

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 YeshivaGuy - 14 Nov 2022 06:38

How you doing?

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Re: Striving for Excellence
Posted by excellence - 14 Nov 2022 22:07

Working on myself with other means besides this forum!! Nice to hear from you n see ur still around. I won't forget all the determination I have witnessed on your threads!!

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Re: Striving for Excellence
Posted by excellence - 30 Dec 2022 10:31

Dear friends,

A time to Reflect

It has been a long time since I have given a proper update. Some of you may remember me, others not (pls see beginning of this thread).

I am very grateful to have reached the target I set for myself of 101 Days.

I would like to reflect on a couple of points:

1 - I have no doubt that all the many years of struggling (14yrs or so), both the up's and the down's are all an integral part of what got me to where I am today. Recovery is not achieved by flicking a switch, rather it is achieved via years of persistence, trying and learning from mistakes. At times, after constantly falling I managed to have very decent clean streaks (50+ days), and then "crash" I fell again, however each time is really just another step in one's recovery, and a learning curve for the future. From my falls I learnt my weak points, what to be aware of and to perhaps try a new avenue in fighting this battle. I want to add that many people join GYE on a high, and then when they see that they are still falling they begin to become very discouraged. This is a big mistake. Change is a process not an event.

2 - I have learned to never trust myself. This has become a complete game changer for me. Too often I would enter dangerous locations, dangerous devices/websites etc and trust myself not to slip. This is foolishness in its greatest sense. The Torah knows us better than we know ourselves and keeps reminding us to stay far away from temptation. Now, BH it's the opposite, even on a day that I am feeling strong I still constantly pray to Hashem to protect me, which makes me realise how vulnerable I am and allows me to prepare for the battle accordingly. One primary example for this, is that like many others I had a good filter, however all standard filters can still leave room for plenty filth. I kept falling through the cracks in my filter, until HHM asked me "Why on earth is a filter enough, get web chaver too?!" I did exactly that, and it has made a world of difference. I can't trust myself, (even though I still believe in myself) and I will keep planning how to distance myself as much as possible from this test.

3 - I noticed that for years I had become accustomed to surfing for news and binge searching, and often once I was anyway messing around online it led downhill from there. I BH have put a stop to that. I no longer check the news. Period. If I ever hear about a major event that interests me, I will allow myself to look, but otherwise I have never lost out by not being the first to know the news. (Generally my wife will anyway fill me in on the news!!).

4 - Hakodoish vehatohir loved by HKBH and all of humanity, R' HHM. Your posts, time on the phone, genuine love and care guides me daily on my journey. You taught me the importance of daily accountability. You taught me the importance of boundaries. You taught the importance of celebrating victories, and so much more.

5 - Rewiring my brain has played a very big role. Every Time I was faced with a Nisoyan and instead of falling I told myself "I don't do this sort of thing anymore, it's just not me anymore" - this has made a big impact on my recovery.

6 - I also want to add that recently I became aware of how much some Rabbonim are involved with awful cases of frum people caught up in this mess, and this honestly shook me to the core because it could of been me....

7 - and of course, working on my Sholom bayis/ changing my perspective about intimacy etc is a basic foundation in recovery that I am still working on too. (Your welcome pm me for material that has helped me)

Most of all I am eternally grateful to all my friends here on GYE, I read and follow so many of your threads, it's truly "Mi Keamcha Yisroel", and if there is one message I want to say, it is that **"I am here to stay"**. (bl"n)

So as I continue my daily journey, I daven to be able to continue to grow and watch many others grow too. With deep felt love,

Yours sincerely,

Excellence

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Re: Striving for Excellence
Posted by taheerlibeinu - 30 Dec 2022 13:40

Dear Excellence,

I just read through your topic.. was very heart warming and inspiring to read. Is amazing to see your growth and wonderful to see what you have achieved over these last few years. Kol Hakavod for how well you have done and BH you should continue to be matzliach and inspire us all.

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Re: Striving for Excellence

Posted by DavidT - 30 Dec 2022 14:14

[excellence wrote on 30 Dec 2022 10:31:](#)

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Yours sincerely,

Excellence

This is one of those posts that need to be studied and saved and shared with many others!

Amazing Amazing!!!

THANK YOU AND KEEP IT UP!

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Re: Striving for Excellence
Posted by Teshuvahguy - 30 Dec 2022 15:26

Dear Excellence...your thread is fantastic and uplifting, not to mention filled with really smart insights. I'm so glad you are "here to stay." It is the people like you on GYE who share such thoughtful perspectives and information that help keep me going and feeling that I can do this!! Thanks and have a beautiful Shabbos!!

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Re: Striving for Excellence
Posted by YeshivaGuy - 06 Jan 2023 05:15

I remember you Ofc!

Thanks for updating, should be very proud of yourself, I admire you greatly and please keep in touch.

YeshivaGuy

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Re: Striving for Excellence
Posted by OivedElokim - 09 Jan 2023 07:13

Brother, thank you for keeping us in the loop. Nice to see some "old timers" are sticking it out.
You inspire me. Thank you for that.

Love,

OivedElokim

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Re: Striving for Excellence
Posted by excellence - 09 Jan 2023 22:51

@oivedelokim, I couldn't of ever 4gotten u 2!! You're as great for sticking around too!! Nice to hear from you!!

Love,

Excellence

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Re: Striving for Excellence
Posted by yud909 - 15 Jan 2023 05:55

Just read through the entire thread, I really need to go to sleep already but couldn't put it down.
Great Stuff

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Re: Striving for Excellence

Posted by Avrohom - 31 Jan 2023 05:13

[excellence wrote on 30 Dec 2022 10:31:](#)

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Yours sincerely,

Excellence

I haven't checked in in a while - but it's so great to hear from you and see your progress - thanks for sharing!

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Re: Striving for Excellence
Posted by excellence - 15 Feb 2023 06:35

150 Days - Probably my first time in about 13 yrs going through Shovavim clean..... Thanks to all of you.

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Re: Striving for Excellence
Posted by No Mask - 15 Feb 2023 21:41

[excellence wrote on 15 Feb 2023 06:35:](#)

150 Days - Probably my first time in about 13 yrs going through Shovavim clean..... Thanks to all of you.

WOW!!!!

Great to hear from you,

And that you are doing well,

I'm so happy for you.

the feeling of being out of prison.

P.S Shovavim for me is the hardest, when I have a nisoyen and I remind myself that it's shovovim, it make the urge so much more, so I tell myself I can't live the Spirit of the time, and I just look at it from a sick point of view, and its so much easier. [I hope Hashem will forgive me for that, but that's an Aveirah Lishmah]

all the best

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Re: Striving for Excellence
Posted by excellence - 16 Feb 2023 16:21

@no mask,

So nice to hear from an old friend!! and even nicer to see your streak!!!

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