

14 days!!

Posted by funbuchur - 02 Nov 2023 04:39

Just finished 14 days. Not stopping here but proud of myself. Dunno where to post cuz this forum is to complicating for me but posting here.

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Re: 14 days!!

Posted by Hashem Help Me - 05 Apr 2024 11:01

You asked a few times about where you would be holding if you didn't have a filter - and therefore is what you are doing now really praiseworthy. It is a commonly asked question - coming straight from the Satan that wishes to demoralize us. For starters - were our great grandparents *really* clean if they lived in shtetlach with minor tznus triggers? Should they have purposely moved to neighborhoods with prostitutes to see if they are *really* clean? Does Hashem prefer that we test ourselves unnecessarily? Don't we daven every day "v'lo li'yedei nisayon"? Does anyone put treife candies in their pantry and teach their children to choose well and only take the kosher stuff? Do we carry hammers in our hands on Shabbos, and just remember not to knock in a nail, or did Chazal declare muktze because human nature is that we will slip?

It is assumed that all rabbonim from all kehillas are in full agreement that if the Anshei Knesses HaGedola was around today there would be an official gezeira regarding filters (with all the details/exceptions when and where etc, just like hilchos muktze). Hashem wants us to protect ourselves, our children, and our communities. And of course, He wants us to stay clean in situations of nisayon as well. Be proud of what you are doing - it is the ratzon Hashem to the tee. Continued hatzlocha buddy! Hug!

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Re: 14 days!!

Posted by funbuchur - 05 Apr 2024 21:23

Day 63

just fell. Strongest urges I had in forever. My first thought is defeat he finally beat me. Ugh. Secondly right when it was over I started thinking why do I have such urges for this it's just screenplay and gross. I know the yetzer hara is telling me to feel defeated but I don't know how

to feel accomplished even tho I had such a good two months.... It vey here we go

Day 1....

What will be different... need to figure this out

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Re: 14 days!!

Posted by notezy - 07 Apr 2024 04:12

After a fall is not the time to consider if you accomplished or not your self worth probable just took a nose dive off a cliff you're not going to be able to look at the bigger picture objectively.

"What will be different and need to figure this out"

My guess is your feeling like there is a big thing blocking your path somthing that was there from day 1. But its more like the YH grew to give you a big test of sorts.

What I am trying to say is their is probably less change that needs to happen than you think.

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Re: 14 days!!

Posted by Hashem Help Me - 07 Apr 2024 04:52

As you put on the bandages for the scrapes you received while falling into the ditch, enjoy the beautiful serene view and invigorating fresh air from 63 days up the mountain. And when you're ready, grab the walking stick and continue climbing...

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Re: 14 days!!

Posted by funbuchur - 07 Apr 2024 16:54

Day 2

still going. Trying to Work up and better each day

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Re: 14 days!!

Posted by eraygrand - 07 Apr 2024 23:02

Listen to today's ??????. If you are not already doing it there is a daily Whatsapp.

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Re: 14 days!!

Posted by chaimoigen - 07 Apr 2024 23:53

Hey, funbuchur! The first thing the get yourself going each day is **what you're already doing** .

The incredible accomplishments of more than two months of hard work are still there. Yes, you still have work to do, but as HHM said, you're still high on the mountain. Your life is different. You've learned that you **can live clean and that you want to**. That's tremendous. The fact that you fell does not mean that those facts aren't true.

So, the first step is to stay on up on the horse for a good few days, get back into the swing of things.

After that, I think that there would be value in analysing what happened that led to your fall.

How were you feeling that day? what events (external and internal) were taking place that ended up leading to the situation that you found yourself in? There was a slip a few days before. What led to that?

Honest introspection can lead to the gift of greater understanding of what role this stuff has played in your life. How you have come to use it as an antipode for stress, pain, anxiety or feelings etc. Of you achieve insight, you can use those understandings to fight harder, to change better.

But for now, you're a warrior! Here's a hand and a hug.

I admire you,

Chaim Oigen

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Re: 14 days!!

Posted by funbuchur - 08 Apr 2024 17:02

Day 3

Going good

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Re: 14 days!!

Posted by funbuchur - 08 Apr 2024 22:29

Was Stam reading this book by rabbi Abraham Twerski and saw something so profound.

min short there was a woman who had a surgery because she was in a car crash and the nerves of her right arm were disconnected. A surgery was done to repair the connection.

The thing is, the surgery was not fool proof there was no sure way to know it worked till it started moving again. One day she was playing cards and smoking with her left hand, as she was moving the cards she dropped the cigarette and it fell on her right hand. She quickly threw down the cards and started jumping for joy! She felt the pain! Now she knew that her arm was feeling again and soon she'll be healed.

I think this is a very important thing to recognize. That all my urges and thoughts are just signs that I'm doing something right and they are desperately trying to get me to come back. And every time I push it away I become stronger and stronger.

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Re: 14 days!!

Posted by funbuchur - 09 Apr 2024 23:44

Day 4

bh going well. On the average day I'm not having urges the whole time. All ready for Nissan hopefully can really be the Chodesh of leaving my Galus.

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Re: 14 days!!

Posted by funbuchur - 10 Apr 2024 16:58

Day 5

checking in

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Re: 14 days!!

Posted by notezy - 10 Apr 2024 18:08

Great to hear

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Re: 14 days!!

Posted by proudyungerman - 06 May 2024 17:53

Hey! How's it going? Everything ok?

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Re: 14 days!!

Posted by funbuchur - 06 May 2024 18:45

Hey! Bh doing good. Sorry for the long break...Haven't checked in in a while, this pesach break I was coming off a great zman and I figured to keep myself very busy and not let my mind wander and get curious. Bh was a great break without much stale time . Couple days ago had a fall out of the blue was up really late and tired etc. but bh was around a month clean!! Going back to my regular routine soon which I will be able to continue posting.

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