

what happened to me

Posted by lamaazavtuni - 19 Jan 2025 20:25

Hi this is my first post. I'm planning to share my story eventually levayla I'm just looking to get some Chizik and see who's out here, share our struggles. Im blown away by what iv seen here on gye and i already feel stronger by seeing everybody else's story's and it gave me tremendous chizuk. lets be in touch!!

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Re: what happened to me

Posted by lamaazavtuni - 17 Feb 2025 19:31

Breathless I'm done js, as in the staying clean issue we're teetering but we'll regain our footing. I am noticing a change in how my brain is processing a urge that instead of feeling helpless and panicy and thoughts fluctuating between wanting to just act out and skrew the whole thing to not wanting an pushing off and distracting then calling someone in th middle of this mess. To now feeling some level of control a and getting more comfortable with the fact that the only person to stop the urge is ME (and the only person that has to deal with it after the fall is also me) so bh we seem to be making some progress imh vaiter!!!!!!!!!!!!!!!!!!!!!!

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Re: what happened to me

Posted by altehmirrerr - 17 Feb 2025 21:28

[lamaazavtuni wrote on 17 Feb 2025 19:31:](#)

Breathless I'm done js, as in the staying clean issue we're teetering but we'll regain our footing. I am noticing a change in how my brain is processing a urge that instead of feeling helpless and panicy and thoughts fluctuating between wanting to just act out and skrew the whole thing to not wanting an pushing off and distracting then calling someone in th middle of this mess. To now feeling some level of control a and getting more comfortable with the fact that the only person to stop the urge is ME (and the only person that has to deal with it after the fall is also me) so bh we seem to be making ~~some~~**huge** (mirrer style)progress imh vaiter!!!!!!!!!!!!!!!!!!!!!!

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Re: what happened to me

Posted by ratherstayanonymous - 17 Feb 2025 22:04

Wow your journey is a chizuk for us all!!!! Progress vieter is the name of the game

KOMT

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Re: what happened to me

Posted by lamaazavtuni - 19 Feb 2025 00:20

So I'm jacked up ! Feeling horrible like I'm about to get sick so just ate tons of raw garlic (they say it helps) now I really feel sick

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Re: what happened to me

Posted by m111 - 19 Feb 2025 13:24

I guess now you know that it doesn't work...

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Re: what happened to me

Posted by ratherstayanonymous - 19 Feb 2025 13:38

Unless your looking for a sick day which in that case now you know it works

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Re: what happened to me

Posted by lamaazavtuni - 19 Feb 2025 22:52

I FELL.

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Re: what happened to me

Posted by lamaazavtuni - 19 Feb 2025 23:02

to get off my chest, got into lust mode in a really enticing way it never left and then i gave up .
was hoping somehow to get distracted but i didn't , surprisingly i feel really bad and feel like a

Warning: Spoiler!

but sort of calm [dunno if its cause i haven't really processed that i freaken worked so flipen
hard and gave it up] i relize its not the end of the world. i could still keep fighting even though
now I don't have a good streak, bseder that doesn't x me out. also another heorah its not as
good as i used to think it is even bshas maysa not only after so bh for that

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Re: what happened to me

Posted by ratherstayanonymous - 19 Feb 2025 23:43

[lamaazavtuni wrote on 19 Feb 2025 23:02:](#)

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but sort of calm [dunno if its cause i haven't really processed that i freaken worked so flipen hard and gave it up] i relize its not the end of the world. **I'll ~~could~~ still keep fighting even though now I don't have a good streak, bseder that doesn't x me out.** also another heorah its not as good as i used to think it is even bshas maysa not only after so bh for that

Here's a hug from across the ocean hope you feel it, all that hard work definitely isn't lost regardless of what the streak counter says all the effort you put in tools you learned and prospective shifts you've made are all still there, just don't let the YH convince you otherwise!!

With love and admiration

-ratherstayanonymous

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Re: what happened to me

Posted by lamaazavtuni - 20 Feb 2025 05:05

So obviously once I fell what's wrong with looking at a little prizsus on YouTube?? A lot !!!!
I'm not letting the YH make me feel like a rasha it's only gonna drag me to the dirt. Made myself daven mayriv for the amud after I heard a little voice in my head saying RASHA YOUR GOING TO BE THE SHLIACH TZIBBUR. You bet brother I'm not letting this nefila letsoirech Aliyah define me . I let it define me for way to long not it's time to bring out the real me.

Agutenacht yidden thanks all that were and continuesly are there for me including the chevra that pmed....

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Re: what happened to me

Posted by trying23 - 20 Feb 2025 05:12

Ithink that after the fact this is a good attitude because the YH wants to keep us in the bad

mood so just one more time...

keep it up buddy

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Re: what happened to me

Posted by m111 - 20 Feb 2025 13:38

[lamaazavtuni wrote on 19 Feb 2025 22:52:](#)

I FELL.

This 2 word post makes you a Tzaddik.

To be open about it is what deflates and breaks the Yetzer Hara.

I envy your openness.

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Re: what happened to me

Posted by lamaazavtuni - 23 Feb 2025 01:37

Ahh gut vuch from a dark and sad place here in lamazavtuni land the oiloms a shtikle tzebrachen still from the fall (although thanks a million to everybody on forum and off for chizuk it's literally what kept me going) just feeling very low energy small sheifos and not being the stong person i could be , also speaking with r hhm made me more aware of issues that i have which is also a hard pill to swallow sy from the stuff that are in my control to change and from the stuff thats not in my ability and im just gonna have to suck it up biz ah hundred un tzvuntseg (how comforting) all I know is that this journey opened a freaken hugetrongous can of worms that are crawling all over me and I cant stop them other then painfully picking up each measly worm and removing it one by one.

may we all get the early oiros of adar !!!! To make our days more light and our nights so so bright!!!

Thanks for letting me ramble just drop(very) strstressfull in shtieb right now

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Re: what happened to me

Posted by lamaazavtuni - 24 Feb 2025 02:07

checking in with the oilom in a much better place now shalom b has taken{i make it sound like it happens by itself}a spiral up imh iit shall continue. very exiting day which kept me very ocupied and little time to morn my sorry state. shoutout to not sure if he wants to be named so i guess look who the first thank yous is and its probaly him for giving me his preciuos time that he wanted to spend being koineh oilamois was instead spent on the phone with me darshening all my theoretical theoyrs in how the yh works y what causes it veain efsher lepoirtom ki rabem haim, THANK YOU also slowly seeing a slow trickle of berachah back into my life so thank you hashem!!!!

haveing a shaila/machshava that maybe the chevra here can help me with. At what point do we put religon aside and focus on our mental health, basicaly when do we not learn/do mitsvos to just let ourselves relax or do sfuff we enjoy like listening to music/playing musiic leman chilling and coming to our inner self if its gonna come at the expense of our learning /wife/children /chesed that were involved with? all responses welcome

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