

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 - 05 May 2025 05:03

Day 6 "?"?

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Re: Chizzuk Needed

Posted by simchastorah - 09 May 2025 07:46

Day 1 "?"?

Feeling optimistic be'h

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Re: Chizzuk Needed

Posted by simchastorah - 10 May 2025 18:17

Day 2 "?"?

Lets get back on track with a clean week be'h

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Re: Chizzuk Needed

Posted by simchastorah - 11 May 2025 04:19

Day 3 "?"?

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Re: Chizzuk Needed

Posted by simchastorah - 12 May 2025 06:23

Day 4 "?"?

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Re: Chizzuk Needed

Posted by amevakesh - 20 May 2025 23:19

Hey brother, haven't heard from you in a while. How are you doing? I miss your daily updates.

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Re: Chizzuk Needed

Posted by tzitzis dude - 20 May 2025 23:25

[amevakesh wrote on 20 May 2025 23:19:](#)

Hey brother, haven't heard from you in a while. How are you doing? I miss your daily updates.

Samesies. Beat me to it.

Wazzup???

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Re: Chizzuk Needed

Posted by chancyhk - 21 May 2025 14:33

[tzitzis dude wrote on 20 May 2025 23:25:](#)

[amevakesh wrote on 20 May 2025 23:19:](#)

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Samesies. Beat me to it.

Wazzup???

Me three,

Simcha, we need you.....

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Re: Chizzuk Needed

Posted by simchastorah - 22 May 2025 05:53

Day 5 "?"?

Thanks for checking in, it's good to be missed. I had a bunch of falls last week and felt too embarrassed to just keep posting "Day 1". My intention had been to wait until I had a week clean but after the check-ins and even hearing from chancy hagudoil, here I am.

On Sunday I wrote up a few paragraphs about how awful I was feeling from the p & m in so many ways and followed it with a write up of the pros and cons. Naturally the cons far outweigh the pros. It's always helpful for me to make this sort of list. I've been reviewing the list not quite daily since then and it has helped me to stay clean, to not want to do engage in this meshugas.

I've also spent time looking into the nature of my addiction, including with the help of a therapist. In addition to using it as a relief for stress, and especially stress in my marriage, I'm also seeing it as a fantasy of being 'manly'. Having been bullied as a kid left me feeling weak and unassertive. I learned to fear being myself, as being myself had led to the pain of being bullied and made fun of. Imagining myriad beautiful women desiring me is fantasy of being very manly. (I'm a real man, I look at porn all the time!)

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Re: Chizzuk Needed

Posted by yesoidshebiyisoid - 22 May 2025 13:56

Thank you for sharing. I haven't heard the reason of feeling manly before. It's nice to see new insights.

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Re: Chizzuk Needed

Posted by chaimoigen - 22 May 2025 14:39

Chaver,

it takes guts to post. it's humiliating and feels diminishing to come on and tell your friends that you didn't act in consonance with who you really want to be...

But the strength it takes to do exactly that. It takes character and strength to reach out for help from friends, to own up, and it's the **part of you that's higher than what happened** that reaches out to post.

Growth is a multi-step process. And you're helping others and you help yourself. Your search for Chizzuk is Michazeik others, myself certainly included.

Hang on, hang tight, and stay close, please.

Here's a warm hand,

Chaim

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Re: Chizzuk Needed

Posted by chancyhk - 22 May 2025 15:50

[simchastorah wrote on 22 May 2025 05:53:](#)

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Wow! Just Freaking WOW! Getting to a place where you can see the reason underneath all the fluff and fantasy.

Its so simple, all of us just want to feel safe and secure, loved and accepted, valued and appreciated.

Somehow, a certain body part got us fooled into thinking " THIS IS THE SOLUTION!!!" Play with me and everything in life will be fine and dandy.....

If that voice would belong to someone outside us and got us into so much trouble, i would be very hard pressed not to shot him on 5th ave. But because its our own brain, we accept it and let ourselves be drawn deeper and deeper into this fantasy rate hole of nirvana.

Sorry for stealing your thread.....im just angry.

Lets dance Simchas Torah!

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Re: Chizzuk Needed

Posted by vwgye52024 - 22 May 2025 17:25

WOW!!! THANK YOU EVERYONE FOR THE WORDS OF ENCOURAGEMENT AND
INSPIRATION!!! MAKES ME FEEL SO VALIDATED AND NO T ALONE

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Re: Chizzuk Needed

Posted by simchastorah - 23 May 2025 06:56

Day 6 "?"?

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