

Striving for Excellence

Posted by excellence - 23 Jan 2021 21:36

Striving for ExcellenceIntroduction

I've been waiting for some time to introduce myself. I wanted to be 'well on the way' before I posted my own journey, I feel more comfortable this way. I must of discovered GYE I believe at least a good 6 years ago, if not more, but it was a mere glance here and there. Over the past 2 years I started reading up much more on GYE, I printed the handbook & read up a lot, however I did not become a member. Nearly half a year ago I was overlooking a friend whilst he was looking at his emails & I noticed that he was signed up to the daily Chizuk emails. Being that GYE was on my mind anyway it gave me the boost to go ahead and sign up, (he doesn't even know what a Zechus he has -perhaps it's you!). Last Rosh Hashono I made a Kaboloh to be more active by using GYE's platform/resources regarding my personal battle with this struggle. You may have seen my posts here and there, & BH this Kaboloh has given me a renewed lease of life, mostly in regards to my perspective on this battle, how to fight, and on marriage in general.

The idea I have in mind by posting my story, which I see as pretty simple and basic, is to inspire all those who lurk around here but don't feel that their struggles are anything too big in particular, perhaps rather basic, or those who find that they keep telling themselves "this will be the last time I fall", to please take my advice and get out your shell by speaking to someone at GYE, or at least post on the forum, (because we won't let go of you!). It makes no difference where you're holding on the spectrum of this struggle but if you struggle even just with mzl, even if it's only at intervals, but you find that you don't seem able to totally break free, then I beg of you PLEASE PLEASE reach out. The professionals here have so much to offer and so much want to help, why wouldn't you make that first step towards your own happiness/ Menuchas Hanefesh?

Many times the question has been asked, 'why are there so few people active on the forum, relative to the 30,000 users signed up to GYE?', I believe that the answer may be, because many of us feel we don't struggle as strong as those on the forum, or we're more comfortable battling this on our own. We lurk around for Chizuk but remain silent. Oh, how foolish, don't we see we're not managing on our own, are we not desperate just to break free/grow up, etc. Let's stop living in denial that every time we fall will be the last time, or that at the next stage I will be clean or any other one of the Satan's tactics. This is also a call to the hundreds of Bochrin out there. DON'T WAIT, ACT KNOW. You're still young, you have such beautiful lives ahead of you, why wait. Sorry for venting but it's on my heart. I was like this for so many years, always excusing myself that at the next stage, it will be a thing of the past, this went on for 11 or so years, until I just picked up the phone to GYE who gave me incredible practical tools on how to break free. Instead of spending your days with patchwork, like kenosos, they will guide you

through and show you the correct perspective. Once again I Beg & plead of you, don't just sit back- Do something.

Part one, coming shortly...

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Re: Striving for Excellence

Posted by excellence - 04 Nov 2021 20:36

60 days,

Not really sure what exactly I am counting towards.... Unless I'm planning on counting till 120 years.....

With Gratitude to Hashem for being kind to someone unworthy of such kindness,

Excellence

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Re: Striving for Excellence

Posted by DavidT - 04 Nov 2021 20:42

[excellence wrote on 04 Nov 2021 20:36:](#)

60 days,

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Excellence

On the 90 day chart page on GYE they write:

Scientific studies show it takes about 90 days to change the neuron pathways in the brain created by addictive behaviors.

We also find the idea of 90 in Chazal. The Halacha is, that if one is not sure if he said "v'sen tal u'matar", he must repeat the Shmoneh Esrei. However after 30 days, one no longer needs to repeat Shmoneh Esrei when in doubt, because we assume that his mind has already gotten used to saying it. 30 days is 90 Shmoneh Esreis! Chazal knew that it takes 90 times of doing something to get the mind used to it.

?The main thing is that you're proving to yourself (and the others that are getting inspired by you) that it IS possible to stay strong... Please celebrate each clean day and Hashem will grant you many many more!

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Re: Striving for Excellence

Posted by Sapy - 04 Nov 2021 21:07

[excellence wrote on 04 Nov 2021 20:36:](#)

60 days,

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Excellence

Mazel tov buddy!

if you wouldn't count from where would I take inspiration?...

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Re: Striving for Excellence

Posted by Avrohom - 05 Nov 2021 02:37

[excellence wrote on 01 Nov 2021 07:47:](#)

Just want to point out that one of the things I really need to somehow work on is to let an urge pass without acting on it at all.

Every time I experience an urge I find myself acting on it, either entering the dangerous world of fantasy to escape from reality, and most times I will arouse myself until I hold myself back at the last minute, in order not to fall.

This is a very risky game to play, as at some point I will be likely to fall.....

?My issue with urge surfing, is that it requires a certain relaxed state of mind to just sit back and surf the urge. However when I experience an urge I get so full of energy I can't just sit still, and I straight away allow myself to start slipping.....

Just thought I would share my feelings.....

Thanks to all out there,

Wishing you all the best

Excellence

It's hard for me to know exactly what has been working for me for the last month plus - but what you describe is exactly where I was - (for 20 years or so...) (Maybe I'm still there - just experiencing a short respite) What seems to be most helpful for me is externalizing the urge as opposed to (or perhaps together with) urge surfing. (Kind of what HHM wrote above) This isn't me, *and it's not what I want*, it's an urge or desire that I'm being assaulted with. I also remind myself (now I do) that ?????? ??? ?????? ??? refers not only to full blown acting out, but adding fuel to the fire of the urge with small, "innocent" behaviors and thoughts. I very much related to Rabbi Shafier's (The fight #6 or #7) that describes the Yetzer Hora as an outside voice. I think in the past I felt it was me, and there was something inside me screaming "I want that, I need that, but I can't." Eventually the "I can't" would lose to the "I need it".

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Re: Striving for Excellence

Posted by excellence - 07 Nov 2021 08:26

@avrohom, Thank you for taking your time to post here. Iv'e been thinking about your point and BH it's having a positive effect on me.

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Re: Striving for Excellence

Posted by excellence - 07 Nov 2021 08:36

I would like to share with everyone an observation that may be obvious to some of us, but even though it's been obvious to me too for many years, only recently I have really made a real point out if it.

?When we talk about identifying triggers, I most often associate this with different inappropriate things that can trigger me, e.g looking where I shouldn't e.t.c.

Recently I have realised that many many urges over the years don't even start with something

inappropriate. My trigger is actually a time or location, where I may have slipped in the past and therefore I subconsciously associate this location/time with pleasuring myself, which ultimately causes an urge whenever I am there. For example Shabbos afternoon as a Bochur was the hardest time of week for me, I fell week in week out. So now years later I will always feel an extra urge when going to bed on Shabbos afternoon. Similarly, there are many other examples of this for me, it can even be a bath or shower etc etc. I've realised that it is ever so important to identify these triggers as this cannot be avoided, so if you're prepared for this, then with the correct tools it will be much easier to surf the urge.

I hope you understand....

Excellence

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Re: Striving for Excellence

Posted by anonymous.lost.everything - 07 Nov 2021 10:18

I think I understand what you mean. It's just an association, like feeling a certain when you hear a certain tune. I find that the best thing to do is not to worry about it too much. If you prepare for it ahead of time you can end up reinforcing it. But you should do what makes sense to you.

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Re: Striving for Excellence

Posted by Hashem Help Me - 07 Nov 2021 12:02

Mazel Tov on 60! Kein yirbu!

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Re: Striving for Excellence

Posted by Ish MiGrodno - 07 Nov 2021 17:01

Wow, I totally relate to your post; so true! (associations are also a basic yesod in trauma therapy..)

Thanks for sharing and a heartfelt mazel tov from Grodno ~ IMG

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Re: Striving for Excellence

Posted by excellence - 07 Nov 2021 21:11

[Ish MiGrodno wrote on 07 Nov 2021 17:01:](#)

Wow, I totally relate to your post; so true! (associations are also a basic yesod in trauma therapy..)

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Wow!! I'm finding it hard to believe that a Poshute Yid like me, ended up reaching the streets of Grodno!

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Re: Striving for Excellence

Posted by Ish MiGrodno - 07 Nov 2021 22:02

I sweep the streets here; don't get too nispa'el... (if I have any gadlus, it is in the fact that I caught a glimpse of R' Shimon once or twice)

IMG

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Re: Striving for Excellence

Posted by excellence - 14 Nov 2021 06:17

Ok, so I fell after 68 day's clean.

I'm not really frustrated with myself, because the triggers/urges were getting out of hand.
Perhaps I'm frustrated at the situation:

1- I've not been with my wife the past few weeks for a very practical reason. Even though she is desperate to be together, we just can't (she is Muttar). This should be resolved in another week or so.

2- Something happened to me on Thursday night, that really really set me in a frustrated and angry mode, which automatically caused me to feel like, "what the hell, I don't even care if I fall".

3- Even though urges are meant to subside. Mine keep following me around. On a day that I'm feeling venerable, I'll feel on the edge of the cliff all day. I felt it coming, eventually I was going to fall. I kept holding myself back, but eventually it get's to a stage where I just give in.

4- This is the worst of the lot: I came home on Friday after overcoming a huge urge, and guess what? From my window I got a birds eye view of a non-Jewish sick boy seducing a girl, & I won't elaborate in order not to trigger. They we're there for 3 hours... It was a bit like watching this online, just instead from my dining room window...

At that point I said to myself, I can't anymore. I was home alone and I fell....

Not so sure what I'm trying to say with the above. Time to stop dwelling and move on.

Have a wonderful day,

Excellence

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Re: Striving for Excellence

Posted by Markz - 14 Nov 2021 06:34

[excellence wrote on 14 Nov 2021 06:17:](#)

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At that point I said to myself, I can't anymore. I was home alone and I fell....

Not so sure what I'm trying to say with the above. Time to stop dwelling and move on.

Have a wonderful day,

Excellence

Why is that non Jewish kid sick?

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Re: Striving for Excellence

Posted by excellence - 14 Nov 2021 07:42

@markz,

?Because it's a selfish n sick thing to do, to make her believe that you're interested and care for her, when in actual fact all you want is to feast over her body. That's why.

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Re: Striving for Excellence

Posted by Avrohom - 14 Nov 2021 12:41

I feel your "pain?" and frustration. I imagine, as much as you realize this was so challenging, falling after such a long streak can be demoralizing.

Well, first I;d like to say Mazel tov on 68 clean days! What an accomplishment.

It seems like you're viewing this not so much as a fall from the height you were on, but rather as a Nisayon that was greater than what you've experienced and you couldn't climb it... this time. Perhaps that's the best way to view it. To quote from one of my favorite posts:

"excellence" post=364353 date=1614541733 catid=1

Part b

The solution:

Firstly, it's imperative to internalize the difference between striving for *shleimus/excellence*, vs *perfectionism*. Shleimus is NOT perfectionism. I am doing Chazra on the key differences between the two, join me if you wish:

1- Striving for *Shleimus* comes with an understanding that we are actually far from perfect. In actual fact, if we were perfect then we may as well dig our graves and bury ourselves today, since we no more have a purpose in this imperfect world.

2- Striving for *Shleimus* comes with an understanding that not only is there nothing wrong with being imperfect and having shortcomings, it ought to be embraced, because we are human beings. We are created with imperfections and our lifelong goal is to slowly, bit by bit work on our imperfections, and as long as we are focusing and trying to grow we should be feeling very content. We are comfortable with ourselves for who we are today.

3- Falling, only hits us so hard when it smashes the perfect image we have drawn for ourselves, but when it comes to shleimus, falling is viewed as part of the growing process to achieve heights on the long run. When a perfectionist falls, his whole self-image comes crashing down. He feels worthless. Whereas in the Torah's eyes You can fall and still be a Tzadik as the Pasuk says: *ein tzadik baaretz.....*

4- ***Shleimus* = striving to be the best possible me, NOT the perfect me. If I'm sincere and I am trying, then even if I don't see the desired results, I am still being the best possible me, and that's all that matters. What matters most in life is that I am focused on working towards certain goals. It doesn't necessarily matter whether I am reaching those goals or not. That's not up to me, but rather up to HASHEM. What's most important is whether or not I am using my Kochot properly**

So keep up the amazing work, ly"h next time, you'll get over this peak as well!

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