

GETTING CHIZUK FROM A RICH PAST

Posted by Kedusha252 - 03 Jun 2010 22:04

Dear members of the forum,

Being that the season is changing and winter is becoming a distant memory I decided to get chizuk today by skimming my posts from the past. This exercise helped me re-live some of my strong emotions from the past and helped me stay motivated to keep fighting even though I really do want to give in.

Hopefully I can always maintain a strong desire to fight and never feel like I don't have nisyonos. I want to always feel the gravity of my nisyonos and cope with them in a mature and Torah-dik way.

TRueRatZon.

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Re: GETTING CHIZUK FROM A RICH PAST

Posted by teshuvahilaah - 03 Jun 2010 23:54

Hi, TrueRatZon. Be strong. Hatzlocha rabba.

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Re: GETTING CHIZUK FROM A RICH PAST

Posted by Kedusha252 - 04 Jun 2010 18:48

A gutten erev Shabbos to all!

B"H I have also decided to try to stop biting my nails. This site has really propelled me to strive for self improvement.

Have a nice Shabbos!

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Re: GETTING CHIZUK FROM A RICH PAST

Posted by Kedusha252 - 07 Jun 2010 03:46

Dear Forum,

Even at an Orthodox wedding you can definitely encounter shmiras einayim nisyonos. I am proud of myself because although my eyes wandered a lot tonight at least I thought about the nisayon ahead of time. In the past I would have simply walked into the wedding without feeling the weight of nisayon on my shoulders. But tonight, on the way to the wedding I thought to myself, be careful tonight, there's bound to be a lot of attractive people who may not be properly clothed.

I am tired after the wedding so I would like to point out to myself my mesiras nefesh while typing this post despite my desire to go to sleep.

My face feels a little warm and heavy from past **astur***ation. I hope this feeling can go away soon and I can feel physically and spiritually whole again. My current streak is two weeks. I really hope it grows until the summer. During the summer in camp I can really remain clean and put together almost 3 months of being clean.

Good night.

TrueRatzon.

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