

New Resolve to Break-Free, help a Yid out :)

Posted by mitzvot1992 - 06 Dec 2015 16:13

Hanuka sameach holy yidden.

So this is my cycle.

For the first 4/5 days a week I am fine. I try my best at Shmirat Einyaim, daven to H for help etc. On day 6 I start to lose my grip a little. It is usually around day 7 each week that I fall. And the cycle starts again.

I have tried internet filter (VCF) but it couldn't install (they said its a common problem in Israel.)

What should I do when the urge hits on day 7?

Anyone have anything particularly powerful that they use to defeat the Yetzer?

I feel like if I overcome it for 10/15 minutes when it is strongest I will win.

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Re: New Resolve to Break-Free, help a Yid out :)

Posted by markz - 06 Dec 2015 16:23

[mitzvot1992 wrote:](#)

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Welcome

What works for me is to - never get to day 7

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Re: New Resolve to Break-Free, help a Yid out :)

Posted by mitzvot1992 - 06 Dec 2015 16:23

What does that mean?

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Re: New Resolve to Break-Free, help a Yid out :)

Posted by markz - 06 Dec 2015 17:09

Click Here

>>>[ODAAT](#)

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Re: New Resolve to Break-Free, help a Yid out :)

Posted by cordnoy - 06 Dec 2015 17:33

Welcome

There's lots of reading material on this site.

Check it out and keep postin'.

B'hatzlachah

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Re: New Resolve to Break-Free, help a Yid out :)
Posted by BenTorah.BaalHabayis - 07 Dec 2015 04:47

[mitzvot1992 wrote:](#)

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I don't know that I can offer you any tools to defeat the Yetzer, as I'm in the same boat and just starting my journey here. But it may be worth knowing you are not alone with this struggle. I can actually relate to this very much as I can usually go at least a week without acting out, but as the days go by it becomes harder and I don't know how to deal with it. But I will say that just discovering this forum and seeing many others who can relate to my personal struggles has been very validating and makes me feel like there's hope!

Hatzlachah!

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