

just posting

Posted by Mr. Smith - 07 Oct 2009 11:08

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Hello Gentlemen,

The yetzer hara, in his funny little way, is attacking me with some major atzvus over this sukkos holiday. It's plainly obvious that it's him, because this is the time of simcha, so he's naturally working overtime to prevent me from catching any of that delicious energy. He's not doing to bad a job of it. But now he's pushing a little further. When you're down is always a good time to fall, isn't it? Well, I refuse. Got that?

I figured that posting is always a good first step - if nothing else, it's another few minutes I'm not transgressing. Plus, I can always looks forward to some good chizuk in response.

Moadim lesimcha, fellows.

Smith

P.S. I don't have enough phone numbers to call in emergency situations. I'm in Israel. Would anyone like to volunteer their number for such a holy purpose? You can PM me. Thanks.

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Re: just posting

Posted by Moshebenavraham - 07 Oct 2009 11:26

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Don't give in to him!

Last night I felt the little proddings of the Y"H and I actually thought to myself "Oh good! Here is a chance for me to do something good by beating the Yetzer Hara. Come on then if you think you're tough enough!" The feelings of lust instantly faded. I know I won't always be so lucky but it was a nice little victory.

Hang in there and remember that each moment you're not transgressing is a victory and weakens him in the long run.

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Re: just posting

Posted by Noorah BAmram - 07 Oct 2009 12:00

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[Mr. Smith wrote on 07 Oct 2009 11:08:](#)

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U seem to to understand his modus operendi very clearly and have him retreating. I identify very strongly with what you write since I also experience an attack of "blues" especially when its supposed to be a "zman simcha".

Posting on GYE is always good for a quick pick-me-up! Its like phoning an old friend for a small chat ;D

My heart and prayers for you

Love, Noora

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Re: just posting  
Posted by NotAlone - 07 Oct 2009 16:00

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Hello Mr. Smith,

I was reading Uri's thread and found this one: [rehab-my-site.com/guardureyes/forum/index.php?topic=1065.msg21541#new](http://rehab-my-site.com/guardureyes/forum/index.php?topic=1065.msg21541#new)

which cheered me up greatly when I was feeling down.

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