

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 alex94 - 02 Apr 2025 07:04

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Re: Chizzuk Needed

Posted by chancyhk - 02 Apr 2025 16:04

I am terrible at Gemetrios. But ill preempt the 151 from tomorrow.

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Re: Chizzuk Needed

Posted by shalom1530 - 03 Apr 2025 05:21

life has been really great the past 13 days I just found out of this site signed myself up and I really felt that this time I'm going to make it through and for 13 days I felt sky high

until today when I got a painful reminder that the struggle is a constant one, the path to victory is a long one, but as I'm writing these lines, I feel now more determined than ever to start fighting the battle again and ??? this time I will achieve total victory

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Re: Chizzuk Needed

Posted by hashem help me - 03 Apr 2025 11:25

[shalom1530 wrote on 03 Apr 2025 05:21:](#)

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Welcome. Very impressive. A suggestion - Maybe reach out to a mentor here so you have assistance breaking free b'ezras Hashem.

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Re: Chizzuk Needed
Posted by hashem help me - 03 Apr 2025 11:26

Also, it is advisable to start your own thread so people can respond to you.

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Re: Chizzuk Needed
Posted by simchastorah - 03 Apr 2025 12:14

Day 151 "?"?

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Re: Chizzuk Needed
Posted by chancyhk - 03 Apr 2025 15:38

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Re: Chizzuk Needed
Posted by simchastorah - 04 Apr 2025 09:04

Day 152 "?"? ?????? ?????

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Re: Chizzuk Needed

Posted by simchastorah - 06 Apr 2025 12:40

Day 154 "?"?

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Re: Chizzuk Needed

Posted by simchastorah - Yesterday 11:20

Day 155 "?"?

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