

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...

=====

Re: Striving for Excellence

Posted by excellence - 30 Jul 2021 11:32

30 Days = 1 month

Thank you GYE.

I must not let things into auto pilot, Chazal say the Yetzer Hora renews himself each day, so so must I.

Gut Shabbos all

=====

Re: Striving for Excellence

Posted by excellence - 03 Aug 2021 07:29

34 Days,

I am so grateful to HkBH reflecting back at this past year being active with GYE. Iv'e gained and learnt so much. and of course I'm also indebted to all you too. I'm in a 'danger zone' and thanks to those who accepted my challenge above in this thread things are going well here. will elaborate more once out of here....!!

For the meantime I daven that today shall be a clean day for all of us & myself too!!

Thank you so much,

Love excellence

=====

=====

Re: Striving for Excellence

Posted by excellence - 08 Aug 2021 06:09

39 Days.

I will shortly be leaving the danger zone. Will write more about this once I'm back in schedule. However I do need to remind myself that in all zone's we need to be constantly on full guard.

Excellence

=====

=====

Re: Striving for Excellence

Posted by excellence - 12 Aug 2021 21:32

Dearest Chaveirim ?????? ???????,

A few weeks ago I was in a difficult situation

I was planning on travelling to a dangerous location,

with unfiltered devices, a recipe for disaster

what should I do, how could I be smarter,

when faced head on with such a ????? I felt so weak,

as chances of winning to me seemed very sleek,

But ????"? loves us more than we love Him

and constantly helps those who try refrain from sin,

He helped bring to fruition the world's most needed organization
bringing back life and happiness, an international sensation,
After much deliberation I felt like I had an idea
but I can't on my own, without a listening ear,
so I posted my idea on Gye's unbelievable website
saying 'if I manage to stay firm and not give in to this fight,
then I need 7 volunteers who will help finish sefer Tehillim
as a Zechus for all of us out there ????? ???????,
Within no time some Tzadikim jumped in like **@Sapy**
or our dear chaver **@starting** who took Yom Sheni,
then came Harav **??? ????? ???@** with Yom Shilishi
@lionking and **@Gevura Shebyesod** for Revii & Chamishi,
@captain agreed on Yom Shishi with Yom Shabbos by **@mggsbms**
there is nothing greater than the power of Yidden filled with such Emes,
Get ready, get set, go, I left with tremendous zest
One day at a time, bit by bit, I withstood the test,
I am feeling overwhelmed, because after so many years
I have finally taught myself, and somewhat calmed my fears,
that in every situation, every scene and scenario
it is possible to overcome the "???" because "???" "????",
It's hard to find the right words to thank, you have no idea
what zechusim you have for helping a Yid who may be far or even near,
perhaps you may never get to know my real name
but in "????", you will "???" have a place in the hall of fame,

my ???? to you is that you should continue being Mechazek your fellows Kedusha
and be Zoche to a life filled with only ?????? and Simcha.

With Love,

Excellence

=====

Re: Striving for Excellence

Posted by ??? ????? ??? - 13 Aug 2021 14:34

Great yasherkoach, Excellence. What a great story! I am happy to have been a part of it. I find it so meaningful that you came up with a nonconventional plan and it worked! First of all, it shows the power that we each have to understand ourselves better than anyone else. Second, it shows that you are a true *eved Hashem* in that you were motivated by having the opportunity to enable others to say *Tehillim*. Wow! I'm on it! ??? ??????.

=====

Re: Striving for Excellence

Posted by Sapy - 13 Aug 2021 20:42

Dear Excellence,

This special idea, really touched my heart,
it was really a privilege to be able to take part,
I've done my part, and said Yoim Rishon,
and with that I completed my part in this mission,
I thanked for the past, the Ribono Shel Olam,
and prayed for the future, for many clean days to come,

I thanked for the honor, of calling you a friend,
and prayed that he shower you with bruches till no end!

Sapy

=====

Re: Striving for Excellence
Posted by lionking - 15 Aug 2021 02:54

Git Voch,

I said Yom Rivihi and had you all in mind.

Hatzlacha Rabba

=====

Re: Striving for Excellence
Posted by Captain - 15 Aug 2021 03:17

This was an amazing idea and i'm so glad to be part of it! I finished Yom Shishi

=====

Re: Striving for Excellence
Posted by Gevura Shebyesod - 15 Aug 2021 03:36

Excellent!!

Yom Chamishi done.

=====

=====

Re: Striving for Excellence

Posted by mggsbms - 15 Aug 2021 14:54

I said yom hashabos, may it be zechus for all of us.

=====

=====

Re: Striving for Excellence

Posted by excellence - 15 Aug 2021 16:47

[??? ???? ???? ??? wrote on 13 Aug 2021 14:34:](#)

Second, it shows that you are a true *eved Hashem* in that you were motivated by having the opportunity to enable others to say *Tehillim*. Wow! I'm on it! ??? ?????.

The fact that others agreed to say Tehillim may have defiantly been part of my motivation, since I didn't want to feel so stupid to have given up on this tremendous opportunity for a few false moments of pleasure, however the accountability to seven Chaverim and not wanting to let them all down, was defiantly a big part of what motivated me too.

=====

=====

Re: Striving for Excellence

Posted by starting - 16 Aug 2021 20:04

I am unfortunately really not in the position to give encouragement right now-or so I thought.

Now I see, I guess you could say it's the power of tehilim, I feel like my tehilim was involved in helping someone overcome temptation. And that is most amazing. Thank you for the opportunity and may it ly"h get easier for all of us as we forge ahead

=====

=====

Re: Striving for Excellence

Posted by Captain - 17 Aug 2021 03:55

@starting, it's good to hear from you. It's a real zechus to have been involved in this holy idea together with you

=====

=====

Re: Striving for Excellence

Posted by excellence - 19 Aug 2021 05:53

50 Days.

For me this is a true milestone.

I do feel that the coming days are not easy, in the sense that the excitement/freshness of the battle is not really there after 50 days, and especially that another 40 days seems a long way away.

However I am trying to teach myself and internalize that it's not all about the streaks e.t.c, it's about the present, every minute I don't give in I'm a winner for that second. So who cares about 40 days time, Who knows what tomorrow will bring, but one thing I do know, and that is that for now this very second I am going to remain clean and that is all that counts.

One technique that should help me is to post daily on the forum so that I don't lose touch , and so that I'm constantly aware. Will Bl'n try.

Thank you so much for all being there for me.

Excellence

=====

====

Re: Striving for Excellence

Posted by excellence - 21 Aug 2021 21:25

Dear all,

Gut Voch,

Ok, so I had a fall before Shabbos..... Day 51

Got me to think alot over Shabbos, will try post what comes to mind.

Firstly, I don't mean to undermine the stringency of what I did, but in a certain sense I do feel 'it's not so terrible' because at the end of the day, the only way to win is via a battle, and in battle soldiers do get dirty, that's just how it goes, sometimes I push forward, but sometimes the enemy pushes me over too.

Secondly, I'm in a much better place now than I perhaps ever was, and falling does not take this away from me. Today I have been active on Gye for nearly a year. I have grown a lot B.H. I have reached out to others and I have tools to work with. My mind has become a much healthier place. I mostly see women without noticing them, and my perspective/focus in marriage has improved tremendously.

On the other hand I do feel ashamed, which is also a good thing, and it's certainly not easy for me that I've been battling this for around 12 years, basically non-stop. It really is hard and does overwhelm me, but I still believe or at least like to make believe that it's within my capability to shortly break free.

Regarding the recent fall, I'm not sure if at the time of the fall I could have possibly resisted. My problem was that I didn't resist all the slips beforehand that got me to that stage. My urge was so strong that even though I actually kept pushing it off, it would not calm down. After what felt like forever I eventually gave in at around 4am cos I was too tired to fight anymore. So I do find myself in a rather tricky situation, because in order not to fall I need to avoid slipping, which in a way is alot harder, since there are thousands of ways to slip, so how can I possibly be prepared to avoid them?!

I'm back on board, I was tempted more than once to give in and 'chap arien' some pleasure before I start climbing again, and I still feel a little that way too, but thankfully I think I'll make a more sensible decision and therefore today will be day 1.

Hope to check in on a daily basis, and I thank you all from the depth of my heart. I think it may even help me to print my 90 day chart and tick off each passing day, even though this sounds a little babyish.....

Thank you again,

Excellence

=====
=====