

Hashem Knows Best!

Posted by nowitstime15 - 05 Sep 2024 20:54

Honestly, I feel like a different person. 29 days clean! I feel so fresh, so positive, my mind is cleaner, maybe more energy (although I'm not well in general) and lots more success in work and dating...it's all down to HASHEM!!

The number one thing that has helped me, honestly is to be busy!

I prayed to Hashem for help too. Also I thought about the person I was becoming and decided I didn't like that person at all. I had/have a thought that I just want to be totally pure, totally clean.

1: Get off your phone and read a book, go to the gym, learn Gemara

2: Make sure to get good quality sleep!

3: I've been eating way less and I'm sure it's helped

4: Surround yourself with good, genuine people

5: Change the music you listen to, make it Jewish inspiring music.

6: Daven to Hashem

7: Meditate, think about your real future self

8: Keep busy!

The lesson is in the failing, remember to succeed you need to fail. Don't be discouraged, you can do it, ask Hashem for help in thinking the right thoughts, in acting the right way. Show Hashem you want to change. Go easy on yourself.

I still have a long way to go, but I'm getting there one day at a time.

=====
=====

Re: Hashem Knows Best!

Posted by cande - 05 Sep 2024 23:46

[nowitstime15 wrote on 05 Sep 2024 20:54:](#)

Honestly, I feel like a different person. 29 days clean! I feel so fresh, so positive, my mind is cleaner, maybe more energy (although I'm not well in general) and lots more success in work and dating...it's all down to HASHEM!!

The number one thing that has helped me, honestly **is to be busy!**

I prayed to Hashem for help too. Also I thought about the person I was becoming and decided I didn't like that person at all. I had/have a though that I just want to be totally pure, totally clean.

1: Get off your phone and read a book, **go to the gym, learn Gemara**

2: Make sure to get good quality sleep!

3: I've been eating way less and I'm sure it's helped

4: Surround yourself with good, genuine people

5: Change the music you listen to, make it Jewish inspiring music.

6: Daven to Hashem

7: Meditate, think about your real future self

8: Keep busy!

The lesson is in the failing, remember to succeed you need to fail. Don't be discouraged, you can do it, ask Hashem for help in thinking the right thoughts, in acting the right way. Show Hashem you want to change. Go easy on yourself.

I still have a long way to go, but I'm getting there one day at a time.

i relate to this,

when im bored HELLS gates open up

????? ???? ???? ?

Warning: Spoiler!

=====
=====

Re: Hashem Knows Best!
Posted by thompson - 06 Sep 2024 13:41

Some good points here, not just for porn addicts but for anyone wanting to live a better life.

I do have one bone to pick though.

5: Change the music you listen to, make it Jewish inspiring music.

Find me Jewish music that inspires me as much as Mozart, Beethoven, and (dare I say), Wagner, and we've got a deal.

Oh wait.

Aaron Copland, George Gershwin, Leonard Bernstein. Yup. We got em.

=====
=====

Re: Hashem Knows Best!
Posted by redfaced - 06 Sep 2024 15:33

[thompson wrote on 06 Sep 2024 13:41:](#)

Some good points here, not just for porn addicts but for anyone wanting to live a better life.

I do have one bone to pick though.

5: Change the music you listen to, make it Jewish inspiring music.

Find me Jewish music that inspires me as much as Mozart, Beethoven, and (dare I say), Wagner, and we've got a deal.

Oh wait.

Aaron Copland, George Gershwin, Leonard Bernstein. Yup. We got em.

Shimon Garfinkle?

Something is hidden for guests. Please log in or register to see it.

=====
=====

Re: Hashem Knows Best!

Posted by redfaced - 06 Sep 2024 15:33

[thompson wrote on 06 Sep 2024 13:41:](#)

Some good points here, not just for porn addicts but for anyone wanting to live a better life.

I do have one bone to pick though.

5: Change the music you listen to, make it Jewish inspiring music.

Find me Jewish music that inspires me as much as Mozart, Beethoven, and (dare I say), Wagner, and we've got a deal.

Oh wait.

Aaron Copland, George Gershwin, Leonard Bernstein. Yup. We got em.

Shimon Garfinkle?

Warning: Spoiler!

=====
=====