myself on here, an not too much feedback, but BH in ways it's good because I see the growth and aid is great to be there when needed just at some points oftime it isn't needed and then yet may feel quiet but in reality you just stetched your muscles and have grown! Thanks for reading, 22 days last 2 days of shovavim parashat mishpatim, wanting to stay shtark and keep up to date with a partner! Hatzlacha

=====
=====

Re: HardButPossibleLetsgoNachamul! JourneyCount..Day1
Posted by Zedj - 17 Feb 2023 20:22

[Emes-a-Yid wrote on 17 Feb 2023 19:39:](#)

I feel as though I write to myself on here, an not too much feedback, but BH in ways it's good because I see the growth and aid is great to be there when needed just at some points oftime it isn't needed and then yet may feel quiet but in reality you just stetched your muscles and have grown! Thanks for reading, 22 days last 2 days of shovavim parashat mishpatim, wanting to stay shtark and keep up to date with a partner! Hatzlacha

Keeping accountable is so important! Even if you don't get feedback just know there are many guys following your posts and your updates.

KEEP UP THE GOOD WORK!

=====
=====

Re: HardButPossibleLetsgoNachamul! JourneyCount..Day1
Posted by Yosefhamevakesh - 18 Feb 2023 18:16

[Zedj wrote on 17 Feb 2023 20:22:](#)

[Emes-a-Yid wrote on 17 Feb 2023 19:39:](#)

I feel as though I write to myself on here, an not too much feedback, but BH in ways it's good because I see the growth and aid is great to be there when needed just at some points oftime it isn't needed and then yet may feel quiet but in reality you just stetched your muscles and have grown! Thanks for reading, 22 days last 2 days of shovavim parashat mishpatim, wanting to stay shtark and keep up to date with a partner! Hatzlacha

Keeping accountable is so important! Even if you don't get feedback just know there are many guys following your posts and your updates.

KEEP UP THE GOOD WORK!

?? ??? ?????? ???"?

=====
=====

Re: HardButPossibleLetsgoNachamul! JourneyCount..Day1
Posted by Emes-a-Yid - 23 Feb 2023 05:33

[Yosefhamevakesh wrote on 18 Feb 2023 18:16:](#)

[Zedj wrote on 17 Feb 2023 20:22:](#)

[Emes-a-Yid wrote on 17 Feb 2023 19:39:](#)

I feel as though I write to myself on here, an not too much feedback, but BH in ways it's good because I see the growth and aid is great to be there when needed just at some points oftime it isn't needed and then yet may feel quiet but in reality you just stetched your muscles and have grown! Thanks for reading, 22 days last 2 days of shovavim parashat mishpatim, wanting to stay shtark and keep up to date with a partner! Hatzlacha

Keeping accountable is so important! Even if you don't get feedback just know there are many guys following your posts and your updates.

KEEP UP THE GOOD WORK!

?? ??? ?????? ????"?

Ya"asher Koyach.....with that said now I have some bad report oh well...

=====
====

When Chizuk is Needed.. failed once more.
Posted by Emes-a-Yid - 23 Feb 2023 05:54

Hey, welcome to my forum, I had a great experience here on gye, just now my update is closing a 25 days, and now I have to unfortunetly restart. It is really annoying but I know I am better, yet it has happened. But I do know I am not a mechanical robot, so when will be the moment of removing entirely, I guess time will tell. I am currently mid read of a online book that has been very helpful, I think maybe it can help, it helps you outthink your other objectives and what exact motive should be and how to free yourself of what you are doing. Bikitsur, it's first 50 pages was based on the idea that if you continue doing it you are signing yourself up for a X amount of time of P* and M* throughout your lifetime, not telling you to scare you out of what you should not be doing, rather gearing towards the Maylos of life and other activities, and how and what it entails continuing along your life which is unfortunate once we take a broader view of the years of your life what your ultimately subscribing yourself to. Baruch Hashem someone posted this link on their forum, and am forever grateful, and I know it can be possible to stop entirely although within life you will obviously feel such Tayvos because you are currently in a time of change in attitudes which you are uplifting to. Hashem I know you are with me always and never doubt that, BZ"H I will be Matzliach and only be Mesameach with you and the GYE Oilam. I hate putting myself out there at times of failures, and love shouting out my successes, however when time is called for like now, I need to bring it out in order to work on it BZH. Shokyach for reading

my ramble, I am speaking out my thoughts of what is going through my mind. I know its 2nd day of Adar and want to go into Purim and Viytar with a Cluur head. Yaasher Koyach All, Hatzlacha one day at a time, we will get there.

The main annoyance is like it's said by all and I even did some research on the goyish outlook on the stopping struggles of them, it's a constant felt occurrence to think and say this is my last time and "Kimat" Promise I will stop and again down. And repeat Chizuk. But like at the end of all Sefarim in the Torah, we say Chazak, Chazak V'nitchazek. Why? Because we need that Chizuk. I know the Abishter is with me always, although I close my eyes when I want, it isn't proper and should work on myself. BZH to Endeavor thinking of you always there with me and having proper thoughts, hopefully soon I can reach such matregos. I mean good like many of us, so I know Tateh always will be ready to take me in his hands Emertz Hashem Shkoyach!

=====
=====

Re: ?When Chizuk is Needed.. failed once more.
Posted by Emes-a-Yid - 27 Feb 2023 05:24

5 days in bh

=====
=====

Re: ?When Chizuk is Needed.. failed once more.
Posted by Emes-a-Yid - 28 Feb 2023 00:31

6 day in, I had added a forum in the "Break Free" topic regarding youtube which leads to many negatives but the biggest issue would be explicit sites, and am trying to have some sort of ideas to break free but need a buddy to help out together with the challenge. Respond there if you may be interested. Over here I will continue my regular posts on my progress BZH

=====
=====

Re: ?When Chizuk is Needed.. failed once more.
Posted by Emes-a-Yid - 05 Mar 2023 06:09

11 Days in, baruch hashem, day at a time. BZH thru Purim, and viytar. Thanks to those helping me on the yt forum I posted earlier.

=====
=====

Re: ?When Chizuk is Needed.. failed once more.
Posted by Emes-a-Yid - 06 Mar 2023 04:41

Day 12, hatzlacha all my gye buddies!

=====
=====

Re: ?When Chizuk is Needed.. failed once more.
Posted by Emes-a-Yid - 08 Mar 2023 14:04

14 days. 2 weeks!

=====
=====

Re: ?When Chizuk is Needed.. failed once more.
Posted by Yeshayahu 41:6 - 09 Mar 2023 03:05

We are all proud of you!!

=====
=====