

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 OivedElokim - 16 Mar 2023 21:55

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Wow, very inspiring!

Keep it up!

Wishing you continued success!

*OivedElokim*

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Re: Striving for Excellence  
Posted by Sapy - 16 Mar 2023 22:48

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Excellence! I'm so happy for you! Long time no speak btw....

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Re: Striving for Excellence  
Posted by Avrohom - 17 Mar 2023 04:06

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[excellence wrote on 16 Mar 2023 20:40:](#)

**180 Days**

After about 15 years of ups n downs with this struggle...

Thank you Hashem. I am ever so deeply grateful.

I have updated my avatar cos I need some Chizuk.... makes me feel more proud with myself.

Thank you to all my friends here too.

Amazing! Your persistence and courage is really incredible and inspiring! Keep it up, and keep on posting!

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Re: Striving for Excellence  
Posted by monseyid41 - 17 Mar 2023 13:21

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Hello, excellence. I have just recently joined GYE and I have been reading through a lot of the different threads on the forum. I just discovered yours and I was really moved by it. I read your whole story and I can really relate to a lot of it. I just wanted to say thank you for sharing it as it gave me a huge amount of chizuk. I am so nispoel at how you never give up, even after falling. And now, 180 days! Wow! I hope to one day be able to post that on my thread. I wish you all the best and keep posting!

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Re: Striving for Excellence  
Posted by excellence - 31 Mar 2023 06:58

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Just want to log a thought that's been nagging at me, really meant for BB forum but my thread is here. My wife mentioned to me that she visited a friend and was browsing at her friends photos, and saw that her friend (who i see often) had pics of herself at the beach in minimum underwear only (trying not to be graphic). for some reason it made soooooo jealous.

I believe it's a nagging thought that will pass. I don't believe in coercing my wife to do anything that she is uncomfortable with. To be honest I have nothing to be jealous of, because I BH have a wife who is ever so talented, she is forthcoming too as a loving and connecting wife, and helping me with my needs, and I certainly would never want to swop her for that woman. I think

what's really bothering me most is that I am feeling bothered..... can't work out y that one comment got right into me....

never mind let's move on, it will pass...

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Re: Striving for Excellence

Posted by excellence - 05 Apr 2023 17:11

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**Wed, Day 200 = Clean**What Hashgacha pratis to reach 200 on Erev pesach...

I feel humbled and ever so gratefull.....

Thanks to everyone here...

Wishing you all a fabulous and uplifting Yom Tov.

love excellence

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Re: Striving for Excellence

Posted by excellence - 29 Apr 2023 22:42

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Hi all,

Just over a week ago I had a very near fall.... Was having it difficult for a couple days... then found myself in Mikva alone, and for various reasons its a location where I have fallen back in the day numerous times.... I caught myself at the last minute cos thanks to HHM there were certain boundaries he had set me that I couldn't allow myself to cross, which ultimately saved me. I was rather shaken. It was a wake up call. Now that it's been a week and I'm back to

myself I'm more comfortable posting about it.

Thanks to you all.

Excellence

btw check this out: [plus.guardyoureyes.com/](https://plus.guardyoureyes.com/)

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Re: Striving for Excellence  
Posted by EccentricComposer - 30 Apr 2023 01:56

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Wow, that's absolutely amazing!

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Re: Striving for Excellence  
Posted by Eerie - 30 Apr 2023 05:23

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You are a true gibbor! Thanks for sharing

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Re: Striving for Excellence  
Posted by excellence - 25 May 2023 09:46

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Dear my very close friends,

Firstly, Love to you all. You are my support, strength and guidance in this turbulent world.

Today is another milestone for me.

**250 Days clean**

I'm not sure y but I feel like this is a special number and Hashgacha Pratis for Erev Shavuot.

I pray and care for everyone one of you here, I have grown so much from all of you, especially those who have guided me outside this forum. You all know who you are!

It is a continuous journey for me, I have grown so much from all my years of ups and downs, and pray hard to continue growing and helping others. I am not immune in any way, and every day I must remember that I am vulnerable.

Wishing u all an enjoyable Yom Tov.

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Re: Striving for Excellence  
Posted by excellence - 18 Jun 2023 08:24

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Hi all,

I just want to share something that occurred to me on Shabbos.

I came to the realisation that the very thing that used to cause me tremendous frustration and disappointment, today causes me to be proud.

It used to really bother me that whenever we planned to have relations, I would not feel sexually aroused at the onset of foreplay. I had this mindset that if we are heading towards sex then I

should be feeling a sexual rush right through the evening, and it should only get stronger and more erotic until it's over. I even believed that just the thought of sex with my wife should arouse me, and I was frustrated that it didn't. I also did not enjoy spending time together on the evening we planned to have sex, cos playing a game together or going on a walk is not erotic and all I wanted was to get to the bedroom and use my wife to please my desires.

Today my way of thinking has completely changed, I have realised that it's so normal not to be aroused at the onset, in actual fact one should not be aroused then, because sex should not be on your mind at that point at all. I actually stopped enjoying sex when we don't spend much time together beforehand just enjoying each others company. I have learnt that once we have intimately connected by enjoying each others company, then the physical touch is so much more meaningful, because you are focused on how much your wife enhances your life and how much you appreciate her. Even once the physical touch begins I am often not aroused cos It's often not in a sexually arousing manner. Finally this leads to sexual touch, and this is the point in time that I get aroused. At this point it is a healthy arousal, and depending on how long I need before penetration in order to feel sexually gratified, that's how long we will spend. Today in order to feel sexually gratified I do not need a whole evening of erotica, rather I need meaningful connection and then much less time of time of sexual arousal.

Thanks for giving me the opportunity to share.

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Re: Striving for Excellence  
Posted by chaimoigen - 18 Jun 2023 14:21

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Dear Excellence Incarnate Shlita,

I read your thoughtful and meaning post this morning, and noticed the depth of character and thought and honesty therein. So I went back and read your thread from the beginning. It is a journey of courage, hopefulness, full of food for thought and special ideas. Thank you!

I have a lot to learn from you.

I have so much Hakaras Hatov to the Rebono Shel Olam for this unbelievable GYE community...

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Re: Striving for Excellence  
Posted by excellence - 16 Jul 2023 11:38

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**300 Days**

These days I have the merit of offering up 10s of Korbanos a day, because the moment I leave the 4 Amos of my home, I am plagued in all 4 directions with high level pritzus due to the very hot climate here. It's common ground for women to walk around here with the bare minimum clothes on. So every time I turn my eye away I am offering another Korban to Hashem.

I cannot stress enough the importance of me constantly making sure I'm on guard and not falling into the confidence trap that I won't fall.

A key in me staying clean is being active on GYE and constantly (Daily) staying in touch with those helping me and those I try to help. It's a real shame how Yidden who have been helped via GYE's resources, just move on and leave GYE behind.....

TYH

Love you all.

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Re: Striving for Excellence  
Posted by EccentricComposer - 16 Jul 2023 13:19

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Wow, absolutely incredible!

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