

My Nisoyin. My Life.

Posted by BeVeryStrong - 14 Jun 2021 19:46

Hi all, I'm new here but I'm not new in this struggle.

I only discovered GYE 2 weeks ago after being on a roller coaster for the last 20+ years (each part of life the struggle coming from a different perspective) and I already feel like a different)

It is really amazing to be part of a group of Yiden that all they want is to work on Kedusha and be close to Hashem. And at same time it is a big Chizzuk realizing that the struggle is real and I'm not alone in this struggle. To be at it first hand just makes it much easier on the front lines everyday.

I have many things to tell, share and take advice on. First let me have this thing started.

person. (Hey, a roller coaster has flat tracks too

BeVeryStrong

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Re: My Nisoyin. My Life.

Posted by HappyYid - 14 Jun 2021 19:50

Hey nice to meet you too!

Hatzlacha on your journey

HappyYid

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Re: My Nisoyin. My Life.

Posted by Grant400 - 14 Jun 2021 20:59

Welcome! Great to have you join!

Sounds like you are in it for the long haul. Browse through past threads and articles, there is a wealth of knowledge waiting for you. Also please update everyone on your progress. By building a relationship with the oilam, it creates a level of accountability that helps on a real level.

Please don't run away.

Looking forward to getting to know you.

Hatzlacha!

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Re: My Nisoyin. My Life.

Posted by bego - 14 Jun 2021 22:38

Welcome! We've all been new here at one time or another and it can be quite a lot to take in. So look around, see what's what and best of luck.

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Re: My Nisoyin. My Life.

Posted by YeshivaGuy - 14 Jun 2021 23:19

Welcome to the family!

Hatzlocha,

YeshivaGuy

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Re: My Nisoyin. My Life.

Posted by Sapy - 14 Jun 2021 23:53

Welcome bro! Nice to meet you!

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Re: My Nisoyin. My Life.

Posted by Zz613 - 15 Jun 2021 03:05

Welcome!

hatzlacha rabbah on you're journey, we're all rooting for you

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Re: My Nisoyin. My Life.

Posted by BeVeryStrong - 15 Jun 2021 04:13

Thanks all for your support and warm welcom

thank you

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Re: My Nisoyin. My Life.

Posted by BeVeryStrong - 15 Jun 2021 04:13

Thanks all for your support and warm welcome

thank you

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Re: My Nisoyin. My Life.

Posted by BeVeryStrong - 16 Jun 2021 02:52

So far so good. A clean mind is the best it can be. Praying to Hashem to save me when the real thing kicks in

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Re: My Nisoyin. My Life.

Posted by DavidT - 16 Jun 2021 18:30

[BeVeryStrong wrote on 16 Jun 2021 02:52:](#)

So far so good. A clean mind is the best it can be. Praying to Hashem to save me when the real thing kicks in

Part of awareness is figuring out what challenges you might face in the future. By knowing what is coming, you won't be caught off guard, and you will be able to prepare for battle.

It's also a good idea to envision challenges arising and see yourself doing the right thing. Visualize yourself holding back from indulging or even leaving the situation. Picture yourself being firm and not allowing desire to awaken and penetrate. And envision yourself saying **no** even if you will want to give in.

It's also critical that you build up your determination before the challenge starts. By firing yourself up in advance, you will have the strength to do the right thing. Rather than being caught off guard, you will be ready and motivated to win. Even better, your desires won't be as strong in the first place.

Keep Strong!

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Re: My Nisoyin. My Life.

Posted by BeVeryStrong - 17 Jun 2021 12:46

Wow! I love to hear these Chizik words and ideas thanks so much. I actually just 2 days ago did exactly what you telling me to do. There's 1 situation that when this happens, in general I would possibly fall but preparing myself for the situation and saying no in advance even before the Nisoiyen is here, this is a major key on overcoming the challenges.

thanks again!

BeVeryStrong

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Re: My Nisoyin. My Life.

Posted by Captain - 17 Jun 2021 13:46

Welcome! Please check out the ebook The Battle of the Generation and the audio series The Fight. You will love them (links are below in my signature).

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Re: My Nisoyin. My Life.

Posted by BeVeryStrong - 18 Jun 2021 03:00

I've reached today 14 days BH. In general 14 days sometimes is really not a big deal (especially in wifes clean days) but after hitting 1 hard fall after another the ???? worm is making its way of destruction and everyday can be as hard as ever to get through. BH I found GYE I'm getting so much Chizzuk and I'm getting so many of my questions answered, there's so much information on here it is simply mind boggling, I literally feel like a kid in a candy store. I can only wish I

found this site earlier but I guess it came in the right time anyway. Let me have my guard on and keep going ????? ???.

I really want to thank to whoever is in charge of this site their ??? is tremendous!

Thanks again

BeVeryStrong

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Re: My Nisoyin. My Life.

Posted by Grant400 - 18 Jun 2021 13:54

14 days is a nice amount! Like you wrote, after some falls, the beginning can be the most difficult. Great to hear.

There's lots of helpful information on this site. Maybe you can document some of the things you found helpful on your thread for reference at a later date. It's always useful to have all the ideas you found inspirational and informative gathered in one place. Also... you never know if someone else will find it helpful.

Keep rocking!

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