

Starting again

Posted by BS D - 24 Feb 2009 13:35

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Dear everyone, i'm a bochur who has been struggling for a long time to stay clean. I have b"h managed on a few occasions to stay clean for up til 2 weeks but then the y"h wins. I have been reading the forum for some time and have recieved the chizuk emails which i find help alot. I recently just fell and now i wanna pick myself back up to go even further than ever before. Please help me by giving me chizuk, which i find helps me more than anything else. And bs"d we will all realise our sheifos!

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Starting again

Posted by BS D - 29 Mar 2009 02:46

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This is b"h the third time i've renewed my vow(each time for a week) and with hashem's help i havent broken it.

However i have still fallen, there are so many temptations out there and i'm having trouble saying no!

Yet with all that i have still b"h managed to stay clean twice for at least 3 days, and thats a big achievement for me, especially in bein hazmanim. I might have fallen but at least i know that the times i've said no aren't wasted. I just have to keep davening to hashem for help. I know that when i'm doing the right things, like guarding my eyes and doing my bit, He will help and fight the y"h for me! Lookin forward to being clean again!

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Re: Starting again

Posted by the.guard - 29 Mar 2009 11:40

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Beautiful! You are internalizing the message we try to give over on guardureyes! Every little bit you do is priceless, and when you fall - what you DID you is NEVER LOST. See again post #24 on [this page](#).

**Haba Letaher, mesayen Oso...** I saw a nice vort this week. Why does it say "**Misayen oso**" - **Lashon Rabbim**? The chidushei Harim explains that the Malachim created from every time we tried, even if we failed, all together - all the times we tried, they come together and help him

succeed!

That is what happened as well with Rabbi Akiva's rock... drop after drop until it made a hole in the rock. Do you think the first drop made any impression on the rock? I'm sure you'll say not. And the drops that were falling into the hole that Rabbi Akiva saw, were those drops any stronger than the first? No they weren't. And yet, we see how every drop, every single drop, no matter how insignificant, DID INDEED affect the rock in the long term!

So keep trying to guard your eyes, make fences where you see you slipped last time, and keep trying, davening, and always stay BESIMCHA.

And you will succeed!

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Starting again

Posted by BS D - 25 May 2009 11:57

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Hello everyone i feel bad that i haven't been able 2 post for such a long time!

B"h i'm just making a new start yet again in this battle against the y"h. Over the past few weeks i actually broke my previous record of staying clean for 19 days. When i fell i didn't even feel so down- i was just so thankful 2 Hashem for helping me to stay clean for so long! I thought to myself that while we are struggling we don't always thank Hashem for his help, since we are just constantly asking for more help. But once i'd fallen i could look back and see how much Hashem had helped me - i was actually besimcha.

I compared it to a siyum when u thank Hashem for allowing you to finish a mesechta, so to He had allowed me to finish this 'small mesechta' of 19 days. And like in a siyum we ask Hashem for help to finish all the other mesechtas, so too may Hashem give us all strength to finish all the other 'mesechtas' and eventually the whole 'shas' - to be forever clean! That gives me a push to keep going!

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Re: Starting again

Posted by the.guard - 25 May 2009 13:21

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You have a great attitude BSD!

You would enjoy very much to read through the attitude handbook.

Please see [this post](#).

May Hashem give you strength to go even further this time!

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Starting again

Posted by BS D - 26 May 2009 23:02

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B"h its day 2!

I've been going through all the chizuk emails and i have found them a major help. Especially the three part one that quotes dov- i have for a long time tried to work out the way to 'give yourself over to Hashem' and his posts have given great insights in to the subject and i find have been very helpful.

Just one question. Its been often mentioned that there is something deeper inside us that makes us act out. Could u explain. and how do u we find out what it is?

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Re: Starting again

Posted by the.guard - 26 May 2009 23:16

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Something deeper, yes indeed.

See what Dov just posted in reply #8 on [this page](#).

Also to understand better what deeper things are causing this, please read the two Handbooks.

In tool #13 of [the GYE handbook](#) this idea is discussed. And also in [the attitude handbook](#), it is discussed in principles #17 and #18...

And the PDF file which contains translations from a Hebrew book called "The first day of the rest of my life" would be particularly appropriate for you. Please download it [here](#). In those chapters, you will come to understand perhaps why it is that particularly YOU suffer from this addiction more than others. It has to do with particular powers of the soul that are unique to you.

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Starting again

Posted by BS D - 27 May 2009 12:32

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B"h i'm at day 3.

I've been trying to avoid the fight with the y"h and just do rotzon Hashem. So far it is working, although i don't know if this is the y"h letting me go easy so i should relax my struggle or if i'm doing the right thing (maybe both).

Looking forward to a tahor kabolah hatorah!

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Starting again

Posted by BS D - 30 May 2009 22:54

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I fell today!

I know i'm not supposed to, but i feel disappointed with myself. Not the actual fall, but what brought me to there. I had let my guard down.

Well at least i've got another 6 days of saying no to the y"h under my belt. (Pun:-)

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Starting again

Posted by BS D - 30 May 2009 22:56

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Its time to start again!

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Re: Starting again

Posted by the.guard - 31 May 2009 11:22

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If we learn from the falls and make better fences for next time, then we are uplifting the past falls to kedusha! Make sure to read the "Attitude handbook" well... And of course, the GYE handbook will help you explore new tools and options that you have not tried yet. Instead of same old, same old, and another fall in a few days, read the handbook and start to try NEW tools that you haven't tried yet. Each time you fall, advance to the NEXT tool and try something NEW.

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