

No soldier left behind - Kol Yisrael Areivem

Posted by bear - 11 May 2017 22:34

Shalom shalom,

I have been on GYE for a while (prob between 1-2 years), yet I keep on falling. This is my first time writing on the forum. I had a couple good streaks(though only one over 90) I just fell again after 39 days clean. I have been trying really hard, but I have kept on falling. My problems with the internet started in high school. I tried to stop in 12th grade, it really hurts that in a few days I will be 23 and I am still struggling. That means I have been fighting for 5-6 years and I still have not got my act together. I am really scared, I am behind enemy lines and not sure how to survive.

I could really use some Chizuk...

If any of my brothers in arms have please share.

With much thanks from an aching heart,

Bear

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Re: No soldier left behind - Kol Yisrael Areivem

Posted by bear - 12 Feb 2018 00:25

Watched over my friends shoulder as he was swiping on a dating app the other day. Today saw some triggering ads on side of website. Also stressed out right now. Not in a good state.

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Re: No soldier left behind - Kol Yisrael Areivem

Posted by ieeyc - 12 Feb 2018 02:14

chazak chazak ,be strong and keep on going , hopefully this will pass , our tefillos are with you!

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Re: No soldier left behind - Kol Yisrael Areivem

Posted by Yerushalmi - 16 Feb 2018 14:28

[bear wrote on 12 Feb 2018 00:25:](#)

Watched over my friends shoulder as he was swiping on a dating app the other day. Today saw some triggering ads on side of website. Also stressed out right now. Not in a good state.

Just saw your posts. I did not read the whole thread, so excuse me if what I am saying has already been said. You should not be able to access triggering adds at all. Are your devices filtered? If they are, and adds are still triggering you, tighten up the filter, so you won't see them.

Also, make a big deal around your friends that from now on, you are only going online with a filtered device. Say this out loud to the people you usually associate with, until they all know it. Then, they won't offer you anything inappropriate. You will also be embarrassed to be caught peeking in front of them, helping you avoid holding an unfiltered device, or from "peeking over someone else's shoulder".

Keep on fighting!

A "bad matzav" is also the yetzer's way of upping the ante. DON'T LET HIM IN!!!

The idea of dedicating a fight for a zechus, is great! Even better, if the person you are dedicating it to, is someone you know. Say, a close friend or relative who badly needs a refu'ah shelemah, or a parnassah, or an older single friend/relative who is still looking for their mate. During the last round of fighting in Gaza, when we heard the missiles exploding, and saw their plumes in the sky, I was able to keep clean for a while dedicating my fight to the people in harm's way. (I live in Jerusalem, b"h there weren't too many hits there.)

You can win this fight. But you can never completely banish this yetzer hara. Life is supposed to be about overcoming challenges, and without challenges, we can't grow.

Hatzlachah!!!!

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Re: No soldier left behind - Kol Yisrael Areivem

Posted by bear - 25 Feb 2018 07:39

[Yerushalmi wrote on 16 Feb 2018 14:28:](#)

[bear wrote on 12 Feb 2018 00:25:](#)

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Hatzlachah!!!!

Thanks Yerushalmi!

A lot of great advice in your post, unfortunately I have fallen since I last posted. Though, I plan on implementing the advice you listed going forward. 1 I need to improve my computers filtering, 2 need to make it cleat to my friends I do not want to be involved in certain things, 3 I should again list anchors to stay clean in their merit.

I did a lot of these things before but I became overconfident and stopped, and now I am in the mud.

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Re: No soldier left behind - Kol Yisrael Areivem
Posted by bear - 25 Feb 2018 20:02

Fell again after previous post, actually while I posted I was planning on falling right after, just posted to buy some time. I need to get back on track.

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Re: No soldier left behind - Kol Yisrael Areivem
Posted by ieeyc - 26 Feb 2018 01:53

hi, bear , i feel bad that you fell ,but you should know that those few seconds that you pushed off an aveira is not a small thing ,its GOLD!may those seconds turn into minutes and hours and days etc etc.... hatzlacha!

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Re: No soldier left behind - Kol Yisrael Areivem
Posted by bear - 26 Feb 2018 16:52

[ieeyc wrote on 26 Feb 2018 01:53:](#)

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off an aveira is not a small thing ,its GOLD!may those seconds turn into minutes and hours and days etc etc.... hatzlacha!

Thanks so much!

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Re: No soldier left behind - Kol Yisrael Areivem
Posted by bear - 06 Mar 2018 20:39

I fell again, it has been hard to get a new clean streak going.

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Re: No soldier left behind - Kol Yisrael Areivem
Posted by Hashem Help Me - 06 Mar 2018 20:55

Sorry to hear? Do you have an accountability partner?

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Re: No soldier left behind - Kol Yisrael Areivem
Posted by ieeyc - 07 Mar 2018 01:23

im also sorry to hear, and im sure you are sorry to hear that i fell last night ,if you were following the posts it seems like s/o else fell(mustve been s/t in the air) , i told that guy lets all get up together, and ready ,set ,RESET! and the next guy to fall is a rotten egg

although a guy with the initials L.K. told me that its not a race and instead it should be the next guy to fall is human and the next guy who doesnt try to get up is a rotten egg,gut gezugt! hatzlacha and keep on going!

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Re: No soldier left behind - Kol Yisrael Areivem
Posted by lionking - 07 Mar 2018 02:08

[ieeyc wrote on 07 Mar 2018 01:23:](#)

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Hey, ieeyc,

You can mention me by my username.

FYI: I can forecast the weather just as good as the meteorologist, and I'm telling you, it was nothing in the air. No external force can cause me to act out or be sober. It comes from within.

I'm back up. How about you?

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Re: No soldier left behind - Kol Yisrael Areivem
Posted by ieeyc - 07 Mar 2018 02:42

shucks youre so honest! are you sure it had nothing to do with the north easter storm ? BH im up and aтем too ,~~dont want to be a rotten egg~~ hatzlacha!

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I'm hiding as is already with using a username, no need to do Roshei Teivos for it!

Re: No soldier left behind - Kol Yisrael Areivem
Posted by Markz - 07 Mar 2018 02:58

[lionking wrote on 07 Mar 2018 02:08:](#)

[ieeyc wrote on 07 Mar 2018 01:23:](#)

im also sorry to hear, and im sure you are sorry to hear that i fell last night ,if you were following the posts it seems like s/o else fell(mustve been s/t in the air) , i told that guy lets all get up together, and ready ,set ,RESET! and the next guy to fall is a rotten egg

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You can mention me by my username.

FYI: I can forecast the weather just as good as the meteorologist, and I'm telling you, it was nothing in the air. No external force can cause me to act out or be sober. It comes from within.

FYI: Lk I disagree, at least for me :-(

KOT

Warning: Spoiler!

I'm hiding as is already with using a username, no need to do Roshei Teivos for it!

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Re: No soldier left behind - Kol Yisrael Areivem
Posted by bear - 09 Mar 2018 07:02

I have never really been a music guy, but I started listening. I think it has proved helpful, gives me a healthy outlet, something I need more of.

Anyone else find music helpful?

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