

I'm really trying to break free!!

Posted by nowitstime15 - 18 Apr 2025 00:33

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Hey all, I'm just using this to write down my thoughts and feelings. I just failed. I let Hashem my father down.

I'm so upset with myself, I get to 8 days clean, then I fail, I get to 14 days clean then I fail and I just can't seem to catch a break. I've deleted all my social media, I just have YouTube. I don't stay on my phone before bed, I still struggle with sleep due to illness. I go to the gym 3x a week and I guard my eyes, I have only male friends (cut out all my female friends over the past few years), I have lots of chavrusa and try and learn Torah.

I feel dirty and disgusting when I've failed. All I think about how disgraceful I am when I shake someone's hand on shabbos and how impure I am.

here's the thing though, I don't want to give up, I keep trying and always will do. I will get to the point where I don't think about doing any aveira in my life time.

I also listen to clean song, I watch clean tv shows. I work hard. And yet a day like today was really tough, even if I using distractions they work for a little bit and then BAM it gets me.

I know deep down that Hashem loves me, but I can't help but feeling that he's super disappointed in me and will not have mercy on me. Maybe that's just my yetzer hara, making me think the worst thoughts.

i don't know if any of this is making sense, but I don't know what else to do.

all I'll end with is, I won't give up, I can't give up, I won't give up on myself or my future family. I want a good life and Hashem has blessed me with a good job, a beautiful family and now I want him to bless me with the chizuk to overcome this huge nissayon and eventually find my Zivug.

I hate to call myself a frum yid, but I am.

I pray for each and every one of you that individually and together we overcome these challenges in life, that Hashem blesses us with the strength and only good/clean thoughts.

Now to wait another 7 days and I'll be physically and mentally clean. I just wish I was physically clean now.

p.s. sorry for a long message.

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Re: I'm really trying to break free!!

Posted by proudyungerman - 09 Jun 2025 19:15

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How's it going, buddy?

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