

**Chizzuk Needed**

Posted by simchastorah - 04 Nov 2024 10:39

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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 chaimoigen - 24 Apr 2025 04:43

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Getting chizzuk. KOMT!

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Re: Chizzuk Needed

Posted by simchastorah - 24 Apr 2025 05:21

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Day 2 "?" - ????? ?????? ???? ?????

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Re: Chizzuk Needed

Posted by simchastorah - 25 Apr 2025 05:23

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Day 3 "?" ???? ?? ??????"

1 - haschala

2 - hemshech

3 - kiyum of hemshech

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Re: Chizzuk Needed

Posted by tzitzis dude - 25 Apr 2025 05:26

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[simchastorah wrote on 25 Apr 2025 05:23:](#)

Day 3 "?" ???? ?? ??????"

1 - haschala

2 - hemshech

3 - kiyum of hemshech

Halevai vaiter (2.0)!!

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Re: Chizzuk Needed

Posted by simchastorah - 25 Apr 2025 07:03

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[tzitzis dude wrote on 25 Apr 2025 05:26:](#)

[simchastorah wrote on 25 Apr 2025 05:23:](#)

Day 3 "?" ???? ?? ??????"?

1 - haschala

2 - hemshech

3 - kiyum of hemshech

Halevai vaiter (2.0)!!

**Warning: Spoiler!**

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Re: Chizzuk Needed

Posted by simchastorah - 26 Apr 2025 21:07

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Day 4 "?"?

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Re: Chizzuk Needed

Posted by authenticaved - 26 Apr 2025 22:26

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Been there, brother. The graveyard of the old streak is often the most fertile soil for building something much more solid and real. (They don't teach you that in GYE grade school — we learn from experience)

Your articulate writing shows that you have a klorkeit in this battle that is more than just "post-fall clarity." And FWIW, I'm getting major chizuk and have a ton of respect for your raw honesty. What a mevakesh.

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Re: Chizzuk Needed

Posted by simchastorah - 27 Apr 2025 04:34

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Day 5 "?"? ??? ???

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Re: Chizzuk Needed

Posted by simchastorah - 28 Apr 2025 11:31

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Day 6 "?"?

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Re: Chizzuk Needed

Posted by simchastorah - 29 Apr 2025 05:40

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Day 7 "?"?

I'm having trouble being ????? this whole ????? as something simply ?????. Though I must say seeing all the support from the chevra in the form of of a click goes a long way. (And for explanation as to my unusual language - I just got off the phone with my Rebbi)

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Re: Chizzuk Needed

Posted by simchastorah - 30 Apr 2025 10:08

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Day 1. Woohoo.

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Re: Chizzuk Needed

Posted by simchastorah - 01 May 2025 06:42

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Day 2 "?"?

Feeling cautiously hopeful that I'm getting back on track. Reminding myself that turning towards acting out truly makes things worse and not better. I need to find the off switch. Kind of grasping in the dark. The ?? of ??? can overcome ???? and the ??????? of the ??? in general. The ??? recognizes not just truth, but the significance of the truth, how what's right and good is something that should be done, with the ?????? to overcome the other ??.

But lately I feel my ??? has grown weak. Knowing what's right in all areas is not nearly the ?? that it should be and that it has been in the past. My experience has been that p\* and m\* is tremendously destructive to the ?????? of the ???. But staying away from these nasty things is not a ?????? it's just avoiding ??????. I don't know of another ?????? other than learning ???????. So I think I need to have more of a focus on ?????, to be ????? my ??? so that knowing what's right and wrong matters more to me, so I won't be like a man wandering in the dark without a light.

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Re: Chizzuk Needed

Posted by simchastorah - 02 May 2025 10:42

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Day 3 ?"?

Thank you HHM for telling me that the falls that I had were born of situations of such extreme stress that they don't undo everything until now.

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Re: Chizzuk Needed

Posted by simchastorah - 03 May 2025 19:21

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Day 4 ?"?

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