

My F2F Journal

Posted by afcf - 29 Dec 2022 03:20

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Shalom,

When I began to pray to HaShem for freedom to P&M 4 years ago, at first it was just a cry out from my Neshamah, to my eyes just a vane effort not to be drown. Even so my conviction was clear I wanted to be Kadosh to HaShem. During these years HaShem has let me overcome M for more than 2 years now, 7 months ago I had a step back for a day seeing P still no M, besides my guard weren't the best specially with de social media and "normal" movies, because you actually can see "soft P", for that reason back then I put some barriers to no see Youtube and close them. These days HaShem has let me be better in my own path to a new hight. I just started F2F to reinforce my Shemirat Einaim to look back to undertand how HaShem has been helping me see my life with other perspective, becuase there are still some parts on my path that are unclear for me and a need them to help others however Im greatfull every day with HS for his mercy.

4 year ago I read the PDF and dint take the aproach of sing up in the comunity, I wasnt ready I guess, I needed to work on my self esteem first. Baruj HaShem now there is a growing feeling of empathy in me that tells me: You need to learn to share.

So yeah, I'm gonna write a journal for these 42 days, bli neder. I honestly don't know why but it will maybe help someone.

Tehilim 31:23

Alarmed, I had thought,

“I am thrust out of Your sight”;

yet You listened to my plea for mercy

when I cried out to You.

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[www.sefaria.org/Psalms.31.23?lang=bi&p2=Psalms.31.23&ven2=Tanakh: The Holy Scriptures, published by JPS&lang2=bi&w2=all&lang3=en](http://www.sefaria.org/Psalms.31.23?lang=bi&p2=Psalms.31.23&ven2=Tanakh: The Holy Scriptures, published by JPS&lang2=bi&w2=all&lang3=en)

I Know for sure HS always hears our prayers when they come from our hearts, so don't let time diminish your prays and don't let the fox win.

With kindness AFCF

### **831003 - Starting with GYE-F2F**

Its a strange feeling, HaShem has been helping me on this journey of 4 years, back then it was unclear was going to happen. Now is clear to me the necessity to reenforce my steps to no going back, arrive with clarity to my marriage and help my own generations.

- Baruj HaShem por un día más de vida.

### **831004 - Set up My Core Values**

While ago I just did exactly that not for the purposes of keep my eyes safe, but for finding some pillars as guidance to find some meaning in life. Re visit that process in this framework was helpful recall me what matters to me the most. Now my mind set is ready to reach new heights.

- Baruj HaShem por un día más de vida.

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Re: My F2F Journal

Posted by afcf - 13 Jan 2023 04:08

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### **831019 - Public transportation**

I like to look through the window because if you're not careful enough you might see something triggering.

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Re: My F2F Journal

Posted by afcf - 15 Jan 2023 04:42

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## **831021 - The escapism**

Toda Raba Aa because You have been helping me to overcome my addictive thinking, to build my self esteem, to cry out to Your merciful being, to understand that I am not saved by my own strength but by Your eternal mercy and your helpful hand, as is said:

### **Tehilim 127:1**

A song of ascents. Of Solomon.

Unless the LORD builds the house,

its builders labor in vain on it;

unless the LORD watches over the city,

the watchman keeps vigil in vain.

[Psalms 127:1 with Connections \(sefaria.org\)](https://sefaria.org/Psalms_127:1_with_Connections)

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Re: My F2F Journal

Posted by afcf - 19 Jan 2023 05:09

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## **831025 - Inner Light**

Today I found myself in a shiurim about stop looking outside for answers, even how our service could be an anchor to avoid facing down my inner self and all the darkness in it, and on top of that, how to stop following outside for answers and looking there within me because HaShem has put them. Running away from me its to avoid pain, suffering, crying, to avoid face down my work, my soul reparation. But when I humble my self before HaShem is when I can reach all lights in that void, ascend them before him to be closer to Him by giving Him all the good and the bad and finally reach a heartfelt Teshuvah.

All that reconnected me with the time I decided stop and give everything to HaShem when I recognized my insufficiency and all my other issues outside of P&M like fear, anxiety, depression, lack of a father, obsessive perfectionism, and others in which I'm still working on. Basically I just was honest first with my self and then saw that without Him I couldn't move forward, since then HaShems light has been helping me out of my misery step by step and

tracing my steps back to Him.

## Devarim 30:1-4

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When all these things befall you—the blessing and the curse that I have set before you—and you take them to heart amidst the various nations to which the LORD your God has banished you.

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and you return to the LORD your God, and you and your children heed His command with all your heart and soul, just as I enjoin upon you this day,

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then the LORD your God will restore your fortunes *Others* “*captivity*.” and take you back in love. He will bring you together again from all the peoples where the LORD your God has scattered you.

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Even if your outcasts are at the ends of the world, *bLit*. “*sky*.” from there the LORD your God will gather you, from there He will fetch you.

- [Deuteronomy 30:1 with Connections \(sefaria.org\)](https://sefaria.org/Deuteronomy%2030%3A1)

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