

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 cordnoy - 19 Dec 2024 02:51

[chosemyschem wrote on 18 Dec 2024 21:39:](#)

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

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?

Oh boy. I feel like I just heard Dov's voice softly whispering "buuuuuullllllsh*****t". If you want a good schmooze, call him up and run that theory by him. In the alternative, read the nuclear reset button post.

Basically, I think I agree with Chancy, but I'll write it out in case we're saying different things. The nature of giving into lust is that the only thing that seems to quiet it is giving in. During that post-fall time you're not clean because you've somehow become aware of the problem and can "overcome addiction with the bad feeling". You're clean because you've briefly satisfied the chemicals in your brain. When the addiction/chemicals/urges/whatever you wanna call them build back up - you'll be right back in front of that screen.

Of course, this serves to reinforce the deep down idea that the only way to solve this problem is to give in. It's an absolutely vicious self-reinforcing cycle.

Let me reiterate. You're not clean after a fall because it's a moment of "clarity" where you "see the light" and can "stay strong". You're just sitting in the trough of the wave. And the next wave comes and washes you away.

The only real way out is to stop giving in with or without "clarity".

And I'm not saying you can't take advantage of that trough in the wave to start putting in work.

But I am saying that any freedom you feel in that time is a complete and absolute illusion.

And if you wanna hear those words (and worse) loudly, just give me a holler.

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Re: Chizzuk Needed

Posted by simchastorah - 19 Dec 2024 05:49

Day 46 "?"?

As usual I feel that the forum is a bad medium for discussing subtle points. I'm not going to get into the nuances of what I want to say but if I think I'd be right in saying that the vast majority of the people here came here because they felt bad. So to say the feeling bad plays no role in getting clean can't be true.

Again I'm not interested in getting into the subtle points of how yes and how no because I am learning that the forum is not a place for a conversation, it's just a place for soapboxing, and sometimes people can take turns from their respective soapboxes, and I'm not going on to mine right now.

I will say that the thing that has the biggest impact in me staying clean is talking to Hashem for extended periods of time. Tfilla, having a strong connection. And that being aware of how awful it is to fall has helped me overcome urges hundreds of times.

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Re: Chizzuk Needed

Posted by simchastorah - 19 Dec 2024 05:56

PS I believe I have read all of Dov's articles and listened to most or all of the twelve step workshop. He is very insightful and deep and there's what to learn there. It was a long time ago though, around 5 years. The biggest point that I remember him making again and again is self honesty.

Now I'm sure someone big chacham out there will tell me I'm wrong but I can tell you with utter confidence: I am so far past hiding from myself that it is far far away in the clouds of dust of my teenage years. And maybe someone from behind their keyboard is licking their lips and getting ready to pounce with an "oh really friend? are you sure your belief in your own honesty is not just yet another layer of crafty lies you tell yourself to continue masturbating" So before you tell me that get a grip on your trigger finger and relax. The answer to your question is "yes I am sure"

Honesty is not my problem. I have been brutally honest with myself since I was a teenager, so we're going on 20 years. And during those 20 years besides for being honest I have dug and dug and learnt about the nefesh from different people and sfarim and therapists I'havdil. If there's one trait I have that all my good friends, therapists, rabbeim, and even my wife would agree on, it's self honesty.

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Re: Chizzuk Needed

Posted by simchastorah - 19 Dec 2024 05:58

(That was not a soapbox stand which is for philosophy. That was me expressing my frustration. It seems like the assumption here is that if you struggle with filth it means you have a problem with self honesty. While that may be true for some or many it is irrelevant for me)

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Re: Chizzuk Needed

Posted by youknowwho - 19 Dec 2024 14:28

Reb SimchasTorah,

I really always look forward to your honest and thoughtful musings. Please don't stop offering up those nuanced nuggets!

I think you may be mistaken, nobody was "soapboxing" (Love that term) here.

You wrote: *"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?"*

To this point, Shem and Cordnoy are pointing out, not necessarily a lack of self-honesty, rather a point about how the "lust cycle" works. I think it's a very valuable point worth thinking about. Dov's nuclear reset post is not just about the honesty, it's a fascinating depth of understanding how this cycle works.

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Re: Chizzuk Needed

Posted by chosemyshem - 19 Dec 2024 20:41

[simchastorah wrote on 19 Dec 2024 05:56:](#)

And maybe someone from behind their keyboard is licking their lips and getting ready to pounce with an "oh really friend? are you sure your belief in your own honesty is not just yet another layer of crafty lies you tell yourself to continue masturbating" So before you tell me that get a grip on your trigger finger and relax. The answer to your question is "yes I am sure"

This is a hall of fame post right there.

I do not apologize for soapboxing. That being said, like YKW pointed out, it's a din in the metzuis of the cycle.

There's certainly also a self-honesty component, but it sounds like you've got that angle covered.

(Agav, *heavily* struggling with filth generally does involve an honesty problem -- hence the ceaseless lying to spouses, bosses, friends and generally, the self (if I had a nickel for every time I sat down by the computer and said "I'm just gonna check the news" I'd be filthy rich. If I had a penny for every time I told my wife I was "working late" I'd be retired.) Show me someone who heavily struggles and I guarantee you he lies, conceals, and hides a *lot*.)

I'd love to have a chat with you about feeling bad though. PM for my number and I'd love to get into the subtleties.

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Re: Chizzuk Needed

Posted by simchastorah - 20 Dec 2024 05:36

Day 47 "?"?

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Re: Chizzuk Needed

Posted by simchastorah - 21 Dec 2024 16:07

Day 48 "?"?

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Re: Chizzuk Needed

Posted by simchastorah - 22 Dec 2024 05:57

Day 49 "?"?

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Re: Chizzuk Needed

Posted by Muttel - 22 Dec 2024 10:16

Mazel tov!

Amazing to see the strides in kedusha you've made.

Tomorrow is your personal Kaballas HaTorah, listen up for the clarion call of Anochi!

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Re: Chizzuk Needed

Posted by Hashem Help Me - 22 Dec 2024 12:23

And in Yovail we go free..... Keep inspiring!

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Re: Chizzuk Needed

Posted by simchastorah - 23 Dec 2024 10:40

Day 50 "?"?

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Re: Chizzuk Needed

Posted by simchastorah - 24 Dec 2024 07:53

Day 51 "?"?

Thanks to the olam for all the thank yous yesterday, it's a nice chizzuk. (which i need, see title)

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Re: Chizzuk Needed

Posted by yosefms - 24 Dec 2024 10:35

wow 50 days!!!! Mazal Tov Tzadik

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