

From Heaven to Hell

Posted by I will win the battle - 07 Aug 2013 00:54

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Hi

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I am 30 years old, been in kollel or half day learning for the past 9 years. I have a special wife (who knows NOTHING) and 4 beautiful kids.

My story (in very short): I have been struggling with HZL since as young as I can remember, and porn and phone sex etc from around 16. I had good weeks/months and bad ones - it was something I never discussed with anyone.

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Yes, I read the GYE book which is amazing but I am not able to pick myself up again.

I have seen very supportive threads on the forums, and what a great team you are, so I ask you guys please help me to get out of this, to get back up there. I can't fight the Yetzer Horah myself anymore that's for sure, and although 4 weeks ago I would not have dreamt of writing publicly on this forum, it's my way of showing I **REALLY AM DETERMINED TO WIN THIS BATTLE.**

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Re: From Heaven to Hell

Posted by mggsbms - 11 Sep 2013 08:08

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I just read your thread and felt like im reading my own writing. Ive struggled with the same question, i could go on clean for longer periods and then boom for no apparent reason i fall,

then its very hard to get up. ive been struggling a lot this past year and could not get up try as i may, lately i have been clean its going on six weeks now, and the push was an outside motivation. i think the fall comes from a deep unhappiness that takes me over, maybe depression not sure, but maybe you should look into the time frame of your fall if there wasn't some emotional issue that took hold of you.

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Re: From Heaven to Hell

Posted by RebYid90 - 11 Sep 2013 09:42

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howdy

wow, a whole year clean. if i did that and fell, idk what id do or were id be. i always thought it was beatable and if i could just get out id be fine, but im starting to see that, just like many other things , like lashon harah or other midos that need work, its a life time, never ending battle. but i guess i take comfort in the fact that while streaks r great, its more the fact that even when you fall, you still get back up, like rabbi reismen spoke out on the shmuz thats on GYEs home page. anywho, shkoyach for posting KOT KOT

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Re: From Heaven to Hell

Posted by I will win the battle - 12 Sep 2013 00:51

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[tehillimzugger wrote:](#)

I won't win. Hashem will win.

You remind me of a guy I know who calls himself TZ.

He's very respectable in real life.

He wants to "win" so that he can be fully respectable.

Being respected is ridiculous.

Respecting Hashem is gevaldig.

Welcome to GYE.

HASHEM WANTS US TO WIN!!!! We are on the playing field and of course Hashem is playing the cards and helping us.

I want to do whats right and be a good Jew. For respect?! No one in real life knows I am fighting  
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We will win this battle - day by day - they are adding up Boruch Hashem

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Re: From Heaven to Hell

Posted by I will win the battle - 12 Sep 2013 00:59

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Hi Everyone and a Git Gebentched Yor

Ta for all the great tips and links.

BH still clean since R.c. Elul and fighting the battle in full swing.....day by day

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Re: From Heaven to Hell

Posted by I will win the battle - 12 Sep 2013 15:35

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[RebYid90 wrote:](#)

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Yup, you hit the nail on the head! I have learnt exactly this point from what I experienced a few weeks ago. The GYE handbook puts it down very well: When they tested out a soldier in the olden days in Russia, they always faced him against a real tough opponent, and put him on a horse. THE MAIN FOCUS WAS HOW WOULD HE REACT IF HE WAS PUSHED OFF HIS HORSE. Would he give up hope and stay on the floor, or would he get back up and continue fighting.

Much hatzlocho

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Re: From Heaven to Hell

Posted by AlexEliezer - 12 Sep 2013 22:09

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Good to hear you're back on the horse!

Gmar chasima tova

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Re: From Heaven to Hell

Posted by pischoshelmachat - 31 Mar 2014 19:25

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Good Morning Reb "I Will Win",

I see you are once again on the threshold of the "Wall of Honour" I just want to tell you that you are a great source of inspiration to me. I hope one day soon I will be Zoiche to that milestone. Right now I beg HKB"H to give me today as a good clean day.

Yehi Ratzon Shetishlach Hatzlacha B'maasei Y'deichem

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Re: From Heaven to Hell

Posted by cordnoy - 31 Mar 2014 21:27

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Uch!

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Re: From Heaven to Hell

Posted by dd - 01 Apr 2014 13:00

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uch what?

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Re: From Heaven to Hell

Posted by cordnoy - 01 Apr 2014 16:59

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"Hope" one day soon I will be zoche.....me know, and P.S.M. knows that "hope" will get us nowhere!

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Re: From Heaven to Hell

Posted by I will win the battle - 03 Apr 2014 02:44

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Hi everyone, it's been a while

BH I reached 90 days this week. Yes, I have reached this milestone in the past, and even much longer, but, as someone on GYE told me, it's not all about **quantity** it's also about **quality**.

When I first heard about GYE it was a lifesaver - literally, but I just 'watched from the side'. Meaning, I thought if I read up on forums etc that is all I need to stay sober. 4 months later, I learnt the hard way, that this is not so. This led me to SA meetings. BH I have learnt and am still learning so many tools to keep lust under control. Taking it day by day, praying to Hashem for a lust free day, praying for others etc etc.

I just want to say, without GYE, and what it offers, I probably would have stooped even lower. So thanks all you gret guys out there - you are a constant source of chizuk to me

KOT

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Re: From Heaven to Hell

Posted by Sparky - 27 May 2014 03:27

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@IWWTB

Great work on the year. That is AMAZING! It sounds like you really are down and worried about the future right now. Many of us are or were in the same place.

If you are looking to try something new maybe try the phone conferences. They are anonymous. You don't even have to say that you are on. You can just call and listen.

I personally fought for years but now I have no strength left to fight. I gave the to G-d and He Helps me in ways I can't help myself.

I know that when I heard about the calls I did not want to join. I was afraid that I would be admitting to myself that I was an addict or a pervert or some-kind of weirdo. I was also afraid that people might find out who I am.

With time those feelings left me. I will say that if you try a call out you have not admitted anything. You just sat on the call for a few nights. Nothing more.

I personally made some of my closest friends on the calls and although I still fall I am living a new kind of life.

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Re: From Heaven to Hell

Posted by cordnoy - 31 Oct 2017 12:56

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[I will win the battle wrote on 07 Aug 2013 00:54:](#)

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Have you found heaven? One can be lookin' for heaven in all the wrong places. Seems like somewhere along the way you found the right road. We'd love to hear about your journey.

ContinuedContinued hatzlachah

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