

Yedids blog

Posted by yedid_nefesh - 31 Aug 2011 12:52

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Re: Yedids blog

Posted by yedid_nefesh - 24 Oct 2011 17:52

ok day 2 tonight. I feel like im growing. Sunday was a test of Emunah but Bechasdei Hashem I survived.

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Re: Yedids blog

Posted by yedid_nefesh - 25 Oct 2011 18:10

fell this afternoon. although i didnt fall again. I normally do it a few times after a fall. So im trying to not give into the 'you fell once you might as well fall again' scam of the yetzer. This morning i really wanted to be matzliach in semiras einayim but i failed. I have to really work on these fights that i get in the morning when lots of women walk about on my school campus and they not tnious at all. Tizkeh Lmitzvot

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Re: Yedids blog

Posted by JackAbbey - 25 Oct 2011 20:30

you know the story of the women who was dieting, and in an instance she opened the fridge and there was her favourite ice cream, she couldnt resist, she took one bite, then she thought "oh i anyway broke my diet" and she pigged out that whole day, thats what i used to do, but look at you, you fell once and instead you said "thats it" THATS A MAJOR ACHIEVEMENT to say no after a fall, now dont start again, just carry on only for today

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Re: Yedids blog

Posted by yedid_nefesh - 27 Oct 2011 20:13

day 2 tonight Baruch Hashem. ok so shemiras aynayim today was quite bad. But, there was a small change - I know this may hard for some of you to believe but up until today I used to daven when under the influence of the yetzer hara that Hashem put untniusdik women in my proximity, and not just any davening but with kavona and the belief that Hashem is the ruler of this world who can make anything happen. Scary I know. But when i was looking and nothing good was in sight and I started davening i stopped halfway thinking if youre going to look at least dont daven so thats my progress for today. I thought tonight would be tough but so far its good BH. Tizkeh Lmitzvot

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Re: Yedids blog

Posted by JackAbbey - 27 Oct 2011 20:37

next time think the reverse

if i want to daven at least for now i wont look

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Re: Yedids blog

Posted by yedid_nefesh - 05 Dec 2011 07:31

Ok, it's been a while, about a month or so from when I last went onto GYE - not a clever idea. I've been really busy but I know it's no excuse cause I could easily have found the time. Last nite I fell after a week of being clean. It was not the cleanest week with much of the time watching movies looking at shmutz and so on. So I'm back for now and I will bli neder look at the steps over the next few days. Keep strong

Yedid

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Re: Yedids blog

Posted by alexeliezer - 05 Dec 2011 21:00

Get it done!

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Honesty and hard work are always appreciated

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Re: Yedids blog

Posted by JackAbbey - 06 Dec 2011 22:08

me 2, have little time, but b"h clean

so big time is big time challanging

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Re: Yedids blog

Posted by yedid_nefesh - 19 Jan 2012 21:39

Ok, it's been a couple monthes since I was last on GYE - not a good thing at all. What can I say for quite a few weeks I didn't have Internet access BH but there's no excuse for not going on when I could. There have been ups and downs, a few weeks clean and then a fall and etc. so I fell on Tuesday nite- it was actually such a pity since it had been an excellent day in shemirat eiynayim and then that nite my home screen which loads as I open Internet explorer had ONE enticing line, some headline to an article and then I fell a few times.

So it's been pretty good during the daytime at school, BH I've been strong in shemirat eiynayim, but there's a certain pull at nite to just loaf around and not be productive. I'm going to try a new strategy Beezrat Hashem that whenever I feel strong urges all I need to do is to go to sleep ,whatever time of day or nite it mite be. Its giving into one yetzer but at the same time fighting a much greater threat. And when I wake up ill be happy with the desision .Day 2 todayill try bli neder to come on GYE once a day.

ITS SO GOOD TO BE BACK

Thanks so much

Yedid

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Re: Yedids blog

Posted by gibbor120 - 19 Jan 2012 22:24

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Re: Yedids blog

Posted by yedid_nefesh - 21 Jan 2012 19:17

Aaah Motzei Shabbos that time of the week again. I think that so far tonite has been good bsiyata dishmaya. So obviously the first temptation was to switch on the TV, you know sit back relax with a movie. But that also means waking up tomorrow morning feeling like nothing after a nite of m* and p* as I unfortunately know from experience. K so I don't have plans for tonite and I was feeling a bit lonely but then again it's for the absolute absolute best without a doubt. I just opened the GYE emails and I already am feeling good. So hopefully tonite is the reversal of monthes worth of giving in on a motsash. BH all is good

tizkeh limitzvot!!!

Yedid

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Re: Yedids blog

Posted by yedid_nefesh - 23 Jan 2012 21:23

Ok I fell over the weekend. Tonite is nite 2 . So today has been a little weird. There was one period today at school where I let my eyes stray(still after quite a fight) . Though things didn't go as badly as usual, normally I would be letting me eyes loose till the end of the day or till Mincha ,but with siyata deshmaya managed to get back up. So it's a bit of a victory for now something to really cherish. Other good news is that I've started to read he GYE handbook BH.

Tizkeh Imitzvot

Yedid

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Re: Yedids blog

Posted by chaimyakov - 24 Jan 2012 03:03

Great job. "The journey of a thousand miles begins with one step"

Hatzlacha in all things GOOD.

chaimyakov

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Re: Yedids blog

Posted by Yossi.L. - 24 Jan 2012 22:02

How did you feel when you fell? I dont mean to bring you back there; I just want your chizuk to remind me to keep fighting.

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