

Starting Again...

Posted by Lou - 21 Dec 2020 22:15

Hi, I have posted in other threads but just wanted to start this new one to get this off 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 to 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!

=====

====

Re: Starting Again...

Posted by Lou - 11 Apr 2021 05:45

I found this masterpiece from HHM. I was not up to 1 year but I think I can relate to this...

"Hashem Help Me" post=332453 date=1529453177 catid=1 After milestones, many fall or slip. Why? I think what happens when we reach 90 days or a year or any goal that we have designated, we start thinking "Hey, now what?" Nothing magical happens on those days and we begin to realize that this issue will remain with us for the rest of our lives. Pretty demoralizing and a recipe to just sit down, watch some real trash and act out. However, there is a big mistake with this way of thinking. Look back to day 2 or 3 before we joined GYE- we were all there hundreds of times. What kind of bechira did we have then? Pretty low indeed. We did not believe we could hold off for any significant amount of time, so we just threw in the towel. Then even after we joined GYE, when we hit days 10 through 20 with the horrible withdrawal - some of us have been there numerous times too - we just caved in - as if an inexorable force put our hands down there and made us.... But then when we hit 40, 50, etc, we actually started tasting true bechira again. We saw "it can actually be done!" So even when we fell, and cried...., we had that belief that it was worth it to try again. Still our bechira was weak, and when hit by unexpected powerful triggers, we were sitting ducks facing a tsunami.... But we persisted and BH gained real levels of bechira back. When one hits a year, he basically has been through all

types of situations, be they work/school year mode, vacation mode, yomim tovim/simchas/tragedies mode, various financial challenges etc etc and has pulled through. In closing, as you reach a milestone, be prepared to just continue one day at a time. Don't expect magic. Make a small celebration along with a tefillah for continued syatta d'shmaya, share the accomplishment with your friends here and ask them for advice and encouragement how to continue.

=====

=====

Re: Starting Again...

Posted by Striving Avreich - 11 Apr 2021 07:39

Thank you! This is a master piece!

=====

=====

Re: Starting Again...

Posted by Grant400 - 11 Apr 2021 12:53

[Lou wrote on 11 Apr 2021 05:45:](#)

I found this masterpiece from HHM. I was not up to 1 year but I think I can relate to this...

"Hashem Help Me" post=332453 date=1529453177 catid=1After milestones, many fall or slip. Why? I think what happens when we reach 90 days or a year or any goal that we have designated, we start thinking "Hey, now what?" Nothing magical happens on those days and we begin to realize that this issue will remain with us for the rest of our lives. Pretty demoralizing and a recipe to just sit down, watch some real trash and act out. However, there is a big mistake with this way of thinking. Look back to day 2 or 3 before we joined GYE- we were all there hundreds of times. What kind of bechira did we have then? Pretty low indeed. We did not believe we could hold off for any significant amount of time, so we just threw in the towel. Then even after we joined GYE, when we hit days 10 through 20 with the horrible withdrawal - some of us have been there numerous times too - we just caved in - as if an inexorable force put our hands down there and made us.... But then when we hit 40, 50, etc, we actually started tasting true bechira again. We saw "it can actually be done!" So even when we fell, and cried...., we had that belief that it was worth it to try again. Still our bechira was weak, and when hit by unexpected powerful triggers, we were sitting ducks facing a tsunami.... But we persisted and BH gained real levels of bechira back. When one hits a year, he basically has been through all types of situations, be they work/school year mode, vacation mode, yomim

tovim/simchas/tragedies mode, various financial challenges etc etc and has pulled through. In closing, as you reach a milestone, be prepared to just continue one day at a time. Don't expect magic. Make a small celebration along with a tefillah for continued syatta d'shmaya, share the accomplishment with your friends here and ask them for advice and encouragement how to continue.

Like HHM would say, this post is gadlus! The truth is there are so many amazing posts lying around GYE that hit the nail on the head, if only there was a way to sift through it all and pull out the gold...

=====

=====

Re: Starting Again...

Posted by DavidT - 11 Apr 2021 14:49

[Lou wrote on 09 Apr 2021 16:58:](#)

David T That was beautiful. Where is that from?

[Here](#)

=====

=====

Re: Starting Again...

Posted by Lou - 12 Apr 2021 21:28

Suffice it to say that the last week or so have been a seesaw of ups and downs... Amazing how hard it is to get back up after a fall. BeH today is Rosh Chodesh so it is a brand new fresh start of long term success.

I really hope that the experiences I have been having can help me help myself through inevitable down times in the future. Perhaps maybe I can help others better as well beH!

Lou

=====

=====

Re: Starting Again...

Posted by HappyYid - 15 Apr 2021 16:53

R' Lou, how are you doing?

=====

Re: Starting Again...

Posted by Lou - 16 Apr 2021 17:27

[HappyYid wrote on 15 Apr 2021 16:53:](#)

R' Lou, how are you doing?

Thank you for checking in!

It could be a lot better.

I hope to update in the near future that it actually is better.

Thank you

=====

Re: Starting Again...

Posted by Ish MiGrodno - 16 Apr 2021 17:46

R' Lou,

I follow you posts like I would with a brother or child.

We care about you very very much...Keep fighting the fierce battle (see Mesilas Yescharim Perek 10) and keep us posted.

Feel free to PM anytime.

Concerned in Grodno ~ IMG

=====

Re: Starting Again...

Posted by Lou - 18 Apr 2021 17:20

I wrote a fairly long post detailing what has been going on with me recently. The site crashed when I clicked submit and it disappeared.

I don't have the energy or time to rewrite it now but suffice it say that I am not in the best place right now, but I am beH trying to understand myself and what has been going on the past 2 weeks. Sorry I know it is not a clear post but somehow my more clear post disappeared.

=====

Re: Starting Again...

Posted by Zedj - 18 Apr 2021 18:16

Im sorry to hear your not in the best place.

I hope things start picking up for the better as you do look into yourself and see where your holding.

Wishing you much hatzlocha.

Keep us updated!

Pro tip- before you submit your post, make sure to copy your text...just in case.

=====

Re: Starting Again...

Posted by Lou - 19 Apr 2021 21:12

I will try to repost my thoughts from yesterday...

I am trying to figure myself out. I had a streak of over 100 days. Towards the end of this streak I really was having a easy time keeping clean. Then I have a fall (from curiosity caused by something seen on this site). The next week and a half or so are a cycle of up(clean) and down(fall) with more down than up. What happened??

I think that possibly, in my heart I believed that I really rewired myself. "I just don't do that garbage anymore". I was loving the clean life. Intellectually, I knew that many fall after a while but in my heart I knew that would not happen to me! I am a changed man! and then lo and behold within a matter of minutes it did happen to me! I came to the realization that I am not done with the shmutz. I am not really this holy Baal teshuvah etc... Once that happened I think my gaavah joined with my taivah to really take me on a run for my money. This is all not logical, but this is my heart speaking. I had to come to the realization that no, I am not a newly changed man. However, I am a better man. A man that can control himself even when faced with temptations. But also, a normal man that will fall here and there. A man that needs chessed Hashem at every point to stay pure.

So, now with humility and a hopefully a more clear perspective I begin my climb up the tower (The one I already built beH) anew .

Lou

=====

Re: Starting Again...

Posted by Lou - 19 Apr 2021 21:29

Pro tip- before you submit your post, make sure to copy your text...just in case.

Thank you! Your tip saved my post today as the same thing happened.

=====

Re: Starting Again...

Posted by Lou - 23 Apr 2021 02:53

BH, finally starting to feel like I am back on track.

Thank you Hashem and thank you all!

=====

Re: Starting Again...

Posted by Ish MiGrodno - 23 Apr 2021 05:12

...., in my heart I believed that I really rewired myself. "I just don't do that garbage anymore". I was loving the clean life. Intellectually, I knew that many fall after a while but in my heart I knew that would not happen to me! I am a changed man! and then lo and behold within a matter of minutes it did happen to me! I came to the realization that I am not done with the shmutz. I am not really this holy Baal teshuvah etc...I am not a newly changed man. However, I am a better man. A man that can control himself even when faced with temptations. But also, a normal man that will fall here and there. A man that needs chessed Hashem at every point to stay pure. So, now with humility and a hopefully a more clear perspective I begin my climb up the tower (The one I already built beH) anew .

Lou

Lou, this is a real classic!

I relate to these feelings 100% - so it's a a breath of fresh air to hear your story....But more importantly, it can preempt people like me (who are so similar to you) from falling into the above narrative.

BEZ"H!

With appreciation and brotherhood from Grodno ~ IMG

=====