

Chizzuk Needed

Posted by simchastorah - 04 Nov 2024 10:39

Shalom to all the courageous members of GYE, who deal with this nisayon that so many struggle with, bravely admitting to their issues and doing everything that they can to overcome it. I had a different thread in the past, but have not been active on it for a long time. I have been struggling recently and what I have tried has not helped. I have a filter, accountability with HHM, and have delved deeply into my inner life to try and understand the roots of my struggle. I daven passionately to Hashem in every way I know how to help me, but alas I find myself falling again and again.

My hisbonenus for today is to be mischazek in the emuna that Hashem has infinite koach and He can overcome my yetzer no problem. And ??? ?????? ????????. And that any voice in my head that tells me I'm bound to fail, ????? ??? ??????. As some explain the the ??? ????? is this thought itself, that I don't have the power to overcome the yetzer.

Yesterday I fell three times and by the end of the day I felt like I was living in hell. I finished a productive and meaningful morning seder and walked home davening to Hashem to help me not to fall. By the time I got home I felt that I had the chizzuk I needed to not fall. Even with being mchuzak I fell and wasted much precious time throughout the day trying to find cracks in my filter to squeeze out whatever filthy content I could.

But ????? ??????? and I am absolutely committed to not being ??????.

I am committing bli neder to posting here every day until I have 30 days clean from porn and masturbation.

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Re: Chizzuk Needed

Posted by chaimoigen - 24 Nov 2024 00:38

[simchastorah wrote on 22 Nov 2024 06:00:](#)

ChaimOigen:

Identify the source of the problem and the triggers

Keep climbing, friend!

20 is a powerful milestone.

Your succinct summery of what I wrote in my post is pretty accurate, but I want to accentuate an important point.

It's not enough to identify the source of the problem. You then have to be willing to work on the source of the problem. And/or willing to work on learning different ways to deal with the problem, rather than resorting to using the drug of lust. Identifying triggers as triggers can be somewhat helpful for avoidance and making a plan. But solving the problem - long term - will require you to **change**

Just because I think that a lot of guys don't need SA doesn't mean that I think all they need is chizzuk and accountability. There's a lot more that goes into lasting change and recovery.

Here is some of what goes into it, some of what I've learned here (that I didn't write about in my last post):

Learning to break out of the prison of shame and self-loathing. (Friend can help with this).

Admitting your flaws and weaknesses while still finding the courage to hope and believe in your inner core of goodness, and in your ability to change and grow.

Harnessing the power of reaching out to friends for support,

Learning new ways to cope.

And of course, learning new ways to think about pleasure, sex, marriage, and love.

Learning to put all those new ideas into practice.

And more.

GYE is a miraculous, magical place where we can discover the hope of becoming new and different.

Change is possible. And within grasp. Different folks find different things that work for them, but any way it happens, it's our ability to make choices and change that is the greatest Bracha.

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Re: Chizzuk Needed

Posted by simchastorah - 24 Nov 2024 11:17

Day 21 b'h

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Re: Chizzuk Needed

Posted by simchastorah - 25 Nov 2024 10:27

Day 22 BH

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Re: Chizzuk Needed

Posted by simchastorah - 25 Nov 2024 11:07

Feeling an urge for the first time since I started posting again. My morning seder didn't go so well this morning, partly because I didn't shower this morning and my clothes were disheveled and I felt gross. I left seder a bit early to go shower. this has me feeling a bit out of sorts now and not with the feeling of being "full" that I rely on learning for.

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Re: Chizzuk Needed

Posted by chancy - 25 Nov 2024 18:44

[simchastorah wrote on 25 Nov 2024 11:07:](#)

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I understand exactly what you mean.

I was there many times. dont let your brain fool you into going to old habits because its looking for some comfort, rather try to find something kosher that you enjoy doing and indulge in that for a bit to get yourself into a good place.

Exercise always does it for me.

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Re: Chizzuk Needed

Posted by simchastorah - 25 Nov 2024 21:35

[chancy wrote on 25 Nov 2024 18:44:](#)

[simchastorah wrote on 25 Nov 2024 11:07:](#)

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I was there many times. dont let your brain fool you into going to old habits because its looking for some comfort, rather try to find something kosher that you enjoy doing and indulge in that for a bit to get yourself into a good place.

Exercise always does it for me.

Much appreciated

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Re: Chizzuk Needed

Posted by simchastorah - 26 Nov 2024 11:27

Day 23 BH

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Re: Chizzuk Needed

Posted by simchastorah - 27 Nov 2024 08:33

Day 24 BH

Had a dream last night that I fell and viewed p*. Interestingly the material that I viewed was of a type that I would never actually be interested in viewing in real life, stuff that I would actually find repulsive. Even in the dream I found it repulsive. Not sure what it all means, ??? ?????? ?????? ??? ???.

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Re: Chizzuk Needed

Posted by chaimoigen - 27 Nov 2024 11:42

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Here's my take-

As you progress and the work you are doing penetrates beyond the surface, it's normal to be worried that it won't last, and you're subconsciously also struggling with letting go of the "security blanket" that you've used in the past... worries that you'll fall, that you **want to**, that you **don't want to** and the inherent repulsive feeling you have about the whole thing can express itself in dreams like this. I had them (a while ago) and I woke up with such relief that it was just a dream... My take is that it means you're doing the work.

Either way, don't pay it too much attention and keep doing what you're doing

Here's a warm hand,

Chaim

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Re: Chizzuk Needed

Posted by Hashem Help Me - 27 Nov 2024 12:06

[chaimoigen wrote on 27 Nov 2024 11:42:](#)

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Chaim

Your explanation is 100% accurate. One slight correction to your advice: ***Don't pay it ANY attention.....*** (Except to accept the mazel tovs on seeing that your subconscious is apparently "announcing" that it is afraid you have consciously stopped these behaviors.)

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Re: Chizzuk Needed

Posted by simchastorah - 28 Nov 2024 06:02

Day 25 "?"?

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Re: Chizzuk Needed

Posted by simchastorah - 29 Nov 2024 07:20

Day 26 "?"?

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Re: Chizzuk Needed

Posted by simchastorah - 30 Nov 2024 17:29

Day 27 "?"?

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Re: Chizzuk Needed

Posted by Hashem Help Me - 01 Dec 2024 01:50

Gmatria zach - PURE!!

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