

The journey to happiness

Posted by hishtadlus123 - 26 Mar 2025 22:39

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Hey guys today is day 2 of my journey. Like I said in another post, not just is p and m an aveira but it is actually stopping me from filling my own potential and being happy through the fact it creates this prison for me that I can't break free

Im with friends now who are watching a movie that is not 100% clean (women actors not tzniyus) so I have to go to bed early which is a bit socially off but I think that is Hashems will for me right now. If you guys don't mind, keep pumping the chizuk!!

Thanks for all the support Tazddikim!

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Re: The journey to happiness

Posted by hishtadlus123 - 27 Mar 2025 21:47

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Hey guys,

Today is day 3 of being clean. I had to be a bit careful as I was going swimming with friends and we swam quite far out to another mixed beach. It was pretty empty but there was a bit of preitzus there. Bh we left right away. Thank you for the support!

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Re: The journey to happiness

Posted by hishtadlus123 - 29 Mar 2025 20:28

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Day 5, Shabbos and BH all is good.

I just need to write this down to refer to it later in more difficult times when they come.

I am so much happier even just these 5 days of being clean. Although I know that 5 days is nothing in the long term and of course my goal is to stay clean forever and only through that will I be able to achieve full happiness, these 5 days have been so much more positive and happy and spiritual. My connection to the RSO is so much stronger and happier when I am clean.

Being clean allows me to express my truest and deepest values of dveikus, connection and menuchas hanefesh, compared with the depression, aggression and distance that I feel from the RSO when I fall. Making an effort every day to post, to keep on reading the chizuk and support from the amazing chevra here is key I think

May we all have a week filled with simcha, menucha and dveikus that allows us all to mamesh feel the ??? ????? of pesach.

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Re: The journey to happiness

Posted by hishtadlus123 - 01 Apr 2025 23:38

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Day 8 and BH going strong.

I am just in such a happier and more positive place right now. I know it is very early in the process, but it is so freeing and joyful to be clean. I know there will be much tougher times in the future and of course I am trying to prepare for hard times during the good times like Yosef in

But I am in such a happier place; I am davening and learning so well, having a good bein hazmanim so far. Guys if you ever want some chizuk to stay clean just know that it is the most liberating and joyous existence. You can look up at the sky or at the newly blossoming trees and say thank you Hashem for creating such a beautiful world.

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Re: The journey to happiness

Posted by proudyungerman - 01 Apr 2025 23:53

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[hishtadlus123 wrote on 01 Apr 2025 23:38:](#)

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Mitzrayim

That's amazing!

Which tools are you using to help you in your journey?

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Re: The journey to happiness

Posted by hishtadlus123 - 02 Apr 2025 14:17

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- There are a couple of points. I am trying to remain busy so I am not bored. For me boredom is a death trap. Even though it is bein hazmanim, I try to wake up before 8 to make sure I am not wasting time. I try learn a solid morning seder till 12/1 in the beis medrash so I am out for the whole morning basically.
- Making sure that I am not using my computer for stam entertainment (watching movies etc however appropriate) bc I know that is a dangerous slippery slope. It is a big move but one who is serious about stopping and breaking free from this prison should consider it.
- Also, it might sound weird but consciously making sure that I am not touching that area in any way. For example, making sure my sefarim or laptop is not lying on my lap which could unwittingly trigger a reaction. ( yeah.... ik it sounds weird right)
- making sure I am interacting on GYE with mentors and people is super important also because I realise I can't fight this battle alone.

Hatzlacha Rabba and stay strong- all of us really want to fight this freedom

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Re: The journey to happiness

Posted by hishtadlus123 - 04 Apr 2025 18:04

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Day 11 BH erev shabbos.

I am in contact with the tzaddikim here on GYE that can help. We are so lucky that there is such a culture created here that makes it the new normal to be mechazek each other.

Today was a bit difficult - I had a long drive yesterday and so was very tired. Made sure that I go to shachris and stay to learn after for a bit because I was not in the best of moods and that could have been fatal if I'd gone back to bed. Helped for a couple hours around in the house then went to rest. A few small urges as I was going to rest but nothing serious bh.

Gut shabbos chevra

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Re: The journey to happiness  
Posted by hishtadlus123 - 06 Apr 2025 21:41

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Day 13 clean BH,

Was not easy today - I went to bed very late because of pesach cleaning and was exhausted the whole day. When I finally got home after having to do some errands, it was already evening. Then the yetzer hara made me realise that one of the devices at home has app store unblocked which in itself is not necessarily the worst thing - it is not like having an unfiltered browser, but for me personally, it can be very bad. I let myself download some silly social media site and scrolled around for about 15 mins ( I didn't see or look for anything inappropriate; it was more just a bad habit of turning to such rubbish when I am tired and my defenses are down). After 15 min, I realised firstly that this could end up bad and it's not worth the pain that this will cause in the end, and also that the goyish world is so filled with hevel and futility. I deleted the app after that, then went to maariv, then got app store blocked so it can't happen again. I wouldn't call this a fall by any stretch - I didn't see or search for things that are ossur, but I thought I should share because it makes me realise how defenses are weakened when I am tired, stressed or hungry. BH I had the ??? to delete it and reblock app store before any catastrophe can happen. Also, by sharing it with you guys, it makes me realise that just because I didn't fall this time, does not mean it is ok to look at social media. I don't want the "????? ?? "????? ?????? ??????" to apply.

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Re: The journey to happiness  
Posted by chosemyshem - 07 Apr 2025 14:53

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Huge win!

First of all, it's just plain awesome that you were able to see where you were going and stop. Then taking steps to make sure it won't start happening again is just icing on the hero cake.

I also like how you were aware of the emotional triggers behind the urges. Being Hungry Angry Lonely or Tired are well recognized as dangerous situations for recovery ([here's a random](#)

[article](#) ) and being aware that that is happening is crucial.

KOMT!

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