

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 bright - 18 Sep 2023 01:42

[excellence wrote on 18 Sep 2023 00:41:](#)

Gmar Chasima Tova,

On 2nd Day RH I reached Day 365 (after 10+ yrs of trying), hence the change of my avatar image. I am finding it hard to believe that this is actually real. 5783 was a full year clean BH.

Of course my greatest form of celebration is the inner satisfaction of remaining clean and the feeling of growth and change. Back in the day, every fall would create depressed feelings, a stronger urge to fulfill my sexual fantasies, frustration with my wife and constantly plagued with sexual thoughts, and of course hours upon hours of wasting time online searching for any access to porn or anything inappropriate. My wife has witnessed my growth too. She has witnessed a husband who has become much more understanding. I am very grateful to HKBH and to HHM of course, and everyone else.... and at a loss for the right words.....

Good Night

Whats so amazing about this and other posts on this thread is how you are able to look back at what you were and actively notice the details of your growth. What a coach! I would do well to learn from you!

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Re: Striving for Excellence
Posted by chaimoigen - 18 Sep 2023 01:43

Gmar Chasima Tova!

What an special way to enter into the new year. Please stick around and keep on inspiring us !

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Re: Striving for Excellence

Posted by Grant400 - 18 Sep 2023 03:20

Amazing! Please be an active role model for the rest of us!

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Re: Striving for Excellence

Posted by no mask - 18 Sep 2023 19:50

Mazel Tov!!!

May you continue going up and up

And inspiring others

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Re: Striving for Excellence

Posted by excellence - 18 Oct 2023 00:37

Was about to hit 400 Days and guess what?

Humpty Dumpty had a great fall.....more than once over the past 24 hours.

Am I ok with it? Yes.

Is it Acceptable that I'm not so bothered by my fall? Probably.

Am I upset with myself? Not really.

The way I see it is that I'm not perfect, I've come a tremendous way, overcome many struggles and most importantly changed my whole outlook on lust vs real healthy relationships. My Sholom Bayis is BH incomparable to what it was in my early days when all I wanted out of marriage was to fulfil my sexual feelings. We both feel happily married and are on the same page BH.

Do I have any major takeaway lessons from this fall? not really, other than a reminder that I'm a human being, I'm not immortal, or immune to sin.

I was home alone, my wife was out of town, anxious about situation in Isreal. i was binge watching online, I then found on old phone that i realised I can probably access pornographic material, one thing led to another and I fell.

Now guess what happened to Humpty Dumpty after his great fall? HE GOT BACK UP AGAIN.

Hence, I shall reset my count. (for some reason, not working right now). Hayom Yom Rishon.

My journey continues basically from where it left off right before falling.

If I really want to utilise this fall as an opportunity to make another change in my life, I really must contemplate how to minimise general usage of internet in my day to day life. We have become so accustomed to having internet as part of our lives throughout the day, however I challenge myself with the following questions:

- 1 - How much do I really need it?
- 2 - How much time is wasted from having it so available?
- 3 - What message am I giving to my kids?
- 4 - Is the polluted culture of society seeping into my home via all the (Kosher) news sites...
- 5- Is it causing anxiety?
- 6- Why do I often find myself being drawn to the pc, even for petty things like checking my emails?
- 7 - Why on earth shouldn't I just have a white list?

Conclusion: I dont really want it, but not sure what to do about it....

Anyway 4 time being I shall not change my avatar image as I still consider myself a Baal Teshuva.

Excellence

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Re: Striving for Excellence

Posted by Vehkam - 18 Oct 2023 00:55

You are amazing keep on fighting the good fight.

With regard to some of your observations, it may be helpful to write down on paper what you would like your day to look like. How you want to use your time under optimal circumstances. Then You can evaluate whether the activities you are engaging in are getting you closer to your optimal goal. If not you can make one small change at a time until you get there.

Best wishes for continued success

Vehkam

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Re: Striving for Excellence

Posted by chaimoigen - 18 Oct 2023 02:39

There's a lot to learn from your post. You are Excellence!

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I do want to accentuate: You mentioned that you were binge-watching online and then one thing led to another.

I have heard that so many times this past week, unfortunately.

Oy. Getting sucked into the infinite scrolling endlessness of sickening "news" dehumanizes us, fills us with yiyush, existential angst and desperation, and feeds into the posture of click-to-fill-me-it-won't-anyhow-ness.....

LiMaan Hashem - ????? ????? ????? ????!

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Re: Striving for Excellence

Posted by Hashem Help Me - 18 Oct 2023 05:17

You are an inspiration. You know the answers to your questions - it's quite obvious. Be courageous and do what needs to be done for your sake and for the sake of your children - YOU WON'T REGRET IT.

P.S. I think i am basically up to date with the news in Eretz Yisroel without "following it" myself. Buddy, and all of you reading this, maybe just do the same.

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Re: Striving for Excellence

Posted by chancy - 18 Oct 2023 15:14

100% agree.

Internet usage is a killer if done excessively and without purpose.

Reading the news is always depressing, especially now. I always tell my parents to not watch the news so much, it makes them depressed.

But they are too stuck in their ways by now.... We are younger and should know better.....

Make a white list, or just block the news category completely.

Get rid of any devices that are unfiltered,

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Re: Striving for Excellence

Posted by eerie - 18 Oct 2023 19:35

If I may add just one point. Motzei Yom Tov I went to check YWN to see what happened. And when I was done there I checked Fox news. After about ten seconds I realized that a news site, on the front page, is not something anybody who cares to protect their eyes or neshama should ever be on. It was really bad. Checking the news, the details is itself not so great for our mental health, Hashem Yerachaim. But non-frum news sites, it's really terrible

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Re: Striving for Excellence

Posted by eerie - 18 Oct 2023 19:37

And My friend, Excellence, you are no doubt the baal teshuva! You are amazing, you did not lose even one holy moment of ?????? ??????! Keep trucking, my holy friend!

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Re: Striving for Excellence

Posted by Hashem Help Me - 18 Oct 2023 19:51

[eerie wrote on 18 Oct 2023 19:35:](#)

If I may add just one point. Motzei Yom Tov I went to check YWN to see what happened. And when I was done there I checked Fox news. After about ten seconds I realized that a news site, on the front page, is not something anybody who cares to protect their eyes or neshama should ever be on. It was really bad. Checking the news, the details is itself not so great for our mental health, Hashem Yerachaim. But non-frum news sites, it's really terrible

The amount of people that have called over the last few days reporting that they fell due to following the news is a pachad. Guys who have not viewed an immodest online picture for extended periods of time all report the same thing. "I went on to a frum news site, but then i wanted to see how others are reporting the goings on, as well as seeing more details.... and then i clicked on "other" things that showed up...." The Satan strikes again ingeniously. Rabbosai, be smart - Stay away!

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Re: Striving for Excellence

Posted by excellence - 09 Jan 2025 01:17

Although I haven't posted for over a year, I have been as active as usual with Chaveirim off the forum.

I am posting for one reason only: To thank the Malach HHM.

My life has changed in so many ways for the better since I first contacted you a few years ago.

It still baffles me how you have the time..... you really must be a Malach...

Thank you thank you and thank you again.

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Re: Striving for Excellence

Posted by stopsurvivingstartliving - 09 Jan 2025 01:20

Wow nice to see an oldy back over here. Maybe stick around a bit more often to offer some chizuk and eitzos to the family.

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