

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 simchastorah - 04 Jan 2025 16:51

Day 62 "?"?

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Re: Chizzuk Needed

Posted by simchastorah - 05 Jan 2025 05:26

Day 63 "?"?

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Re: Chizzuk Needed

Posted by simchastorah - 06 Jan 2025 05:20

Day 64 "?"?

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Re: Chizzuk Needed

Posted by simchastorah - 07 Jan 2025 05:01

Day 65 "?"?

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Re: Chizzuk Needed

Posted by simchastorah - 08 Jan 2025 11:10

Day 66 "?"?

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Re: Chizzuk Needed

Posted by simchastorah - 08 Jan 2025 20:01

Thanks for the thank-yous guys, it makes me feel good. It's hard for me to admit that, as it exposes the vulnerability of being ???? on others, which is scary for me, having felt betrayed by

others at various painful times. But the truth is I do need others, I do need you, and your support really helps.

What's that? Oh sorry guys, they're saying this type of talk on the soapbox is frowned upon

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Re: Chizzuk Needed

Posted by simchastorah - 08 Jan 2025 20:09

Someone close to me who is in NA told me that something he sees in people in NA who have been clean for a long time is the ability to have relationships with family member which had previously been toxic; to have real relationships where they open themselves up to being able to receive what good they can from the 'dangerous' other party - empathy, support, love, while at the same time not letting them hurt them. I found that to be a big chiddush, I have always looked at it as either I let you in, in which case I have to take your ??? with the ???, or I don't let you in, but I through at the baby with the bath-????.

But this shows that there is another way to relate to people. I think part of it is that you're seeing the good parts of the relationship as an expression of who they really are, as if *he* is the person I am actually having a relationship with, while looking at the bad as being an expression of something which is not essentially them, eg they are acting out a sickness inside of them which is not in line with their true ratzon.

This relates to the topic we discussed previously of how do I look at the bad within me, is it me, or is it something within me that I can to some degree dissociate with. It seems that somehow the people who master recovery in the context of the 12 steps learn a healthy way of self awareness, which allows them to also relate in a much more beneficial way to other people. Or maybe the other way around. Not really sure, but I think it's amazing that such a thing exists and I hope to learn to do that. Then it wouldn't have to be so scary for me to admit things like "it makes me feel good when others support me" because I wouldn't feel that I was endangering myself by doing so.

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Re: Chizzuk Needed

Posted by chaimoigen - 09 Jan 2025 00:24

??? ??? ????? ?????, ?????? ?????? ?????, ??????? ??????? ?? ??????

You're so right.

I feel that the ability to differentiate between the different parts of ourselves and to be able to accomplish positive Birur of Middos and Retzonos is a huge part of being able to recover. Not just in 12 Step work but in all the work we are doing here.

We all struggled with feeling we wanted to throw out the baby along with the bath water, in ourselves. We wondered if there's part that was worth salvaging, and if it was maybe easier to just throw in the towel.

Learning that we are actually worthy of saving and are essentially good - to me that is what opens up the prison door...

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Re: Chizzuk Needed

Posted by simchastorah - 09 Jan 2025 05:51

Well said as usual

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Re: Chizzuk Needed

Posted by simchastorah - 09 Jan 2025 05:51

Day 67 "?"

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Re: Chizzuk Needed

Posted by simchastorah - 10 Jan 2025 09:28

Day 68 "?"?

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Re: Chizzuk Needed

Posted by simchastorah - 11 Jan 2025 16:42

Day 69 "?"?

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Re: Chizzuk Needed

Posted by simchastorah - 12 Jan 2025 05:56

Day 70 "?"?

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Re: Chizzuk Needed

Posted by simchastorah - 12 Jan 2025 15:19

Having an urge right now. I think it was actually brought on by too much caffeine. Had one coffee too many. Now my heart is beating and I think I might have confused myself into thinking that I'm aroused. Ech too much caffeine is not a good feeling.

I'm reminding myself that:

- 1) Having an urge doesn't mean I have to act out. If I don't act out, I will be fine.
- 2) If I were to act out, I would in fact feel worse and not better
- 3) The urge will pass, and so will this gross hyped up caffeine feeling
- 4) By not acting out I'm bringing the world closer to it's ?????
- 5) By not acting out I'm becoming closer to Hashem

6) By not acting out I'm becoming more in control of myself

7) I feel so much better clean than dirty

8) I want Hashem, I want Torah, I want to breathe emuna and acting out is a mechitza shel barzel

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