

Help, it can be erased?

Posted by Nomore1 - 23 Mar 2022 16:48

Hi guys!

14 days clean, but there are some questions I've been thinking about.

I'm afraid. I feel even if I stopped, THAT can't be erased. If I get engaged, (i'm in the shidujim age) i don't know if she could forgive me, for example if I see the massagist at the mall, and She remembered me... I couldn't live with THAT shame.

I don't know if what I'm talking about is depression or something like that.. But I'm worried.

maybe it's because I don't have so much torah in my life and my emunah isn't so strong.

I read you!!

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Re: Help, it can be erased?

Posted by DavidT - 23 Mar 2022 17:11

[Nomore1 wrote on 23 Mar 2022 16:48:](#)

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Hi

Welcome! We are here for you.

Please explain "I feel even if I stopped, THAT can't be erased" what do you mean by "THAT"?

If it's the sin, not only can it be erased, it can actually be turned into a merit.

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Re: Help, it can be erased?

Posted by Vehkam - 23 Mar 2022 18:52

If you realize the greatness that you achieve by overcoming these challenges, you will not be ashamed. You will be proud of what you accomplished. Focus on how great you are becoming.

if I had to worry about all the people from the forbidden world that might recognize me in the mall or in the street I would never be able to go anywhere....

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Re: Help, it can be erased?

Posted by frankly - 23 Mar 2022 21:52

Awesome question!

Keep up the good work, 14 days - keeping doing 1 more day!

Do not worry about what will be, basically all people, surely almost all of us here, have things in the past that we need to stop thinking about. That we can turn around and use for the good!

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Re: Help, it can be erased?

Posted by Nomore1 - 24 Mar 2022 02:06

Hahaha , you made me laugh, thank you very much for your words . I'm don't have to be too

I have to keep focus.

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paranoic

Re: Help, it can be erased?

Posted by Nomore1 - 24 Mar 2022 02:09

[DavidT wrote on 23 Mar 2022 17:11:](#)

[Nomore1 wrote on 23 Mar 2022 16:48:](#)

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Thank you bro! Yeah, I know that it can be turned into a merit spiritually talking but I've done that and anyone can change that. I know I have to let it go, but I don't know how.

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Re: Help, it can be erased?

Posted by committed_togrowth - 24 Mar 2022 02:42

Hi nomore,

I'm guessing you are like pretty much all of us on here in that we learned these habits at a young age without an understanding of what they were or what we were doing. For reasons only G-d understands, we were born into a generation where we had pretty much no say in whether or not we were going to get pulled into this. It's the lot that we were given, and our job isn't to be perfect. Our job work on ourselves and by doing so lift the world up out of the mess it

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Re: Help, it can be erased?

Posted by Hashem Help Me - 24 Mar 2022 11:16

[committed_togrowth wrote on 24 Mar 2022 02:42:](#)

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is in. Just the fact that you are working on this is already something to feel very special about

Masterpiece!

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Re: Help, it can be erased?

Posted by DavidT - 24 Mar 2022 13:46

[committed_togrowth wrote on 24 Mar 2022 02:42:](#)

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This post should be posted on the homepage of GYE.

If people would just internalize this point, the whole struggle would be on a different level.

THANK YOU!

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