

I'll try to share some of my journey

Posted by trying23 - 03 Feb 2025 19:59

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Today's Hayom Yom

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???? ????? ?? ??? ?????? ??????. One must recite words of Torah copiously, saying Tehillim or  
verbally reviewing Mishna whenever and wherever possible, in order to bolster the existence of  
Creation, to be saved from chibut hakever and kaf hakela, and to merit all the highest  
revelations.

I'm not thinking about the kaf hakela after 120 but this can probably also help our day to day kaf  
hakela when we go from being in the world of torah and being a good person to the complete  
opposite extreme where we follow our eyes and thoughts.

Maybe later I'll post more about myself...

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Re: I'll try to share some of my journey

Posted by hytoo - 18 Feb 2025 13:33

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Good morming! Keep on going have a great day and much hatLocho!

You are the best! A soldier of Hashem!

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Re: I'll try to share some of my journey

Posted by trying23 - 19 Feb 2025 03:58

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I am trying to post regularly and sometimes will just be a thought.

In today's Tanya Perek 26 begins that just as it is in a physical war/fight if one opponent is lazy

and depressed he will be easily overcome, so to in the spiritual battle against the YH he can't win with depression rather with simcha.

Not easy when we're in a bad mood but good thing to keep in mind.

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Re: I'll try to share some of my journey  
Posted by trying23 - 20 Feb 2025 04:29

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Hi all who read this, I officially reached 30 days it's not major and I've done I in the past but this time there are differences. My attitude was a fight against last so I was much more careful of where I'm looking everywhere and anywhere, I also am telling myself this can't happen again and I'm trying to be honest with others and post on the forum.

I got alot of inspiration from other threads and I hope to continue on and on.

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Re: I'll try to share some of my journey  
Posted by trying23 - 20 Feb 2025 04:34

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I learned an very interesting sicha tonight, a siyum on meseches bava basra. Chelek 26 Mishpotim 1

The Gemara speaks about a guarantor after the fact and uses as a example of a lender choking a borrower and a 3rd person passes by and says leave him and I will pay the debt and there's a machlokes whether that is enough. The Rebbe explains that the Golus (read struggle) is choking us and Hashem I the guarantor, we just need to demand that Hashem see our pain.

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Re: I'll try to share some of my journey  
Posted by trying23 - 23 Feb 2025 01:15

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Hey just wanted to update that I'm still here, Thursday night could have been bad my wife wasn't around but bh I behaved.

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Re: I'll try to share some of my journey  
Posted by trying23 - 25 Feb 2025 04:41

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Just wanted to update bh I'm at 35 some days can get hard...

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Re: I'll try to share some of my journey  
Posted by rebakiva - 25 Feb 2025 05:05

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First time seeing this thread, I wasn't so active here lately, besides for a few minutes here and there...

Brother, you're an inspiration, being honest with yourself and admitting to not being honest, is real hoesty!!!

Keep on fighting, connecting with true friends, non-judgmental people, whom you'll feel comfortable sharing freely the darkest secrets of your life, is truly a game changer, helps one validate himself and regain his sanity, and see that after all he really is a regular normal human being!!!

Rooting for you, KOMT!!!

with love Akiva

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Re: I'll try to share some of my journey  
Posted by trying23 - 26 Feb 2025 02:16

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Early chassidim resolved in their souls to refrain from anything that is permissible (by Torah law) but for which they felt a desire and urge. This breaks the passion.

A lesson I take from this is that it's important to start early before the next step is considered a fall. In the past I allowed myself to look here and there because it's anyways not a fall and I anyways can't not look where I'm walking... but now I'm trying to implement that I don't look even if it's "allowed".

Still going, feels like it is going to get harder.

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Re: I'll try to share some of my journey  
Posted by trying23 - 26 Feb 2025 02:19

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Had a really nice conversation with reb akiva and I would love to get to know others but I'm not always good at reaching out.

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Re: I'll try to share some of my journey  
Posted by jollylemur95 - 26 Feb 2025 19:49

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Reb Akiva is gevaldig!!

Just do not let him tell you what a rasha he is. Take it from me. He is tzadik and a mevakesh! (not to mention a talmid chacham as well)

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Re: I'll try to share some of my journey  
Posted by trying23 - 26 Feb 2025 21:32

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Lately I've been feeling like it's a matter of seconds before I can fall again. BH I'm at 36 days

and I know I can't let myself fall but when I'm driving I am constantly taking a second look and looking around and my mind is also starting to wander, it's not so easy to push away anymore. I don't have the feeling that I want to act out (I have had this in the past) I think it's more a feeling of I can't control myself.

Update: I wrote this earlier today which is how I was feeling then bh now I'm feeling much better but this feeling from earlier I'm afraid will be back.

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Re: I'll try to share some of my journey

Posted by lamaazavtuni - 27 Feb 2025 04:32

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Wow I could really relate to that felt the same way from like day 35ish for a bunch of days. Don't have much of an aitsah besides for always remember that your a yiddddddddddd

**Warning: Spoiler!**

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Re: I'll try to share some of my journey  
Posted by trying23 - 28 Feb 2025 01:24

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Feeling a bit blah, started slipping last night and today and in a blah mood.

I'll continue to fight but now I'm not in tthe mood to fix my mood...

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Re: I'll try to share some of my journey  
Posted by boardg - 28 Feb 2025 05:24

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Keep trying.....  
**Warning: Spoiler!**

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