

Relapse, staying clean until yeshiva

Posted by onthewayup - 26 Jul 2020 22:37

Hi there everyone,

I have been a member of GYE for years now but have barely wrote on the forum. I have had my ups and downs and right now its a down. A big down. I feel like I have relapsed to my teenage years. It started with a fall after over 200 days clean. From there I got up and pushed another between 30 and 40 days without it happening again. After the 2nd fall it was another few weeks and I fell twice within 2 days. From there I had a 10 day streak when I again succumbed. Now I have fallen 5 times in the past 10 days about. I am a bachur, single. I feel utterly despondent. My hope is to make it until yeshiva starts up (imy"h normally). I am writing here on the forum to put my story out there as a sense of accountability. I have tried my own personal shvous (knasos taphsic) but have unfortunately this has not been able to stop me. I am now just in debt and afraid to do it again. If anyone has any ideas or just some recognition that they are reading this it would be helpful. I will try to give updates for my own accountability. Hopefully this will get me through the rest of the summer.

All the best

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Re: Relapse, staying clean until yeshiva

Posted by OivedElokim - 28 Aug 2020 19:15

Hello. Been poking around here and I like what i see...

I think the right perspective in the context of Teshuva is that succumbing to my temptation in this area (in particular, but this is true of aveiros more generally) impede my ability to connect to HaShem. (That should be the underlying motivation to stop, although it cannot serve as the only one, for obvious reasons).

So when a Jew decided to stop following his yetzer and takes practical steps to hold him at bay, that is the greatest Teshuva possible.

The ??? ????? writes in his ????? ?????? ??? ? that

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Meaning that all other elements that we associate with Teshuva (viduy etc.) are only to enhance or complete the Teshuva.

So if you spend this month of Elul telling yourself and HaShem sincerely that "I am committed to stopping "-that itself is the greatest Teshuva possible.

If you want to read more about the proper perspective regarding the relationship of Teshuva to this struggle, there was a good thread about it recently. Don't remember what it was called, shouldn't be too hard to find...

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Re: Relapse, staying clean until yeshiva
Posted by Hashem Help Me - 02 Sep 2020 00:08

At this stage it would appear teshuva is to do whatever possible to protect yourself. Setting up

filters and other gedarim to stay clean. Getting a GYE mentor. All this announces to Hashem that the individual wants to be good.

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Re: Relapse, staying clean until yeshiva
Posted by YeshivaGuy - 09 Sep 2020 14:45

@onthewayup, how have you been?

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Re: Relapse, staying clean until yeshiva
Posted by onthewayup - 11 Sep 2020 00:39

@yeshivaguy

Hey there,

Thanks for checking up. I am short on time but feel obliged to respond.

I am good. I am only 7 days clean. Had a fell last week. That was after a 20something day streak. So I am on-the-way-up I hope. I am trying set up for future tests and preparing. This is a type of teshuvah.

Thanks again.

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Re: Relapse, staying clean until yeshiva
Posted by YeshivaGuy - 11 Sep 2020 01:18

[onthewayup wrote on 11 Sep 2020 00:39:](#)

I am on-the-way-up

Keep it up buddy!

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Re: Relapse, staying clean until yeshiva
Posted by Hashem Help Me - 11 Sep 2020 03:12

[onthewayup wrote on 11 Sep 2020 00:39:](#)

@yeshivaguy

Hey there,

Thanks for checking up. I am short on time but feel obliged to respond.

I am good. I am only 7 days clean. Had a fell last week. That was after a 20something day streak. So I am on-the-way-up I hope. I am trying set up for future tests and preparing. This is a type of teshuvah.

Thanks again.

Please change your choice of wording. What does "only" 7 days clean mean? 7 days is a major accomplishment. There were times that i truly believed that it was actually impossible to be clean for more than 2 and a half days. Please phrase it "I am BH 7 days clean and b'ezras Hashem moving forward."

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Re: Relapse, staying clean until yeshiva
Posted by onthewayup - 21 Sep 2020 21:37

@hashem help me

Yes I should say I am now 17 days clean and going strong, moving forward

However, I probably picked up the wording from the GYE update page where it says "I am still clean".

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Re: Relapse, staying clean until yeshiva
Posted by Meyer M. - 22 Sep 2020 18:48

[onthewayup wrote on 21 Sep 2020 21:37:](#)

@hashem help me

Yes I should say I am now 17 days clean and going strong, moving forward

However, I probably picked up the wording from the GYE update page where it says "I am still clean".

Admin? Are you getting this? Time for a update!

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Re: Relapse, staying clean until yeshiva
Posted by onthewayup - 28 Feb 2021 04:17

I am long overdue in an update. I am 26 days clean. I have had some rough times recently a few weeks ago falling twice. I am short on time and hopefully I will write again soon but, I want to share one idea. That is; HAVE A FILTER. Preferably one that is foolproof, one that takes screenshots and someone who will oversee it. The reason I am saying this is because all my falls have happened on other devices when I am weak and get my hands on them. I am too ashamed to fall on my regular computer. I am comfortable to be alone with my computer and get work done. Of course being around others is better but this protection is so important. The shame and embarrassment hold me back. I will try again soon, sorry for waiting so long...

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