

Starting Again...

Posted by Lou - 21 Dec 2020 22:15

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Hi, I have posted in other threads but just wanted to start this new one to get this of my chest. I guess i am venting more than anything else. To make a long story short, I have been a struggler for years with these issues. This includes watching and also chatting with online relationships etc. BH over the past few years due a variety of reasons things have ~~greatly~~ improved in this area. Don't get me wrong. It wasn't fixed but the issues were less serious (trying to avoid triggering {embarrassing} details. As it still was certainly an issue eventually I recently joined GYE and working on the 90 days etc. I have started and failed more than once but I understand that is part of the process. What is really getting to me and is actually confusing to me is that my most recent fall was to a level worse than I have had in a few years! In other words, when I was working on the issues less officially i was staying away from that level. Now that I am working on really cleaning up my act I have stooped back to my really low levels Why?? It definitely was some Hashgacha Pratis in this as I was faced with a nisayon I have avoided in the past. Is Hashem telling me that now that I am stronger I should be able to deal with nisayon?? Well, I didn't...

Any feedback is welcome!

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Re: Starting Again...

Posted by Lou - 03 Mar 2021 23:02

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I am having some interesting days lately and wondering if this resonates with anyone else. BH I am holding by 70+ clean days. I am very proud of my accomplishment bchasdei Hashem. However, interestingly enough for the past day or 2 I feel less "clean" than I did at 30 or 40 days. It is not any particular action that I am doing. I did not have a fall or even much of a slip other than what I have mentioned here. It is more like the dreams or hirhurim etc. I have read on here of others having similar ideas at 20 or 30 days clean. I am wondering if this is the Yetzer Hara telling me "Ha! you think you are such a holy roller because yo have 70 +days. Nope you are still Lou with dreams and fantasies etc." ? Or is it a natural consequence of getting clean and not giving in to the Taivas that eventually it is getting to me? (Some other environmental factors may be at play but would rather not get into that over here).

Either way BH, I really don't think I will have a fall or even a slip because of this. It's just more of an emotional wanting to feel "clean" that I am seeking. That is not the goal here but a good feeling is certainly part of the road to the goal.

Thank you for listening. Any feedback is welcome

Lou

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Re: Starting Again...

Posted by DeterminedtoWin - 03 Mar 2021 23:55

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Yes, I definitely experience my own "clean feeling" days and "less clean feeling" days which is dependent on a wide range of factors. Sometimes for no reason at all there are those niggles from the y"h. For me, I look at this as a lifelong avoda and the goal is not to always "feel clean" necessarily but to be able to stay the course however I am feeling at the moment. B"H in the overall picture I do feel clean even if there are tougher days here and there.

For me, being able to acknowledge the less geshmaka days and feelings that come along with those days without panicking and reacting to them has been making a huge difference. I find that when I allow them to be there when they are there they inevitably go away at some point like the changing weather and we can enjoy better days up ahead. (Today was actually such a day for me and b"H I was able to sit with it without doing anything that I would later regret).

Hatzlacha!

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Re: Starting Again...

Posted by Grant400 - 03 Mar 2021 23:56

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[Lou wrote on 03 Mar 2021 23:02:](#)

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Lou

Just a thought. Maybe the cleaner you are, the more sensitive you become. In the beginning whatever you stopped doing, felt like a tremendous change, so inevitably you felt much cleaner. At this stage you are much more sensitive and therefore even "acting out" to a lesser degree makes you feel tainted. Could be a good thing.

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Re: Starting Again...

Posted by Lou - 07 Mar 2021 16:33

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In all honesty,I don't have much to say now. Just checking in to say BH things are going well for me with inyanim related to GYE.

Thank you Hashem and thank you all!

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Re: Starting Again...

Posted by Lou - 09 Mar 2021 02:45

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As BH, I am further on the road to purity,I am able to gain more clarity in what triggers me. I think in all honesty,while I was deep in the muck I really didn't care to think about what caused it and what didn't. Now,with some clean time I am noticing more.

For example, last night I spent over an hour watching the ATIME shasothon. Very inspiring and really enjoyable. However,when it was over,I was suddenly tempted to find garbage. Not a logical move as I was truly inspired.However,I thought a bit and came to realize that has happened to me many times in the past.(I was not on Youtube so it wasn't just getting stuck going from video to video down the rabbit hole). I discovered that after spending significant time watching anything,I am triggered. BH at this point I can deal with and it wasn't a major issue.

But it brought awareness to me.

Similarly, one morning it was a rough morning in my house with getting the kids out etc. My wife blamed me (of course she was wrong!). It blew over quickly and all was good. However, all the sudden I was lusting. Again, not logical but now I see more clearly that when I feel low or are attacked I am triggered.

Does this mean I should never watch something like the Shasathon again? Should I expect never to feel low in the Shalom Bayis department? No, to both questions. It just means I have to be aware of what might come following that and be prepared.

Life will continually have these situations. Avoiding them is good, but not the full solution. Awareness and preparedness is key.

Thank you for listening to me talk to myself.

Lou

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Re: Starting Again...

Posted by Lou - 12 Mar 2021 17:48

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Sooo, I would like to be mekabel bli neder not to listen to it for the first ten minutes that I get into my car. If it is a short trip then I just won't listen. Since I am only doing this for ten minutes I am including even listening to the traffic and weather.

BH this Kaballah is going well and affecting more than just those 10 minutes.

I am now Mekabel the same kaballah for 15 minutes. This is only for this particular station and details are same as I posted in the original post.

Thank you

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Re: Starting Again...

Posted by Lou - 18 Mar 2021 05:05

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For many years I have pushed myself to kinda brush up my act and get to some sort of level of cleanliness before Leil Haseder. Some years I was more successful than others. But never(since I got involved in this garbage) have I been able to come to the Seder beH with this level of cleanliness.

Hodu laHashem ki tov ki lioilam chasdo!!!!!!

Thank you Hashem and thanks to all of you!

Lou

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Re: Starting Again...

Posted by Lou - 21 Mar 2021 03:11

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90 Days BH!

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Re: Starting Again...

Posted by Markz - 21 Mar 2021 03:16

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[Lou wrote on 21 Mar 2021 03:11:](#)

90 Days BH!

Real Pesach Cleaning Deal. Way to go!!!

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Re: Starting Again...

Posted by HappyYid - 21 Mar 2021 03:49

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Mazal tov!!

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Re: Starting Again...

Posted by Sapy - 21 Mar 2021 03:56

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Mazel tov Lou!!!! lth by all of us! May you continue to grow, and please dont leave us...

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Re: Starting Again...

Posted by wilnevergiveup - 21 Mar 2021 06:41

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Hodu laHashem ki tov ki lioilam chasdo!!!!!!

That's what it's all about!

Mazal tov! Many more with Hashem's help!

Enjoy the moment, enjoy the purity and build on it. Pesach is the time of the birth of Klal Yisrael. You are a new person, like a new baby that is born, just like klal Yisrael after Yetzias Mitzrayim. Don't forget when you say hallel, to have in mind your own personal geulah!

Hatzlacha!

Wilnevergiveup

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Re: Starting Again...

Posted by Zedj - 21 Mar 2021 07:23

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MAZEL TOV!

your an inspiration fir all of us!

I second what @willnevergiveup said...he took the words right out of my mouth. "Don't forget when you say hallel, to have in mind your own personal geulah"

but really, I think everyday when we "say no" we are leaving our own mitzrayim and experiencing our personal geulah.

Too many more daily geulahs!

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Re: Starting Again...

Posted by YeshivaGuy - 21 Mar 2021 10:43

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Mazel Tov!

Thank you for being an inspiration for myself and many others.

Hatzlocha!

YeshivaGuy

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