

140 days+

Posted by hashemisonmyside - 10 Jul 2025 22:48

BH, as I'm writing this post i literally have tears in my eyes, been struggling forever... tried stopping so many times but just kept falling again and again... tried Therapy twice... didn't have the effect to get you to break clean... so have no words to thank this amazing GYE org. (Family) they can pull off what therapists can't so only HASHEM can repay them, Hashem should help you should continue saving lives and spread Kedusha all over the world.

I wanna throw out there about this amazing book ?? ????? ?????? ??????it helps me and lots of others so defiantly worth looking into it. below is a link to amazon.

www.amazon.com/%D7%9E%D7%94-%D7%98%D7%95%D7%91%D7%95-%D7%90%D7%95%D7%94%D7%9C%D7%99%D7%9A-%D7%AA%D7%95%D7%A8%D7%94%D7%93%D7%99%D7%92%D7%A2-Yiddish/dp/1673737560/ref=sr_1_1?crid=2578WDX8QYE19&dib=eyJ2ljo iMSJ9.0Imh4DI6w5cHC7km_W1c4KWdZ2OEU_z89HY_FMXu7Ss.Al-mqXrbivjWVsA2C1SGHT JVqwRy3moZh27Bxh7gi0g&dib_tag=se&keywords=%D7%9E%D7%94+%D7%98%D7%95%D7%91%D7%95+%D7%90%D7%95%D7%94%D7%9C%D7%99%D7%9A+%D7%99%D7%A2%D7%A7%D7%91&qid=1752186859&srefix=%D7%9E%D7%94+%D7%98%D7%95%D7%91%D7%95+%D7%90%D7%95%D7%94%D7%9C%D7%99%D7%9A%2Caps%2C90&sr=8-1

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Re: 140 days+

Posted by hashemisonmyside - 11 Jul 2025 01:06

Tonight is ????? of the ?????? as it's known to be a ?????? for ?????? ??????. ?????? said every ?????? ??? ?????? have the ?????? especially this week,there's some very strong ???????. ??

???? ??? ?????? is super strong msgs

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Re: 140 days+

Posted by hashemisonmyside - 15 Jul 2025 17:08

I'm getting really emotional as I'm reaching 5 months in this beautiful journey, which in the past i tried everything and never worked and it made me feel like the biggest loser, but that all

changed since i started taking advantage of the GYE family and all the recourses they have to offer.

At the same time i want to point out the YH never sleeps (If he would have a way he would do) I had a Nisoyon this morning as i was going to the mikva there was someone there looking for some trouble ??? ?????.... which in the past it would start giving me some severe urges until i would finally give in to act out.... which today it BH ended with just a nisoyon, so that comes to show me that although I'm reaching some significant millstones but the fight never ends it just that as time moves on the fight gets easier...

I would to finish off by wishing everyone loads of Hatzlocha in their fight for freedom.....

===== everything to close down GYE, as he looses lots of business because of them =====
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Re: 140 days+

Posted by davidt - 15 Jul 2025 17:30

What an inspiring milestone - 5 months is truly something to celebrate! Your journey shows incredible strength, especially considering how different this experience has been from your previous attempts. It's beautiful to see how the GYE community and resources have made such a meaningful difference for you.

Your insight about the ongoing nature of this challenge is so valuable - recognizing that reaching milestones doesn't mean the end of nisyonos, but rather that we develop better tools and resilience over time. The fact that what once would have led to acting out stayed as just a test shows real growth and spiritual muscle you've built.

Thank you for sharing this encouragement with the community. Your words remind us all that progress is possible and that we're not fighting alone. Wishing you continued strength and hatzlacha as you keep moving forward on this beautiful journey. May you continue to find chizuk in the community and see many more milestones ahead!

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Re: 140 days+

Posted by hashemisonmyside - 15 Jul 2025 17:36

davidt,

Thx for your Chizuk!!

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Re: 140 days+

Posted by hashemisonmyside - 27 Jul 2025 23:11

Day 159 bh!!

?????? ?????? last week that can chizuk for the gye family

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Re: 140 days+

Posted by hashemisonmyside - 31 Jul 2025 18:22

day 163 bh....

This journey has been one of a kind bh, can't say there isn't obstacles on the way but at least focusing on changing the mindset bh.

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Re: 140 days+

Posted by hashemisonmyside - 26 Aug 2025 19:48

Today is 189 B'H, I tried looking down the mountain today it's really high up it's scary to look down, and hopefully will never fall from so high up, you can break all your bones.....

but keep on talking to my mind that there's no guarantee even after you go sober for a while and you just have to continue keeping all your Gedurim and not let loose because the YH is standing next to you waiting for an opportunity to come to get you....

This Chevra is amazing by giving all the chizuk and tips needed to continue and of course the mentors you can't even thank them enough.

Hashem should help that as we prepare for the new yr to come, I'm sure that up in Heaven this group is a true Kvod Shmayim that everyone here that's doing so much to be Marba Kedusha should be gebenchted with all the bruchas for the new yr to come and we should still be zuche that Mashiach should still come this yr...

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Re: 140 days+

Posted by hashemisonmyside - Yesterday 17:15

Chevra,

the ?????? last week on ?? ??? ?????? should be a strong chizuk for the gye family and if you'd like to get even more chizuk and you understand Yiddish listen to R Shimon Spitzer shiur of last Thursday night too.

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