

Nezach - My determination to break free and be clean

Posted by nezach - 09 Jul 2009 19:57

nezach

Newbie

Posts: 2

Re: Nezach - My determination to break free and be clean

« on: July 08, 2009, 11:04:06 AM »

Day 2. I was not living in denial per-ca, and had occassionally come to the realisation that I had a form of addiction. It seemed that was not enough to prevent me from lapsing on many occasions. However, recently an administrator who has kindly provided support directly informed me that I am a lust addict. It was this straight-talking comment that has potential awaken me and immediately removed my pain and sadness and has been replaced with a inner sense of humility.

This is an enormously strange sensation as I am not an egotistical or haughty person, yet this comment has made the inner battle a reality. And it is exactly what I needed, because I have been struggling with finding or experiencing reality on a constant basis..you guest it, because I have been living a life of sheker (falsehood).

All of the kindness, truth/Torah learning, love within my relationships and inspiration that I have provided (all being gifts and blessings from HKBH) have been in vain at any time that I had mis-channelled any frustration, disappointment, impatience (lack of Emunah) or lack of ability to direct my emotions and spiritual aspirations..for the sake of vanity!

So here I am on my quest to quench my thirst to live a life of integrity, dignity and truth!!

I write the following verse since the realisation has already brought an aspect of clarity to my mind and with humility and strength my mindset and perception of Emet (truth) will become clearer and stronger each day throughout my life.

????? ??? ?? - 16: ?????????? ???????? ???????????? ?????? ????? ???????????? ????????????????

Thank you for welcoming and supporting me at these testing times in my life.

My bracha (blessing) is that we all will realise on day in the future that we needed to struggle, suffer and experience pain and despair in order to have the clarity of mind and purity in our souls so that we can rejoice in the salvation and light of the Shechinah. Tzikedenu bimhera viyamenu amen.

Logged

guardureyes

Administrator

Hero Member

Posts: 1928

Re: Nezach - My determination to break free and be clean

« Reply #1 on: July 08, 2009, 11:38:23 AM »

Nezach, it's great to have you here. Keep posting on the "Wall of Honor" thread each day, use it as a journal for your journey to 90 days clean - you'll get tons of support!

Logged

Webmaster of www.guardureyes.com - Maintaining Moral Purity in Today's World

We're here on a quest ; it's really all a test. Just do your best and G-d will do the rest.

nezach

Newbie

Posts: 2

Nezach - My determination to break free and be clean

« on: July 07, 2009, 04:26:32 AM »

I have just joined this forum and hope that it will provide me the strength and determination to break through and overcome the issues which have kept my life on hold for many years now.

Apparently I have a lust addiction, rather than the normal battle of freewill. It is almost surreal as I feel 'free' during times when I am temporary clean and separate from the compulsive behaviour, although this frequently causes complacency and a lapse. It therefore feels like a viscous circle with intense darkness.

Despite feeling low and sick within me, I pray to show commitment to using the resources and

support that is available on a daily basis. It is important to take one day at a time, with goals and strategy even if it requires patience and pain in facing my personal reality.

After all, I have nothing really to loose. For a long time there has been struggle in advancing and making progress with personal dreams and aspirations in regards to relationships and income.

I wish for my dreams to become part of my reality, to rejuvenate and heal completely.

Please Hashem may it be your will that from now on I will live in accordance to your ratzon (eternal will) by guarding my eyes and being shomer habrit, and experience bracha, hatzlacha and a personal redemption.

Logged

7Up

Trustworthy

Full Member

Posts: 214

Re: Nezach - My determination to break free and be clean

« Reply #1 on: July 07, 2009, 04:29:23 AM »

Nezach,

Welcome to the family!

Logged

battleworn

Global Moderator

Sr. Member

Posts: 464

Re: Nezach - My determination to break free and be clean

« Reply #2 on: July 07, 2009, 05:17:46 AM »

Hello Netzach! Welcome home. This is where you belong and this is where you'll get chizuk from people who understand you and love you with all their hearts! By joining us you're strengthening not only yourself but all of us, because the more we are doing this together the stronger we are.

I'm sure that our beloved "Rabeinu Guard" will be here soon to welcome you. He'll post links to the Handbooks. Make sure to take his advice seriously and get busy with those handbooks. Their great!

Also please read "The Torah Approach" over here: rehab-my-site.com/guardureyes/forum/index.php?topic=602.0

Logged

guardureyes

Administrator

Hero Member

Posts: 1928

Re: Nezach - My determination to break free and be clean

« Reply #3 on: July 07, 2009, 01:21:34 PM »

Hi Nezach,

I've welcomed you and sent you links to the handbooks already by e-mail. We've been in touch since the beginning of the year, and I am happy to finally see you here on the forum.

Like I suggested to you by e-mail this morning, please join the 12-Step phone group. See this page for the info and the phone numbers. You will gain a LOT.

P.S. Were you perhaps on the line already today? Some guy mentioned the Tikkun Klali and I thought it might be you

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Webmaster of www.guardureyes.com - Maintaining Moral Purity in Today's World

We're here on a quest ; it's really all a test. Just do your best and G-d will do the rest.

chl

Jr. Member

Posts: 84

Re: Nezach - My determination to break free and be clean

« Reply #4 on: July 07, 2009, 03:18:55 PM »

bs"d

May HaShem answer your beautiful prayer!

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Re: Nezach - My determination to break free and be clean
Posted by bavdc - 28 Oct 2009 23:27

Mazel Tov Nezach!

and thank you for the inspiring words!

Baruch Hashem you have made it this far and May you forever eternally stay clean in many

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Re: Nezach - My determination to break free and be clean
Posted by Luria - 28 Oct 2009 23:39

Nezach that is absolutely phenomenal!! You captured your feelings so poetically that it got me all choked up. A huge inspiration and motivation for me and the entire GYE forum!!

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Re: Nezach - My determination to break free and be clean
Posted by bardichev - 29 Oct 2009 17:59

MAZEL TOV!!!!!!!!!!!!!!!!!!!!!!!!!!!!

NOOOORAH OFF THE LADDER

BRING OUT SOME WOOD FORD!!

LCHAIM!!!

<http://www.guardureyes.com/GUE/Music/mus/Berditchev.mp3>

THIS IS THE BEST !!!!

JACKS NIGGUN!!

<http://www.guardureyes.com/GUE/Music/mus/JackSimcha.mp3>

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Re: Nezach - My determination to break free and be clean
Posted by 7yipol - 29 Oct 2009 20:21

Mazel Tov Nezach!

Im embarrassed that I rarely visited your thread or corresponded, but your accomplishment is cause for simcha for not only all of us here on GYE, but for Klal Yisrael, even if they dont know it.

One less slave to the yh!

Mashiach is on his way!

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Re: Nezach - My determination to break free and be clean
Posted by Noorah BAmram - 30 Oct 2009 02:49

Tzadik Yesod Olam Rabeinu Nezach Yisroel Lo Yshaker vlo ycchazev,

Warmest and heartfelt Mazal Tov wishes to u o hero of Israel.

May you keep climbing the ladder going up to Beis Kail!!

Love and prayers for your continued success

Noorah

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Re: Nezach - My determination to break free and be clean
Posted by nezech - 07 Dec 2009 15:33

It has been a busy time lately, a lot has been happening. I am perhaps not in the best frame of mind to write about the last couple of months, but wanted to let you know a little about how life is since my decision to break free, the determination and strength of will (from Hashem) and since reaching the 90 days mark.

You have to make a determined decision, not matter how dark or strong the impulse, because

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otherwise you are an easy victim. This is being strong, by being true to yourself and those who support and care for you.

I used to think that such an obvious and easy decision can be made relatively quickly, but this is not so. It takes time to introspect and gain clarity to give strength and motive behind your decision to be shomer habris.

However, in the meantime, be it days or even weeks, be extra vigilant not to let go. Do not be uncertain, but have belief. Each day.

The above certainly helped me in reaching the milestone, as well as 'not counting' to 90 days but to 'just keep going' for a few days at a time, or whatever is suitable, and to keep your eye on the target. Where do you want to get to? What is it that you want to achieve?

Since '90 days' life has been good boruch Hashem, even though a lot of 'troubles' have come my way. Emunah is enhanced and I understand more about life and about myself now given my experiences.

Guard your eyes no matter how difficult the temptation. When you internalise this and apply it on a daily basis, that is when you are growing and nearing your target automatically. It becomes easier with practice!!

Today was the first day in several months that I had a 'moment' of temptation which was overcome, boruch Hashem.

Bracha, v'hatzlacha v'yirat Shamayim.

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Re: Nezach - My determination to break free and be clean
Posted by Momo - 27 Dec 2009 08:43

YOU ARE SOMEBODY SPECIAL!!!

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