

Chizzuk Needed

Posted by simchastorah - 04 Nov 2024 10:39

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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 simchastorah - 16 Dec 2024 11:23

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Day 43 "?"?

Struggling with tayvah today

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Re: Chizzuk Needed

Posted by chaimoigen - 16 Dec 2024 16:26

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May I humbly suggest reaching out to a friend?

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Re: Chizzuk Needed

Posted by simchastorah - 17 Dec 2024 11:17

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Day 44 "?"?

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Re: Chizzuk Needed

Posted by PaulONeill21 - 17 Dec 2024 23:21

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[simchastorah wrote on 07 Nov 2024 14:43:](#)

I'm currently in danger. My wife is taking a nap and left her phone around, and I can use it to remove the filter temporarily from my computer. Technically I could use her phone to access p\*\*\* too but b'h I have never crossed that line so I remain ?????. Every since I discovered that there is a way to completely turn off the filter there has been a crouching beast inside waiting to pounce on the opportunity to use it. I currently have that opportunity.

It is amazing how quickly I forget the actual misery that doing this thing causes me. On Sunday I felt like I was living in hell from doing it, and now I'm under attack from my inner enemy who tells me it would be the most magical thing in the world.

IMO has zero to do with "forgetting the actual misery". I had a huge bad fall Sunday as well after 15 days. But M is a real drug and our brains get something from it, so remembering the misery

wont help. What I have done the last few days was run (on the treadmill) for over 30 min and fed my brain that good drug in a kosher way. Totally get how u feel. I have a strict filter, yet with iPhone I have some get around that I need to figure out how to block.

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Re: Chizzuk Needed

Posted by simchastorah - 18 Dec 2024 05:39

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Day 45 "?"?

Why should remembering the misery not help? Even if our "brains" get something from it, if the misery is worse than the pleasure why wouldn't that help?

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Re: Chizzuk Needed

Posted by PaulONeill21 - 18 Dec 2024 09:54

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[simchastorah wrote on 18 Dec 2024 05:39:](#)

Day 45 "?"?

Why should remembering the misery not help? Even if our "brains" get something from it, if the misery is worse than the pleasure why wouldn't that help?

Because addiction and endorphins are way stronger

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Re: Chizzuk Needed

Posted by simchastorah - 18 Dec 2024 11:25

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I have many times had bad falls which leave me feeling terrible, and afterwards have no tayvah to fall for some period of time afterwards, be it days or weeks. My feeling during these times is that I am so aware of how bad it is to fall that it outweighs whatever pushes me to fall.

From this I deduce (open to being wrong, but this is where I'm coming from) that having clarity about the terrible feeling is indeed enough to overcome the 'addiction', but there is a 'forgetting mechanism' which makes long term clarity about this difficult. But if the bad feeling alone is not enough to overcome 'addiction' and 'endorphins', why would it be effective even for a few days or weeks?

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Re: Chizzuk Needed

Posted by vehkam - 18 Dec 2024 13:36

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As you said. It may work for the short term. But not the long term. Remembering the misery is not the same as feeling the misery.

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Re: Chizzuk Needed

Posted by PaulONeill21 - 18 Dec 2024 14:21

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[simchastorah wrote on 18 Dec 2024 11:25:](#)

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I actually agree with this 100%. I do think the obsessing and thinking about what u want to do is

where u have to catch yourself. Once I fall into that there is no point of return or at least 99% of the time. Personally I started running again after my last fall Sunday and I really find it a gamechanger.

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Re: Chizzuk Needed

Posted by BenHashemBH - 18 Dec 2024 14:26

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[simchastorah wrote on 18 Dec 2024 11:25:](#)

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My friend,

Did you have a chance to read the bit I shared from Rabbi Naftali Horowitz explaining Rav Dessler?

We have wants/desires and we have a will. We also have the ability to ignore, or as you say - forget, what we know and even what we want in the face of something else that we want. We can pull the sheet over our own eyes against all logic.

In the short-term after a fall, is it a choice between giving in & the terrible feeling vs not, or the tayva for it is weaker in the first place?

It is possible that even knowing how we will feel afterward is not enough to stop us from making bad choices in the face of momentary desire.

Telling yourself "don't do it" all the time is draining on the will. Having clarity about the terrible feeling will help you during the stage where you are still being logical. I don't think that alone is enough though. Once the tayva is there, and logic threatens to depart, you want a will that supersedes the weighing of options. The default state is a positive life. When the urge is really pulling, you can toss regret on the scale, but otherwise try to have a mindset of 'I feel good to be doing the right thing'. The Battle of the Generation can help to acquire this mindset.

Hatzlacha.

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Re: Chizzuk Needed

Posted by simchastorah - 18 Dec 2024 15:07

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I read it at the time and I went back now and reread it. It is a good piece and worth thinking about.

To sum it up: the determiner of man's actions is not the victorious party in the struggle between two conflicting wills (tayva and reason) but rather the person himself who stands between them and decides which 'identity' to assume.

However I'm not sure why it's a point in favor of a positive 'botg' type approach vs a negative approach. (there may be many other arguments to support the botg, and I do find the book helpful, and like vekham said, experience shows that the negative approach doesn't work well long term). But I think the Rav Dessler argument applies equally to a positive mindset approach. What is being said in that article as i understood it is that in the end of the day no matter how strong of a pull/reason/drive you have to do the right thing, YOU can still choose the wrong thing, and twist your perspective to justify it. So if for example I would encourage myself to attain great levels etc like suggested by botg, if I wanted to fall I could still twist my perspective and say I will become great later, or I have already fallen so many times and I'm still planning on becoming great, let's do this fun thing now, because I'll still be able to become great after etc

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Re: Chizzuk Needed

Posted by BenHashemBH - 18 Dec 2024 15:33

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[simchastorah wrote on 18 Dec 2024 15:07:](#)

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For me, there is a more surface level of what I want, and there is a much deeper level of who I am.

Maybe I'm not able to articulate it so well, but it's not about using the positive approach to outweigh the negative, it's using the positive approach to associate with that identity and make it not really a choice at all.

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Re: Chizzuk Needed

Posted by rebakiva - 18 Dec 2024 16:33

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I once heard from the R"H Harav Bruss, "???? ???? ???? ?? ????? ?? ??????" that ??? ?? can mean "sleep", so he said, if someone sins, he feels terrible about it and dosen't ever want to fall again, but he fails to make a serious plan of action going forward, and meanwhile he manages

to fall asleep, he'll sleep the bad feelings away from himself, than it'll become ?????? which dosen't feel bad at all, he'll forget the bad the feelings and quickly revert to the sin.

I'm not here to tell you what does or doesn't work, everyone finds different stuff helpful, but IMHO refraining from sin because of bad feelings, as you say your self, fades away, but if you can train your brain to act out differently when faced with an urge, that doesn't fade, thats a fundamental change, and to the contrary, you'll have to remind youself the "good feeling" of giving in to the urge, in order to let yourself fall, not the "bad feeling" of after the fall.

KOMT!!! and keep us posted.

With love Akiva

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Re: Chizzuk Needed

Posted by chancy - 18 Dec 2024 19:11

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Too many deep ideas here, Im getting a headache.

I think I understand what SimchesTorah is saying as it helped me in the past as well.

After a fall, the brain is clean of lust and the pain is real. If you allow yourself to feel that pain you will be able to make a strong resolution to stop.

In the days after, sometimes the brain is still calm and you are again able to reiterate how much you DONT want to fall. You still feel the pain and you are able to fight the lust with logic and pain together. I understand the the brain is addicted to those chemicals and still wants it. But just like any other animal we are also programed to avoid pain.

The problem is that we lose those precious moments of clarity after a fall and we dont internalize the pain. We want to run away and forget it.

SO when the lust come back, we only remember the pleasure and not the pain.

This worked for me time and time again.



OF course exercise is great!

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