

My journey

Posted by willdoit - 12 Jan 2021 16:01

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Re: My journey

Posted by Captain - 28 May 2021 13:45

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You have to ask yourself whether you should be defined as the person from 200 days or the person from 1 day. Shake it off buddy! You're doing great. This was a mistake but it doesn't define you.

Make sure to be ready for some stupidity from the yetzer hora, "oh my count will not change anyway so why not do it once more." Don't forget that counting days is just a gimmick but your real goal that's within you is each minute of success!

?Please be mechazek yourself at this vulnerable time and Hashem will surely help. (Please see my signature below for some things that can strengthen you and give you chizuk during this time.)

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Re: My journey

Posted by willdoit - 26 Jul 2022 19:17

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And I fell...

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Re: My journey

Posted by willdoit - 25 Apr 2023 15:12

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Hello,

I fell after being being clean for 271 days... Its all my fault, I know exactly what caused this and was able to prevent it from happening, and yet just went right ahead. I could have, should of done better...

I feel angry with myself...

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Re: My journey

Posted by Vehkam - 25 Apr 2023 15:40

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Use the experience to plan for the future. Don't let the yetzer hara convince you to beat yourself up. You are doing great and you should look forward to continuing with even greater resolve

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Re: My journey

Posted by Sapy - 25 Apr 2023 16:16

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Oish, I feel for you my friend, and I understand the urge to beat yourself up... but this won't help you get back up, perhaps telling yourself that you will get to beating yourself up in a week from now can help with moving on.

Please keep us updated, wishing you the best.

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Re: My journey

Posted by Captain - 25 Apr 2023 17:52

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[Captain wrote on 28 May 2021 13:45:](#)

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?Please be mechazek yourself at this vulnerable time and Hashem will surely help. (Please see my signature below for some things that can strengthen you and give you chizuk during this time.)

I think this still applies. And the last few messages in your thread before it from a couple of years ago.

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Re: My journey

Posted by Captain - 25 Apr 2023 17:52

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[DavidT wrote on 26 May 2021 20:54:](#)

It is misguided to think that the entire goal of life is to not mess up. Had that been the case, Hashem would not have bothered to create us, and He definitely wouldn't have created challenges. Rather, the proper perspective is the positive: that our goal in life is to accomplish, and that self-control is one of the greatest acts we can do. By cashing in on this opportunity, you can become a great person, and having sinned doesn't take that away. Greatness is in your hands! Remember that not too many people actually resist strong urges just because they know they should. Most people who appear unaffected by desire either don't face it to a strong extent or actually give in to their desires in private.

If past sins that we no longer commit still gnaw at our conscience and make us feel down about ourselves, we must do a proper teshuva and move on. We must stop beating ourselves up, even if "that horrific sin" was our fault. Hashem created us knowing that we might make many bad mistakes. That is why He created teshuva. When you do teshuva, He forgives you and no longer holds your sin against you.

After repenting, we must no longer feel inferior for our wrongdoings. Instead, we should be proud that we admitted our mistakes and resolved not to repeat them. We should also take pride in the effort we invested to change despite the difficulty of kicking old habits. Past sins leave over powerful desires, and it takes constant vigilance to control them. This makes the accomplishment even greater.

Source: The Battle of the Generation.

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Re: My journey  
Posted by willdoit - 29 Sep 2023 16:56

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Hi Guys,

Today and the days to follow are one of those that are very hectic, kids home, wife needing help, (tons), and on top of that I obsesses about wanting to be the best father.

So, I hereby declare, that I will accept whatever comes my way and will try to be mindfull about my feelings/obsessions, and watch not get carried away.

Thanks for listening

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Re: My journey  
Posted by willdoit - 05 Dec 2023 15:43

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Hi Guys,

Can anyone share some tips on how they deal with THE obsession's that hijack the mind after seeing some attractive gals.

Thank you,

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Re: My journey  
Posted by frank.lee - 05 Dec 2023 23:35

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Many great, practical ideas on this site.

did you read the battle of the Generation? Read on this site about Urge Surfing?

Some ideas, thank Hashem for the challenge. Pray that Hashem bless her/them with all their needs and success...

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Re: My journey  
Posted by Hashem Help Me - 07 Dec 2023 12:28

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By praying for her that she have a pleasant day, etc. your brain stops objectifying her. If that doesn't work, imagine tapping her on the shoulder and telling her you appreciate looking at her because it arouses you sexually. After she bites and scratches you and has you arrested, you won't do that again so fast.

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Re: My journey  
Posted by redfaced - 06 Feb 2024 19:21

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[Hashem Help Me wrote on 07 Dec 2023 12:28:](#)

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Re: My journey

Posted by willdoit - 09 Feb 2024 19:39

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Hi,

Recently, A thought has been haunting me, and I am wondering if one can help me out here.

So, here goes. When I was a kid, I don't remember the exact age. I had this guy who took me on his lap (in shul), and was tickling me, etc. Now, I don't remember the details, it seems very vague. But I DO remember that it felt extremely good, and even nowadays when I think about it, it still feels good.

Now, I never received any love from my father, physically nor emotionally. So my question is: could it be that I was abused by that guy and I just blocked it out? Or if that happened, I wouldn't feel good about it. And the reason I felt/feel good is because I got some male love..

Can anyone share their own experience or knowledge on this.

Thanks,

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Re: My journey

Posted by cande - 09 Feb 2024 20:38

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[willdoit wrote on 09 Feb 2024 19:39:](#)

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Thanks,

would be safe to assume, you were abused, (you can feel good about it even if it was abuse)

you may/may not have been affected,

there are many different levels, of abuse, and depends on who, when, were you are/in/@.

may i ask what **ETC.** is?

most victims are scared to give out the full story.

*#your fellow victim*

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