

My struggles with kedushah

Posted by tzaddikvikam13 - 13 Oct 2024 18:26

I've gotten off to a nice start, right now I am starting my seventh clean week.

I'm going to be continuing my journey from where I left off in my last thread under Introduce Yourself over here.

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Re: My struggles with kedushah

Posted by tzaddikvikam13 - 15 Dec 2024 11:02

M'd in the shower for two hours.

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Re: My struggles with kedushah

Posted by tzaddikvikam13 - 15 Dec 2024 11:10

All it took was that one fall a week and a half ago, and now the struggle is 100 times harder.

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Re: My struggles with kedushah

Posted by Muttel - 15 Dec 2024 15:26

oy..... do i feel for you, brother....

Here's a hug.....

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Re: My struggles with kedushah

Posted by tzaddikvikam13 - 16 Dec 2024 04:56

I was m'ing in the bathroom before, not really feeling that I cared or too much of a want to stop.

I made a few half-hearted attempts to stop.

Then it suddenly hit me, "What in the world am I doing?"

I know its wrong, that its not what I really want to be doing, and I'm not even feeling any pleasure from it.

I'm just mindlessly following an urge, giving in and not even getting anything out of it."

I still felt pretty dead and indifferent to giving in, but I had the clarity that there was nothing in it for me- not even a temporary pleasure.

So I stopped.

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Re: My struggles with kedushah

Posted by Muttel - 16 Dec 2024 13:46

HERO!

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Re: My struggles with kedushah

Posted by tzaddikvikam13 - 16 Dec 2024 14:58

[Muttel wrote on 16 Dec 2024 13:46:](#)

HERO!

I don't agree.

I was giving in just because I felt like it, and only controlled myself because I realized that I wasn't enjoying it, I was just serving my taavos and getting nothing.

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Re: My struggles with kedushah

Posted by BenHashemBH - 16 Dec 2024 15:13

[tzaddikvikam13 wrote on 16 Dec 2024 14:58:](#)

[Muttel wrote on 16 Dec 2024 13:46:](#)

HERO!

I don't agree.

I was giving in just because I felt like it, and only controlled myself because I realized that I wasn't enjoying it, I was just serving my taavos and getting nothing.

I don't agree.

The reason that you controlled yourself could have been the same reason to continue not to care. You cared enough to think about it and make a choice.

Kol hakavod

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Re: My struggles with kedushah

Posted by Muttel - 16 Dec 2024 15:39

I agree with Ben Hashem here.

Tzadik Vekam, you need to look at yourself objectively and cut yourself some slack. You're in a difficult nisayon and a win where you may have initially made a bad decision is something to be proud of.

Wishing you much success always.

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Re: My struggles with kedushah

Posted by rebakiva - 16 Dec 2024 15:54

If I may, I agree with Muttel & BenhashemBH on the one hand, but I also agree with Tzadikvikam on the other hand.

What Tzadikvikam did, is definitely something to be proud of and should be celebrated as a win, yet on the other hand, I think the word "Hero" might be a bit too sharp, for someone who likes to be honest with himself, wouldn't consider this heroic yet, but it is a step in the right direction, I'd say he's on the 9th step of the 10 step "Hero" ladder, when he'll be at the stage of feeling the urge coming and running out of the bathroom like yosef hatzadik did, then he'd be heroic.

Sorry for my point of view, I'm just repeating what I've heard from some people who don't like when we over dramatize

Warning: Spoiler!

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Re: My struggles with kedushah
Posted by jollylemur95 - 16 Dec 2024 16:24

I am totally on board with REB AKIVA! (In fact i might have been one of those he is referring to)

However, please do not underestimate what you did!

It is truly amazing to care enough to stop for any reason!

Harav Yisroel Elya Weintroub ZTZ"L once told someone who was struggling with the same things we struggle with that the amount of schar and nachas ruach he brings Hashem even by just delaying even if he ends up falling is beyond our comprehension!!!

I can only imagine what he would say about you who held back entirely!!!

So while you may feel that HERO is a little over the top I have a better title for you.. An **EVED HASHEM** who truly wants to serve hashem despit having a terrible nisoyon! The fact that you are here and posting proves that.

Do not underestimate what you did!!

Use it as a springboard to reach higher and you will very soon, even in your own opinion, be a **HERO!**

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Re: My struggles with kedushah
Posted by odyossefchai - 16 Dec 2024 16:34

I think that you ARE a tzadik.

This is what a win looks like.

????? ???? ???? , that's when he was challenged by the yetzer hara. Middle of the night and no

one around.

That's the fight that all Jews have.

We don't expect the Rav of our shul to shlep us up to mizrach vant because we didn't look at our phone during davening when we felt it vibrate in our pocket. Or that Reb Chaim Kanievsky will send us a letter praising us coz we held back our tongue from making a comment to our spouse.

I just read a beautiful Rabbenu Yonah on the mishna ?? ??? ??? ??, ?? ?? he says that sometimes we get inspiration from a shiur or a good mussar vort, but those moments on inspiration only last a short time. The real shteiging of a Jew he writes, is on the daily battle we have with the yetzer hara and the daily efforts we put in to grow in our Godly work. That's a true Yid.

And that's what you are.

Someone who received a challenge from Hashem, and you won your challenge.

You have done something that many of us would not be able to accomplish. I know from my past that once I was half way through, I couldn't stop.but you did.

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Re: My struggles with kedushah
Posted by BenHashemBH - 16 Dec 2024 19:30

Yes, like the oilam is saying - look at which direction you are going.

BezH keep heading that way.

Hatzlacha and kol tov fellow journeyman!

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Re: My struggles with kedushah
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[jollylemur95 wrote on 16 Dec 2024 16:24:](#)

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I haven't yet met a normal, healthy person that considers himself a hero.

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Re: My struggles with kedushah
Posted by tzaddikvikam13 - 16 Dec 2024 20:05

[BenHashemBH wrote on 16 Dec 2024 19:30:](#)

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