

Celebrating a fall!

Posted by UpAndDown - 30 Sep 2020 20:28

Hi everyone!

This time I am celebrating a fall! Sounds ridiculous, but this is why:

About 1.5 years ago I finally managed to get to 90 days clean (after a few attempts..) and even managed 157 days clean!

Then I fell. And fell again.. and again.. This always happens to me (to fall again and again before getting back up.. Similiar to sneezing twice...)

For 2 reasons: a) "Yiush", giving up.. feeling low with oneself, unworthy etc. ; b) The Yetzer Hara whispers to you: "Chap arein! Quick! Before you restart your 90-Day-Journey, just masturbate/watch stuff a few more times, you won't loose from it..."

Of course this is a terrible mistake. As every single Aveiro is harmful. There are no "package deals".

Anyway, back to my story, after falling badly, I finally managed to get back on track and stayed clean for over a year! I think I got over 400 days clean.. I was in total controll of my actions. I was no longer acting impulsively. I thought I would never fall again.

However, after giving in to my YH of Shmiras Einayim bit by bit...I eventually fell (HZ"L) in middle of this past Elul! I was very upset. But this time something was different: I knew that I can do it! I focused on the tremendous achievment I had this past year of being in total control of my actions! Instead of feeling depressed I got right back up and did not fall a second time B"H. (Even though I was very very tempted to just "chill" a bit and do it another few times, and I was extremely tempted to just have a quick look at porn, which I haven't watched for the past 2-3 years...) You must understand: this has never ever happened that I did not have a 2nd fall within a few days!

So isn't this fall, a reason for celebration?

I am now 25 days clean and I will not give up!

I am not writing this to boast.. but just to give others chizzuk, if anyone out there relates to my situation or also struggles with this "double falling"...

Wishing you all a Gut Yom Tov & Gut Kvittel

=====
=====

Re: Celebrating a fall!

Posted by Ihavestrength - 01 Oct 2020 03:40

[UpAndDown wrote on 30 Sep 2020 20:28:](#)

Hi everyone!

This time I am celebrating a fall! Sounds ridiculous, but this is why:

About 1.5 years ago I finally managed to get to 90 days clean (after a few attempts..) and even managed 157 days clean!

Then I fell. And fell again.. and again.. This always happens to me (to fall again and again before getting back up.. Similiar to sneezing twice...)

For 2 reasons: a) "Yiush", giving up.. feeling low with oneself, unworthy etc. ; b) The Yetzer Hara whispers to you: "Chap arein! Quick! Before you restart your 90-Day-Journey, just masturbate/watch stuff a few more times, you won't loose from it..."

Of course this is a terrible mistake. As every single Aveiro is harmful. There are no "package deals".

Anyway, back to my story, after falling badly, I finally managed to get back on track and stayed clean for over a year! I think I got over 400 days clean.. I was in total controll of my actions. I was no longer acting impulsively. I thought I would never fall again.

However, after giving in to my YH of Shmiras Einayim bit by bit...I eventually fell (HZ"L) in middle of this past Elul! I was very upset. But this time something was different: I knew that I can do it! I focused on the tremendous achievment I had this past year of being in total control of my actions! Instead of feeling depressed I got right back up and did not fall a second time B"H. (Even though I was very very tempted to just "chill" a bit and do it another few times, and I was

extremely tempted to just have a quick look at porn, which I haven't watched for the past 2-3 years...) You must understand: this has never ever happened that I did not have a 2nd fall within a few days!

So isn't this fall, a reason for celebration?

I am now 25 days clean and I will not give up!

I am not writing this to boast.. but just to give others chizzuk, if anyone out there relates to my situation or also struggles with this "double falling"...

Wishing you all a Gut Yom Tov & Gut Kvittel

Incredible post brother!

=====
=====

Re: Celebrating a fall!
Posted by workingmyprogram - 01 Oct 2020 06:13

You're amazing! Keep it up and spread that simcha!

=====
=====

Re: Celebrating a fall!
Posted by wilnevergiveup - 01 Oct 2020 08:53

Incredible!!! Really a huge accomplishment, thanks for sharing. The falling multiple times is a very difficult argument of the Y"H to refute, you feel awful after the first one, you are looking for a "feel good" fix and on top of that you don't have any streak to worry about so really what do you have to loose...

Kudos to you for getting up, this is truly a breakthrough.

Keep it up and keep on inspiring!

Wilnevergiveup

=====
=====

Re: Celebrating a fall!
Posted by UpAndDown - 01 Oct 2020 21:20

Thank you, my friends, for your encouragement & support.

It is in the zechut of GYE and the help of all of you out there, that I am a loyal husband & happy father today!

=====
=====

Re: Celebrating a fall!
Posted by YeshivaGuy - 15 Dec 2020 01:47

How u been?

=====
=====

Re: Celebrating a fall!
Posted by seekingkedusha1 - 21 Jan 2025 14:35

[UpAndDown wrote on 30 Sep 2020 20:28:](#)

Hi everyone!

This time I am celebrating a fall! Sounds ridiculous, but this is why:

About 1.5 years ago I finally managed to get to 90 days clean (after a few attempts..) and even managed 157 days clean!

Then I fell. And fell again.. and again.. This always happens to me (to fall again and again before getting back up.. Similiar to sneezing twice...)

For 2 reasons: a) "Yiush", giving up.. feeling low with oneself, unworthy etc. ; b) The Yetzer Hara whispers to you: "Chap arein! Quick! Before you restart your 90-Day-Journey, just masturbate/watch stuff a few more times, you won't loose from it..."

Of course this is a terrible mistake. As every single Aveiro is harmful. There are no "package deals".

Anyway, back to my story, after falling badly, I finally managed to get back on track and stayed clean for over a year! I think I got over 400 days clean.. I was in total controll of my actions. I was no longer acting impulsively. I thought I would never fall again.

However, after giving in to my YH of Shmiras Einayim bit by bit...I eventually fell (HZ"L) in middle of this past Elul! I was very upset. But this time something was different: I knew that I can do it! I focused on the tremendous achievment I had this past year of being in total control of my actions! Instead of feeling depressed I got right back up and did not fall a second time B"H. (Even though I was very very tempted to just "chill" a bit and do it another few times, and I was extremely tempted to just have a quick look at porn, which I haven't watched for the past 2-3 years...) You must understand: this has never ever happened that I did not have a 2nd fall within a few days!

So isn't this fall, a reason for celebration?

I am now 25 days clean and I will not give up!

I am not writing this to boast.. but just to give others chizzuk, if anyone out there relates to my situation or also struggles with this "double falling"...

Wishing you all a Gut Yom Tov & Gut Kvittel

I found this post to be very helpful to my situation. The YH was telling me to chap arain before I pick myself up. I was also feeling meyuash. BH I didn't give in and am feeling much better.

=====
=====

Re: Celebrating a fall!

Posted by dreamyunicorn28 - 21 Jan 2025 15:07

[seekingkedusha1 wrote on 21 Jan 2025 14:35:](#)

[UpAndDown wrote on 30 Sep 2020 20:28:](#)

Hi everyone!

This time I am celebrating a fall! Sounds ridiculous, but this is why:

About 1.5 years ago I finally managed to get to 90 days clean (after a few attempts..) and even managed 157 days clean!

Then I fell. And fell again.. and again.. This always happens to me (to fall again and again before getting back up.. Similiar to sneezing twice...)

For 2 reasons: a) "Yiush", giving up.. feeling low with oneself, unworthy etc. ; b) The Yetzer Hara whispers to you: "Chap arein! Quick! Before you restart your 90-Day-Journey, just masturbate/watch stuff a few more times, you won't loose from it..."

Of course this is a terrible mistake. As every single Aveiro is harmful. There are no "package deals".

Anyway, back to my story, after falling badly, I finally managed to get back on track and stayed clean for over a year! I think I got over 400 days clean.. I was in total controll of my actions. I was no longer acting impulsively. I thought I would never fall again.

However, after giving in to my YH of Shmiras Einayim bit by bit...I eventually fell (HZ"L) in middle of this past Elul! I was very upset. But this time something was different: I knew that I can do it! I focused on the tremendous achievment I had this past year of being in total control of my actions! Instead of feeling depressed I got right back up and did not fall a second time B"H.

(Even though I was very very tempted to just "chill" a bit and do it another few times, and I was extremely tempted to just have a quick look at porn, which I haven't watched for the past 2-3 years...) You must understand: this has never ever happened that I did not have a 2nd fall within a few days!

So isn't this fall, a reason for celebration?

I am now 25 days clean and I will not give up!

I am not writing this to boast.. but just to give others chizzuk, if anyone out there relates to my situation or also struggles with this "double falling"...

Wishing you all a Gut Yom Tov & Gut Kvittel

I found this post to be very helpful to my situation. The YH was telling me to chap arain before I pick myself up. I was also feeling meyuash. BH I didn't give in and am feeling much better.

I'm feeling the same way now! Ultimately we want to stay clean forever and never fall again but I think when we are able to pick ourselves up right after a fall, major progress has been made.

=====
=====