

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 amevakesh - 21 Apr 2025 15:46

---

The ability to internalize this **before** a fall, when the temptations are raging, and not after, is what separates the men from the boys. HERO!!!

=====

=====

Re: Chizzuk Needed

Posted by chancyhk - 21 Apr 2025 18:35

---

Yiden from Goyim

Animals from Humans.....

=====

Re: Chizzuk Needed

Posted by simchastorah - 22 Apr 2025 08:30

---

I had a fall.

Barely able to access anything with my filter, but with persistence...

Now I'm tempted to do it again because hey what the heck.

I've been under a lot of pressure lately. I don't feel horrible about it, I'm only human. The main thing I feel bad about is all the people who get chizzuk from my thread etc who will feel let down. I hope to be able to get back up and get on the right track again like I have seen others do. 12 days less than my last big streak.

=====

Re: Chizzuk Needed

Posted by hashem help me - 22 Apr 2025 11:15

---

Get up and move on buddy. Your honesty is impressive. Inspire the chevra as you continue climbing the mountain.

=====

=====

Re: Chizzuk Needed

Posted by Muttel - 22 Apr 2025 14:14

---

I second the motion, your persistence is inspiring and I'm sure you'll get back right up and march onwards.

=====

=====

Re: Chizzuk Needed

Posted by chancyhk - 22 Apr 2025 14:39

---

Learn from your falls, change something that will hopefully prevent the next fall ,cv.

The biggest gift of all is experience, if you learn from it.

Sheva Yipol Tzaddik V'Kum!

I know you got this. You do as well.

Love

Chancy Hakuten

=====

=====

Re: Chizzuk Needed

Posted by amevakesh - 22 Apr 2025 15:29

---

[simchastorah wrote on 22 Apr 2025 08:30:](#)

The main thing I feel bad about is all the people who get chizzuk from my thread etc who will feel let down.

Inspired before..... Inspired now..... will be even more inspired if you don't throw in the towel because of "hey what the heck". Not easy, but hey, that's what's real men are made of.

=====

Re: Chizzuk Needed

Posted by chaimoigen - 22 Apr 2025 17:18

---

You're a growing person.

you're an honest person.

you're a special person.

figure out what to learn from this and keep going onwards.

Main thing for now is to hang on tight next few days, while the post-fall blood-poison is in your veins.... He's gonna try to get to you when you're down with waves of sadness and numbness. But the difference between a Talmid Chochom and the rest of the folks is post fall. ?? ?????  
????? ????? ?? ????? ??? ?????

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

You are there for me when I need Chizzuk. And you'll continue to be.

Eyes on Chaim, ??????? ?????

here's a warm hand.

=====

Re: Chizzuk Needed

Posted by simchastorah - 22 Apr 2025 19:47

---

Thanks so much for the support friends. It really helps.

Thinking about what led up to this fall I find a number of factors.

1) I have been lax about doing the things which have historically helped me to stay clean. Those things being

a) constantly working on Emuna, to try and interpret the world as Hashem's briya (not talking about 'reading messages', but rather ????? ???? ?????? ?? ?????). This I do through working on tfila especially through ?????????, and learning deep things which speak to me daily.

b) regularly checking in with myself about kedusha, how was the last week? What challenges did I face and how did I do? What will be next week.

I have grown lax in both of these things for the same reason: I have been devoting the time that I would spend on them to working on myself in other ways, namely journaling and meditation. I need to find a balance because clearly I need to be doing the things which help me stay clean, but I do also need to be working on the other things

2) I have been under a lot of stress lately. A number of things going on in my personal life have been very difficult, especially over pesach and since pesach, not to mention getting ready for pesach.

Clearly this is not the right solution for stress.

3) I started 'filter poking' a few weeks ago, not sure exactly how much time ago, I posted about it then. I need to be better about that. And being better about that starts ??? ????? ?????, during the regular check ins I need to remind myself how important it is to stay away from anything questionable.

It's hard not to feel like I 'lost my streak' but the truth is there is no streak. There's only right now and there has only ever been right now. All I can do is do my best to win each battle and if I do it right that will ????? be a streak.

Another hard thing is the embaessment. Going from the 'streak' (yes the one that I claim never existed) to day 1 is embaessing. Part of why GYE is effective is that there's a kavod aspect. How can I fall, then I would no longer get the kavod I feel I've been getting for my streak? How can I lose all that kavod that I worked so hard for?

And while this is helpful, and may even be enough for some, for me it's important that that not be the focus. There is one goal in life - ????? ????? ????? ?? ???. Anything else is not relevant. And ????? ????? is a fundamental part of the picture, ????? ?? ?? ????? ???. So if I want ????? ????? I need to do my best to be a holy Jew, and that's all that matters.

So IYH tomorrow will be day 1. And I once again commit to posting daily until I have 30 days clean.

I have every intention of getting right back up with Hashem's help.

=====

Re: Chizzuk Needed

Posted by jollylemur95 - 22 Apr 2025 20:11

---

my friend,

We are in the same boat. (see my thread)

I can only wish i had such a healthy attitude the way you do. Maybe you can teach me how to do it?

Please PM me

=====

Re: Chizzuk Needed

Posted by tzitzis dude - 22 Apr 2025 22:10

---

[simchastorah wrote on 22 Apr 2025 19:47:](#)

Thanks so much for the support friends. It really helps.

Thinking about what led up to this fall I find a number of factors.

1) I have been lax about doing the things which have historically helped me to stay clean. Those things being

a) constantly working on Emuna, to try and interpret the world as Hashem's briya (not talking about 'reading messages', but rather ????? ?????? ?? ?????). This I do through working on tfila especially through ????????, and learning deep things which speak to me daily.

b) regularly checking in with myself about kedusha, how was the last week? What challenges did I face and how did I do? What will be next week.

I have grown lax in both of these things for the same reason: I have been devoting the time that I would spend on them to working on myself in other ways, namely journaling and meditation. I need to find a balance because clearly I need to be doing the things which help me stay clean, but I do also need to be working on the other things

2) I have been under a lot of stress lately. A number of things going on in my personal life have been very difficult, especially over pesach and since pesach, not to mention getting ready for pesach.

Clearly this is not the right solution for stress.

3) I started 'filter poking' a few weeks ago, not sure exactly how much time ago, I posted about it then. I need to be better about that. And being better about that starts ??? ????? ?????, during the regular check ins I need to remind myself how important it is to stay away from anything

questionable.

It's hard not to feel like I 'lost my streak' but the truth is there is no streak. There's only right now and there has only ever been right now. All I can do is do my best to win each battle and if I do it right that will ????? be a streak.

Another hard thing is the embaressment. Going from the 'streak' (yes the one that I claim never existed) to day 1 is embaessing. Part of why GYE is effective is that there's a kavod aspect. How can I fall, then I would no longer get the kavod I feel I've been getting for my streak? How can I lose all that kavod that I worked so hard for?

And while this is helpful, and may even be enough for some, for me it's important that that not be the focus. There is one goal in life - ????? ????? ????? ?? ???. Anything else is not relevant. And ????? ????? is a fundamental part of the picture, ?????? ?? ??? ????? ??????. So if I want ????? ??????? I need to do my best to be a holy Jew, and that's all that matters.

So IYH tomorrow will be day 1. And I once again commit to posting daily until I have 30 days clean.

I have every intention of getting right back up with Hashem's help.

IMHO, today should be day 1.

Also, for what it's worth, I gained chizzuk from your honesty and humanity.

=====

=====

Re: Chizzuk Needed

Posted by simchastorah - 23 Apr 2025 04:16

---

Day 1 "?"?

If I spend the rest of my life having periods of working on cleanliness and then falling and getting back up, that itself would be a level so far beyond complacency and falling all the time.



Not that that's the goal

=====

=====

Re: Chizzuk Needed

Posted by simchastorah - 23 Apr 2025 05:12

---

[tzitzis dude wrote on 22 Apr 2025 22:10:](#)

[simchastorah wrote on 22 Apr 2025 19:47:](#)

Thanks so much for the support friends. It really helps.

Thinking about what led up to this fall I find a number of factors.

1) I have been lax about doing the things which have historically helped me to stay clean. Those things being

a) constantly working on Emuna, to try and interpret the world as Hashem's briya (not talking about 'reading messages', but rather ????? ???? ?????? ?? ?????). This I do through working on tfila especially through ????????, and learning deep things which speak to me daily.

b) regularly checking in with myself about kedusha, how was the last week? What challenges did I face and how did I do? What will be next week.

I have grown lax in both of these things for the same reason: I have been devoting the time that I would spend on them to working on myself in other ways, namely journaling and meditation. I need to find a balance because clearly I need to be doing the things which help me stay clean, but I do also need to be working on the other things

2) I have been under a lot of stress lately. A number of things going on in my personal life have been very difficult, especially over pesach and since pesach, not to mention getting ready for pesach.

Clearly this is not the right solution for stress.

3) I started 'filter poking' a few weeks ago, not sure exactly how much time ago, I posted about it then. I need to be better about that. And being better about that starts ??? ?????, during the regular check ins I need to remind myself how important it is to stay away from anything questionable.

It's hard not to feel like I 'lost my streak' but the truth is there is no streak. There's only right now and there has only ever been right now. All I can do is do my best to win each battle and if I do it right that will ????? be a streak.

Another hard thing is the embaessment. Going from the 'streak' (yes the one that I claim never existed) to day 1 is embaessing. Part of why GYE is effective is that there's a kavod aspect. How can I fall, then I would no longer get the kavod I feel I've been getting for my streak? How can I lose all that kavod that I worked so hard for?

And while this is helpful, and may even be enough for some, for me it's important that that not be the focus. There is one goal in life - ????? ????? ????? ?? ???. Anything else is not relevant. And ????? ????? is a fundamental part of the picture, ????? ?? ??? ?????. So if I want ????? ????? I need to do my best to be a holy Jew, and that's all that matters.

So IYH tomorrow will be day 1. And I once again commit to posting daily until I have 30 days clean.

I have every intention of getting right back up with Hashem's help.

IMHO, today should be day 1.

Also, for what it's worth, I gained chizzuk from your honesty and humanity.

It's worth a lot

=====

=====

Re: Chizzuk Needed

Posted by hashem help me - 23 Apr 2025 11:33

---

Excellent post buddy! One point - You wrote, "Going from the 'streak' (yes the one that I claim never existed) to day 1 is embarrassing. Part of why GYE is effective is that there's a kavod aspect." I think that you receive immense kavod for your honesty (along with your excellent clear and thought provoking posts). The gevura you display in writing the truth gives you a much bigger "fan club" than numbers of days would.

=====