

Starting my own path

Posted by ShtetlMan - 16 Jun 2024 17:40

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Hello guys, I've joined the GYE community not so long ago but decided to give myself the 90 days clean goal BzH. So I'm at 6 days clean today BH and hope I will make it!

I didn't dare telling my story yet but maybe I should. I don't know what would be the benefits.

If anyone has some advice to be more "efficient" in my trip...

See you soon !

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Re: Starting my own path

Posted by ShtetlMan - 19 Aug 2024 10:13

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What changes can I make?

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Re: Starting my own path

Posted by BenHashemBH - 19 Aug 2024 11:15

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[ShtetlMan wrote on 19 Aug 2024 10:13:](#)

What changes can I make?

The book details the power of learning a mentality of feeling good about beating the YH and getting to a point where instead of constantly wrestling with the urges and struggles, you rise above them. When you know that you are on the path towards Hashem and being all you can be, you delight in the feeling of accomplishment and growth.

It's definitely a worthwhile read. The Mussar in it is really for all struggles in life, not just battling desire.

Hatzlacha

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Re: Starting my own path

Posted by chosemyshem - 19 Aug 2024 13:53

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[ShtetlMan wrote on 18 Aug 2024 23:50:](#)

[BenHashemBH wrote on 18 Aug 2024 22:39:](#)

make some adjustments, and Hashem doesn't ask for more.

I believe in you!

You really managed to make me feel better, thank you for that. It's true and I know it, but it's always ????. I had an idea for the unfiltered devices: maybe I could wait until the vacation end, and then come and tell my family that I heard in a shiur that even the possible access to unfiltered device is prohibited by the Torah, and so aske them to put codes that I wouldnt have. Could this be a good plan or has anyone better options?

Good plan. Here's a better one. DON'T WAIT.

Yeah it's tough, it's embarrassing, and there are a million good sounding reasons to not ask. But you know it's something that'll help you, and trust me, once you do it 1) you'll feel the sweet taste of true strength and 2) you'll see they won't suspect you and probably won't make a big deal out of it.

(Agav, you really really really must make sure you fulfill whatever shvua you made in the taphshich, but speak to a qualified Rav if you have questions about it.)

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Re: Starting my own path

Posted by ShtettlMan - 19 Aug 2024 20:34

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Yeah I did it yesterday, the big Knas actually... It's really hard to give 250\$ (especially bc I had ways to avoid such a big amount).

I renishba after that with more specific terms and more efficient ideas. I'll let you know how it goes from now! I'm not down or upset, just bored of falling again. I read somewhere that clean days were really something that we acquier. BH 50 days is huge for me and even more than what I expected to do

Thank you for your help

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Re: Starting my own path

Posted by Markz - 20 Aug 2024 02:08

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[ShtettlMan wrote on 19 Aug 2024 20:34:](#)

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Thank you for your help

A knas is a deterrent. From what I know it works for a few select people.

Is it worth trying? why not.

Do I recommend it. No.

Regardless, it only works if it works.

If it doesn't work as you discover if you have to pay a knas, it'll be a good idea to up your game and find something else that does the magic you need in your life - not wasting money and buckling down the terms and conditions.

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Re: Starting my own path  
Posted by ShtettlMan - 20 Aug 2024 22:30

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Thanks for your advice, but I dont think that leave this key that helped me going through 50 clean days in a row (which is huge for me honestly) just bc I had a fall. I dont know why you seem not to like this method, I mean working or not doesnt mean a perfect score at the first or second attempt dont you think?

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Re: Starting my own path  
Posted by BenHashemBH - 21 Aug 2024 02:06

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[ShtettlMan wrote on 20 Aug 2024 22:30:](#)

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I agree with you 100%

Mabe after a bunch of successive knas but don't discredit what worked after the first kink.

Keep on doing what works for you.

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Re: Starting my own path

Posted by freespirit - 21 Aug 2024 03:11

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Maybe you should try edging without ejaculating

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Re: Starting my own path

Posted by BenHashemBH - 23 Aug 2024 10:46

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Shalom Brother,

How are you doing?

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Re: Starting my own path

Posted by ShtetlMan - 05 Sep 2024 22:01

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Hi, it's been a whil!! BH Im at 17 clean days (of p&m) and I feel good. The shvua seems to be the only thing helping to keep going so long! Will let you know about next steps!

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