

Striving for Excellence

Posted by excellence - 23 Jan 2021 21:36

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**Striving for Excellence**Introduction

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 wilnevergiveup - 22 Aug 2021 05:25

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You sound like you are on the right track!

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Re: Striving for Excellence

Posted by YeshivaGuy - 22 Aug 2021 05:55

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Amazing buddy. A very mature and true way to view this.

You are doing very well bh and are being mekadesh sheim shamayim.

Slips are rough, it helps to pinpoint certain times that are harder, like for me it's when lying in bed unable to fall asleep, so I take melatonin to knock myself out...

Keep shteiging buddy, we're here for you.

YeshivaGuy

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Re: Striving for Excellence

Posted by excellence - 23 Aug 2021 05:45

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Day 1.

Clean.

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Re: Striving for Excellence

Posted by excellence - 24 Aug 2021 22:21

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Day 2 clean.

I now touch base often with a special Chaver here on GYE, I daven that it will make both our journeys easier.

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Re: Striving for Excellence

Posted by excellence - 26 Aug 2021 05:21

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4 Days.

I can never know what each day will bring. I'm just grateful for every clean day.

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Re: Striving for Excellence

Posted by excellence - 27 Aug 2021 07:20

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Day 0

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Re: Striving for Excellence

Posted by dovidfg - 27 Aug 2021 13:52

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Feeling for you. Same her. Hoping once selichos sets in it will make things easier

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Re: Striving for Excellence

Posted by Striving Avreich - 28 Aug 2021 22:47

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[dovidfg wrote on 27 Aug 2021 13:52:](#)

Feeling for you. Same her. Hoping once selichos sets in it will make things easier

I'm curious how selichos would change anything?

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Re: Striving for Excellence

Posted by dovidfg - 30 Aug 2021 00:46

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In the past yemei selichos always gave me a certain feeling(dont know how to describe it) which would help me stay clean. it just feels easier to tell the YH "not now"

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Re: Striving for Excellence

Posted by excellence - 05 Oct 2021 20:40

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Dear Friends,

To anyone who still remembers me, I just want to post a short update.

I have not been posting much for over a month as I am now constantly in touch with a GYE Chaver. One of GYE's many hidden Tzadikim.

B.H I'm back on track, and happy to announce day 30!!

I am somehow hoping that this time will be the time I finally break through.... but perhaps GYE has taught me that the future is irrelevant, and all I should hope for is the moment.

Either way, Thx 2 u all.

Excellence

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Re: Striving for Excellence

Posted by dovidfg - 06 Oct 2021 02:02

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Not kidding. Was gonna PM you a few days ago how youre doing. Remember the warm welcome you gave me.

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Re: Striving for Excellence

Posted by excellence - 25 Oct 2021 12:26

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Ok.... Hi to all....!!!

Update:

Today I have reached Day 50. ODAAT. I daven in Shachris to get to Mincha clean, and in Mincha to get to mariv etc.

I can't say it's been always smooth. specifically recently I pushed the bar so far, that any split second longer I would of fallen overboard, but BH I'm back on track. 50 days!!

I daven to continue getting stronger. It also helps me to think that every urge I don't give into, only makes me a stronger and healthier individual.

Thank you once again to the whole GYE team.

As for me, off we go ODAAT!!

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Re: Striving for Excellence

Posted by Rebuild613 - 25 Oct 2021 13:41

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[excellence wrote on 25 Oct 2021 12:26:](#)

Ok.... Hi to all....!!!

Update:

Today I have reached Day 50. ODAAT. I daven in Shachris to get to Mincha clean, and in Mincha to get to mariv etc.

I've seen somewhere (I think the Kuzari) that prayer is for the soul like food for the body, meaning like eating breakfast keeps us going until lunch & lunch until evening, so does Shachris gives us spiritual nourishment until Mincha and so on.

so you're right on Target.

In the zechus of the 50 days fighting for Hashem's sake Hashem should grant you a life of tranquility and prosperity.

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Re: Striving for Excellence

Posted by excellence - 01 Nov 2021 07:47

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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

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Re: Striving for Excellence

Posted by Hashem Help Me - 01 Nov 2021 10:57

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How about laughing it off? By now you know from your own experience, and from being aware of many other guy's experiences, that urges are temporary. Tell yourself calmly (no panic at all) "Here we go go again. I am being hit with a fake seemingly overwhelming urge to do something i do not want or need. Sorry yetzer hara, not me. Bug off." And then go do something productive to distract yourself - a walk, etc. Obviously at 2 am this may not be practical, but for the typical parts of the day it is. For 2 am, having an inspiring book next to your bed can be an option... Hatzlacha.

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