

hopeful but cautious

Posted by daverose - 27 Apr 2025 09:21

Hi ive been on here for a little bit reading others post and I never thought that its for me. I didnt think i need everyone clapping for me to be strong. But now Im trying for the first time for real to reach 90 days I feel that maybe I should share.

I started watching when I was about 12 on a parents unfiltered device and later on a friend introduced me to M and thats been my history since .Im 25 now and I could never control myself for more than a couple days to a week I seriously see how this affects my learning davening. And even more than that my outlook in life the way I see other people even my wife is completely warped. Im hopeful that im on the road to recovery im 10 days in and feeling pretty good. And Im just begging hashem that I shouldnt veer off the path chas vshalom. If anyone has any helpful advice pls share.

Thanks for reading!

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Re: hopeful but cautious

Posted by daverose - 12 Jun 2025 11:12

Hi Bh today is day 40!!!! as muttel said yetziras havlad!!!

40 days of no M

40 days of being in control

40 days of not hiding from myself,my wife,and hashem

40 days of building back lost connection from myself my wife and hashem

40 days of fighting on the street to keep my eyes down

54 days from watching P

54 days from watching any entertainment

54 days not listening to the radio only shiurim

Thank you to all my amazing mentors for helping me reach this goal and thank you to everyone on this incredible site for all the daily chizzuk posts! And of course to hashem, the siyata dishmaya I saw the last bit is incredible.

When I first started speaking to mentors and keeping myself accountable there were times that I couldnt handle it anymore and wanted to give up but I felt stupid to fall and then call my mentors... Which bothered me, that im not fighting for the right reason its not for hashem or to make myself a better person I just shter from other humans. Recently I saw a vort from R Tzaddok Hakohen that explains that when Yosef Hatzadik went to do the avaira (acc. to some shittos) and he didnt do it, because he saw a vision of Yakov Avinu. Its not kepshuto that he wanted it, but shtered from his father. Rather The yh convinced yosef that it was a mitzva he was destined to have children with her etc.. And when he saw his father who represents Emes. It woke him up that it was all the YH... So too us here fighting for freedom, just because we are sometimes convinced that its not worth it, and were giving up and dont want to keep fighting its all the YH and sometimes we just need a mentor to keep us in place, to wake us up, and of course its what really want!!

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Re: hopeful but cautious

Posted by chaimoigen - 12 Jun 2025 17:09

He climbed the mountain

to the skies,

and then ascended higher

Through the deepest primal darkness

into the roaring fire.

Higher now, in Lev Hashamayim

Hosts threaten to strike him dead

A mortal man dare not approach

where angel fear to tread!

*Yet for **forty days** he held on tight*

and reached until the Throne,

*For humble man posses **choice***

*In **Malchus** is his home-*

And sweeter than the sweetest power

is when he hears the Voice

*Banai Chavivi **you're the ones***

*It's YOU who are **My** Choice!*

KOMT!!!

Love and admiration,

Chaim Oigen

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