

just joined

Posted by A Brother - 21 Jun 2020 22:07

Hey! first time on the website- this is so incredible... 1st day on the 90 day thing. This has gone waaaaay too far. I feel so filthy and unholy.... this stuff eats my brain and just sucks me out of needing to deal with anything. All the bad mussar shmuzen i have ever heard are playing in my head on repeat. I really want to want to get out of this... like really... its so hard to work up the motivation when its so easy to fall into, and such a perfect escape from reality... but i know its so awful

could anyone offer some advice/support

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Re: just joined

Posted by YeshivaGuy - 17 Dec 2020 23:19

And @ yeshivaguy

I haven't worked up the courage to tell the bro with the password that I have an issue.... but I have been working on identifying triggering situations and the other stuff you suggested and it has been helping! hear ya.

Uts doesn't need to be a super intense convo.

What Ive done is just say "hey, sometimes when u put in the password for something kosher, I'm tempted to also add 'other not such good stuff,' so next time if u can just be on top of me/ask me and make sure I don't do that, thanks."

It's super hard but very k'dai.

I even told my parents this...

Was awkward when my dad asked me, I lied, and he chapped that I lied..... (u can check out my thread by succos time)

You got this!

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Re: just joined

Posted by YeshivaGuy - 17 Dec 2020 23:25

[A Brother wrote on 17 Dec 2020 21:59:](#)

And @ yeshivaguy

I haven't worked up the courage to tell the bro with the password that I have an issue.... but I have been working on identifying triggering situations and the other stuff you suggested and it has been helping

It doesn't need to be such an intense convo.

What Ive done is just say "hey, sometimes when u put in the password for something kosher I'm tempted to add 'other not suck kosher stuff' so next time if u can just be on top of me/ask me and make sure I don't do that, thanks."

Its hard, but it's a gamechanger.

Ive even said this to my parents...

Was awkward when my dad asked me and I lied, and he chapped that I lied..... (u can check out on my thread from succos time)

You got this!!!

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Re: just joined

Posted by YeshivaGuy - 17 Dec 2020 23:27

[A Brother wrote on 17 Dec 2020 22:00:](#)

I feel like such trash right now wow

Feelings are normal.

But you should know intellectually that you are a precious gem! Not trash.

Even a crumpled up 100\$ bill is worth 100\$- just like a crisp brand new one.

Stay strong and stay confident and proud!

You are in the path of Champions!

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Re: just joined

Posted by A Brother - 17 Dec 2020 23:38

Wow that's mad awkward.. haha been there..

thanks though. You're totally right

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Re: just joined

Posted by Youngster - 18 Dec 2020 00:15

Hey brother!

dont let this momemoment define you in your mind even for a second!

a fall is part of the process, remember the only way we learned to walk, talk, drive, or anything else was by trying, failing, learning from our mistake, and... trying again!

pick yourself up, dust off, and just keep going!

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Re: just joined

Posted by OivedElokim - 18 Dec 2020 02:03

A Brother-

We are eagerly waiting to see you make a real comeback. Don't let negativity discourage you. Don't listen to the voice that tells you "your trash for engaging with trash so may as well engage in it more". That's how your Yetzer Hara corners you. If you respond with conviction that "I am not trash, I am better then this" and proceed to prove that-day by day, you will see that voice growing weaker, fainter and less credible.

All the best...

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Re: just joined

Posted by Grant400 - 18 Dec 2020 02:50

[A Brother wrote on 17 Dec 2020 22:00:](#)

I feel like such trash right now wow

If you honestly use this fall and terrible feeling as a turning point, you don't have to feel too bad about it. It's all part of the growing process. But only if you actually start to change, not just plan on it, and as soon as the negative emotions dissipate, it's back to staring at naked animals...

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Re: just joined

Posted by YeshivaGuy - 21 Dec 2020 14:16

So where are we holdin?

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Re: just joined

Posted by A Brother - 21 Dec 2020 18:19

B"h since last fall i havent watched

you guys really keep my head on my shoulders... I really appreciate that you care enough about a bro to keep tabs on me. Thank you. @yeshivaGuy and the rest of the chevrah out here have a piece of this success so far... 4 days havent been easy and you have really encouraged me. Tizku limitzvos. 'scharchah harbeh meod'

Im holding on tight man. Bshem hashem naaseh vinatzliach

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Re: just joined

Posted by YeshivaGuy - 21 Dec 2020 18:37

Of course!

We're all brothers here man, you're "A brother" to us all.

Keep shteiging and keep in touch!

Got the courage yet to speak to ur friend??

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Re: just joined

Posted by Zedj - 21 Dec 2020 18:54

[A Brother wrote on 21 Dec 2020 18:19:](#)

B"h since last fall i havent watched

you guys really keep my head on my shoulders... I really appreciate that you care enough about a bro to keep tabs on me. Thank you. @yeshivaGuy and the rest of the chevrah out here have a piece of this success so far... 4 days havent been easy and you have really encouraged me. Tizku limitzvos. 'scharchah harbeh meod'

Im holding on tight man. Bshem hashem naaseh vinatzliach

We are rooting for you!

Keep posting!

When you post it is mechazek the rabim

Wishing you much success!

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Re: just joined

Posted by A Brother - 21 Dec 2020 19:06

oooh no i dint speak to him yet but i really should... so far the other gedarim are doing well but its no good to leave that door open... thanks for the reminder @yeshivaGuy

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Re: just joined
Posted by OivedElokim - 21 Dec 2020 19:10

Keep on trucking!

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Re: just joined
Posted by YeshivaGuy - 24 Dec 2020 22:30

[A Brother wrote on 21 Dec 2020 19:06:](#)

oooh no i dint speak to him yet but i really should... so far the other gedarim are doing well but its no good to leave that door open... thanks for the reminder @yeshivaGuy

Sooo, where are we holding buddy?

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