

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.

=====

Re: Chizzuk Needed

Posted by upanddown - 26 Jan 2025 23:44

[simchastorah wrote on 23 Jan 2025 06:03:](#)

I want to also remind myself of a few facts

- There is no need to ejaculate, I will be just fine even if I don't
- Every urge will pass if not obsessed over
- Acting out ALWAYS makes me feel much worse
- I like the person that I am when I'm clean much more than the other guy

These types of posts I would love to store in my "favourite posts" or "archived posts".

I wish GYE would add such a button under every post.

=====

Re: Chizzuk Needed

Posted by chaimoigen - 27 Jan 2025 02:32

[simchastorah wrote on 26 Jan 2025 21:43:](#)

[chaimoigen wrote on 26 Jan 2025 18:07:](#)

Recognizing an urge and posting about it here, with details, takes Gevura and courage.

And externalizing the urge is usually helpful.

This is an impressive accomplishment.

Don't focus only on the levels you have yet to achieve without also focusing on where you thankfully are. You've accomplished a lot. You're an impressive person, and you should give yourself credit and compassion.

Today will be another day of Tahara, building the Oved Hashem that you are further.

You'll keep striving and Shteiging.

Hang on. Here's a warm hand, from an admiring friend.

Chaim Oigen.

Thanks for the kind words.

I was going to raise a bit of a question about the bolded bit, but after rereading I understood it differently, and I think more correctly. You are not saying that one should not evaluate whether his behavior is correct and seek to fix that which is not correct. You're saying that that should be done, but done together with an appreciation of the larger process that one is traversing and the accomplishments which have already been achieved.

If I had to explain why I think that that's a good idea I'd give two reasons.

1) Self criticism can be dangerous. The danger is that I will come to see myself in a negative light. The danger of seeing myself in a negative light is that it a) leads to depression, which spirals into all sorts of bad things and b) causes me to see myself as one for whom the bad behavior is in fact befitting, chipping away at my motivation to stay strong in where I am and all the more so to continue to strive

2) Like the msilas yesharim says, there are two components to the cheshbon hanefesh done regarding behavior and ??? ????? ?????. a) recognizing what needs to go, and b) recognizing what must be kept.

But knowing our friend and teacher chaimoigen he has more to add, or a different way to say it, and I'd love to hear it.

I appreciate your kind words, they mean a lot to me.

I agree wholeheartedly with your presentation of the point I was making, and with your

I would just add an “Aseh Tov” aspect, on top of the “Sur Merah” reasons you’ve articulated so well.

explanation of the reasons why not listening to my point would be a bad idea.

A Yid has seeds of greatness inside. You certainly do. Not just deep thoughts and realizations. But also Torah outlooks, Hashkafa and goals. And tremendous Sheifos that are sourced in the bottomless wellspring of a Neshoma Elyona.

You (and everyone one else, certainly including me) also is challenged by parts of a personality that are currently challenged by Katnus Hamochin and ???????. These, lower aspects of our personality cause conflict and seek to weigh us down, and cause to get stuck and hung up on small or negative things from time to time.

When the ‘greater’ part of a person is struggling with the ‘petty’ part, it’s important to see and identify with the greatness. Even the greatness that’s still potential.

Here are two ways to think about overcoming an urge and not falling:

“I’m a work in progress, building greatness, getting there step by step. Not all the way there but on my way. I know what my next step is.”

That way of thinking about yourself helps **build that goal** and it helps unlock those seeds in your Neshoma.

“I’m a potentially pathetic failure who just barely managed to avoid falling, at least, but shouldn’t have been there in the first place”

That is a message that won’t help unlock those potential seeds of Gadlus.

Viewing yourself with compassion and positivity doesn’t mean whitewashing over the work that still needs to be done. It means giving approval and appreciation to the special guy who IS

doing the work, and recognizing that he is worth caring about, liking, and investing in.

I think this talks to your follow-up post as well. If you're busy being **harsh** on yourself, you may never feel that you've done enough, and push yourself too fast too far, with **dissatisfaction**, and that doesn't look pretty.

If, however, you can appreciate and approve of yourself where you are today, (while still knowing where you need to get to), you can be comfortable about progressing further, step by step, without dissatisfaction. That leads to more healthy and lasting growth, I think.

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

????? ?????? ?????? ???

=====

=====

Re: Chizzuk Needed

Posted by simchastorah - 27 Jan 2025 14:03

Day 85 "?"?

Thank you chaimoigen the point is well received

=====

=====

Re: Chizzuk Needed

Posted by simchastorah - 28 Jan 2025 11:45

Day 86 "?"?

=====

=====

Re: Chizzuk Needed

Posted by simchastorah - 29 Jan 2025 05:23

Day 87 "?"?

=====
=====

Re: Chizzuk Needed

Posted by yossis.smart - 29 Jan 2025 17:11

Thanks for this reminder simchashatorah! I'm only one day ahead (depending on your time zone) of you to 90 days, just wanted to share that the 90 days for me has no magic but it is proof to me that after nearly 30 years of addiction, I can break free and be truly clean. I think that's a pretty big miracle, but if Hashem can do it once he can do it again, and I'll give it my very best shot each day.

That's all.

And then I need to make a calendar for 180 days.

Wishing you mazel tov on the upcoming milestone!

=====
=====

Re: Chizzuk Needed

Posted by simchastorah - 30 Jan 2025 07:26

Day 88 "?"?

=====
=====

Re: Chizzuk Needed

Posted by chaimoigen - 30 Jan 2025 20:37

[simchastorah wrote on 23 Jan 2025 06:03:](#)

I'm reminding myself that nothing is going to change once I hit 90 days be'h. It's helpful to have

goals and there's a reason 90 days was chosen as the standard goal on GYE but there's nothing magical about 90 days. I'm not waiting for any magical menuchas hanefesh to descend upon me from heaven once I have 'reached' a certain amount of time. **Beh I'll continue posting daily as that's really helped me to keep staying holy as an active thing that I'm doing rather than a passive 'not giving in to urges'.**

I want to also remind myself of a few facts

- There is no need to ejaculate, I will be just fine even if I don't
- Every urge will pass if not obsessed over
- Acting out ALWAYS makes me feel much worse
- **I like the person that I am when I'm clean much more than the other guy**

I was just Chazzering this terrific post.

Wanted to accentuate a point.

Tahara isn't merely defined as a lack of TUMAH. It's rather a positive in and of itself. When a guy is merely staying away from negativity, there's a more limited sense of accomplishment and self-worth in the accomplishment. When you know you're building a beautiful Binyan of clarity, purity, elevation, and a sense of higher living- that's worth building. And someone truly worth enjoying **being**.

KOMT

???

(??? ????? ???? ????? ?????, ????? ???? ?? ????? ?????? ??? ?????? ???? ???? , ?????? ??
?????? ???? ?????? ?????? ?????? ?????, ?? ??? ?????? ???? ??? ??????? ??????? ???? ??? ????
??? ?????, ??? ?????? ???? ??????? ?????, ????? ???? ??? ?????? ????? , ???????)

=====
====

Re: Chizzuk Needed

Posted by chosemyshem - 30 Jan 2025 21:03

[chaimoigen wrote on 30 Jan 2025 20:37:](#)

[simchastorah wrote on 23 Jan 2025 06:03:](#)

I'm reminding myself that nothing is going to change once I hit 90 days be'h. It's helpful to have goals and there's a reason 90 days was chosen as the standard goal on GYE but there's nothing magical about 90 days. I'm not waiting for any magical menuchas hanefesh to descend upon me from heaven once I have 'reached' a certain amount of time. **Beh I'll continue posting daily as that's really helped me to keep staying holy as an active thing that I'm doing rather than a passive 'not giving in to urges'.**

I want to also remind myself of a few facts

- There is no need to ejaculate, I will be just fine even if I don't
- Every urge will pass if not obsessed over
- Acting out ALWAYS makes me feel much worse
- **I like the person that I am when I'm clean much more than the other guy**

I was just Chazzering this terrific post.

Wanted to accentuate a point.

Tahara isn't merely defined as a lack of TUMAH. It's rather a positive in and of itself. When a guy is merely staying away from negativity, there's a more limited sense of accomplishment and self-worth in the accomplishment. When you know you're building a beautiful Binyan of clarity, purity, elevation, and a sense of higher living- that's worth building. And someone truly worth enjoying **being**.

KOMT

????

Yehuda v'od l'kra.

This yesod R' CO is sharing was very helpful for me. I never connected with TBOTG approach of feeling looking away as an important and positive act bringing me closer to Hashem. It just never clicked.

But this idea did click. The idea that day to day life is so much more pleasant when I'm not acting out that it goes from "not doing something" to a whole nother level. It becomes an active tahara that is a deeply enjoyable experience.

I don't like calling it "tahara", since that gets into religious stuff above my pay grade. I like calling it freedom.

Some people call it serenity.

Whatever you call it, it's something worth putting in the effort to feel.

=====
=====

Re: Chizzuk Needed

Posted by simchastorah - 31 Jan 2025 05:03

Day 89 "?"

=====
=====

Re: Chizzuk Needed

Posted by simchastorah - 31 Jan 2025 08:26

I feel like garbage today. Like I just want to die. I don't think there's anything anyone could say to make me feel better. This is my life. Sometimes I feel like an utter piece of garbage. ?? ?? ??????. But in the meantime it sucks. Maybe one day I will never feel this way. It happens less and less often as I get older. I feel like there's an inferno of sadness in my heart that has the ?? to just consume me.

"It's the satan trying to bring me down because I'm almost at 90 days." -- quote from future well meaning person

There is no way of verifying that without a ??????. And these feelings come and go, sometimes caused by something seemingly small, sometimes something very big, and sometimes with no discernible reason at all. My mother suffers from depression, as does one of my brothers. I have no doubt that the satan is involved, but no one knows exactly what his mahalach is. Besides, I don't think I'm excited enough about 90 days for the satan to try and jump on me about it.

Here on GYE we experience each other user as a username and whatever we can glean about them from their posts. Everyone writes in the same font, displayed in the same way on the computer. But the reality is that behind each username is a unique person, who may be experiencing life in a vastly different way from you. Some people like to give advice about how others should see things, and sometimes with great passion, but without realizing that while english is their shared language they are living a very different life.

Sometimes the most well meaning statements are the ones that make me feel the most alone.

=====
=====

Re: Chizzuk Needed

Posted by BenHashemBH - 31 Jan 2025 10:58

Oy Dear Brother,

What would you say to a hug from a touched friend, right where you are, right now?

=====

=====

Re: Chizzuk Needed

Posted by simchastorah - 31 Jan 2025 11:39

[BenHashemBH wrote on 31 Jan 2025 10:58:](#)

Oy Dear Brother,

What would you say to a hug from a touched friend, right where you are, right now?

Tbh when I feel this way I want to be alone with a glass of whiskey. But I appreciate the thought

=====

=====

Re: Chizzuk Needed

Posted by simchastorah - 31 Jan 2025 13:18

On a lighter note, here's a conversation my wife and I had with our 6 year old son:

"You know at the toy store they don't just have toys. They also have lots of costumes. Of Moshe and Ahron and of a Nazi!"

"Umm, oh interesting"

"Ya, a Nazi with a bow-and-arrow!"

"I don't think the Nazi's used bow and arrows, maybe it was an Indian?"

"Oh ya, an Indian!"

=====

=====