This is going to be the time I get to 90!
Posted by Realestatemogul - 22 Aug 2018 21:39

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Hi everyone,

I have met a bunch of you already (Cordnoy, YBS, Chaim2009, Schnitzel and Kugel, etc.)

This past week has been the first time I really engaged on GYE.

I have seen how others have benefited from GYE and how it helped them FINALLY break free.

I am posting this thread of my 90 day journey because I don't want to leave this up to just my own abilities. My own abilities have always failed me and put me back into the never ending cycle.

My past history is full of sexual challenges that make acting out natural. I won't go into details but getting a laptop with unrestricted internet for my bar-mitzvah wasn't exactly the most beneficial present. I understand that on my own I will never be able to conquer this challenge. I may be able to go a week, a month, or even a few months without acting out or watching inappropriate things. But ultimately I haven't been able to stay clean.

I want to take this post to say that I will try to from now on surrender my challenges and realize that only Hashem can let me overcome these ever hard feelings. I can not and will not try to beat this on my own. The talmud talks about the yetzer hara showing even the greatest Tzadikim that they are no match for him. I certainly am no better. However, I do have Hashem. I truly believe any test Hashem gives us we can pass and that means he will let us pass. It may just be that he wants me to use the tool of GYE that he gave me.

I am now on my 9th day clean. I have been here before many times. This time WILL be different. This time I WILL make it to 90 days. This time I WILL stay strong. This time I WILL surrender to Hashem. This time I WILL break free!

BUT, I can only do it with all of you AMAZING poeple's help!

Please cheer me on, console me, and encourage me on my journey.

Looking forward to celebrating 90 soon!

Thank you!

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Re: This is going to be the time I get to 90!
Posted by Hashem Help Me - 21 Dec 2020 12:34

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Realestatemogul wrote on 20 Dec 2020 16:29**:**

Bh I haven't watched any p$%n in my falls.

I have (with this account) 859 cumulative clean days!! I am not giving up and I will continue to do everything I can to break free!

Please continue to support me on my journey - it is extremely appreciated!

Gadlus! What an attitude! Instead of that yi'ush we all know of, REM looks at the big picture. In real life, a single fellow with 859 cumulative days means that BH he is basically cured from being controlled by urges. In real life we sometimes slip with lashon hara, anger, or like in this case mz"l. It does not mean we are back to where we started. Secondly, the complete absence of pornography shows that REM has bli ayin hara convinced himself that pornography is toxic poison and simply stays away. He will iyh have one very fortunate wife..... May Hashem answer his tefillos for that soon!

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Re: This is going to be the time I get to 90!
Posted by Shnitzel and kugel - 22 Dec 2020 14:51

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Amein!

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Re: This is going to be the time I get to 90!
Posted by excellence - 22 Dec 2020 19:33

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This thread is truly unbelievable, It's just given me so much Chizuk. All i can say is REM you are Living a life on a higher wavelength than many of us. Your gevuras hanefesh has blown me over, you literally are blowing the Yetzer Hora head on. Keep at it. Keep on inspiring us.

With deep admiration for people like REM who know what it means to choose whats right in life.

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Re: This is going to be the time I get to 90!
Posted by Realestatemogul - 25 Dec 2020 06:09

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Thank you all for the very kind words!

I was recently extremely humbled by watching a certain huge talmid chacham being interviewed. When asked how the talmid chacham was able to become who he was, he said he was blessed with a very easy life. He grew up in a home that Torah was paramount, so it was only natural for him to spend so much time and effort in his learning. That was his response.

I have no doubt this talmid chacham has had many challenges and that the y''h didn't just let him have it easy. However, he clearly had the attitude that it is easy and that he is just doing ratzon Hashem.

There is a mussar concept to make a nisayon less and increase emunah (slightly misquoted but you will get the concept). We see it when Yaakov went to Rachel and Leah about leaving their fathers house and explained all the hardships that he went through, and they responded agreeing that it was rough for them. There is a major question! Hashem just told Yaakov to leave Lavan! He should have said Hashem told us to leave and we are out of here, and Rachel

and Leah should have said, "we will do it because Hashem said!" The lesson is that a person should make a nisayon less challenging if possible and not say it is hard but I will do it anyway.

I think that is what the Talmid Chacham was saying that he had it easy. He had trained himself that it was only natural for him to become a Rav and learn Torah, so he was able to stay focused and not get distracted by other things.

Maybe that can be applied to our challenges as well. The most important thing that has helped me get to where I am was/is **attitude.** When I finally stopped being so harsh on myself I was able to start getting above the water. When I started to celebrate every victory I started to realize that I could overcome this! I think that is this same concept of lessening the challenge.

When I came to GYE I thought it was an (almost) impossible thing to break free. Ironically, the more I was able to convince myself how possible it is to break free the more I broke free.

Breaking free is really attainable!!! Everyone can break free and it just takes a little bit of effort every day!!! Every second you are clean is worth more than you can imagine!!

Day 8 and onwards!

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Re: This is going to be the time I get to 90!
Posted by Hakolhevel - 27 Dec 2020 03:29

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Realestatemogul wrote on 25 Dec 2020 06:09**:**

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5 Star post!

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Re: This is going to be the time I get to 90!
Posted by Ish MiGrodno - 27 Dec 2020 06:00

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I could not have said this better. Mega Dittos!

If my battle/journey could be public, I would frame your post and hang it in my office..

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Re: This is going to be the time I get to 90!
Posted by Realestatemogul - 01 Jan 2021 18:20

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Day 15

V'kam, V'kam, V'kam

Day by day

Stay focused

Hashem loves you

I can do it

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Re: This is going to be the time I get to 90!
Posted by Grant400 - 01 Jan 2021 18:57

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Realestatemogul wrote on 01 Jan 2021 18:20**:**

Day 15

V'kam, V'kam, V'kam

Day by day

Stay focused

Hashem loves you

I can do it

No cliches here. You are inspiring and a role model. Thank you!

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Re: This is going to be the time I get to 90!
Posted by Realestatemogul - 04 Jan 2021 04:11

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So I had a tough day, but BH I have a good partner and we came up with a game plan. Some exercise and finding a way to be productive helped me get through the day.

During the process, I thought of a vordt. I always wondered why Yaakov fought with the saar shel esav the whole night, and then magically in the morning when the saar shel esav had to leave then Yaakov was victorious. Why did the fight take the whole night, and what magically happened in the morning that it ended. So we know Rashi explains that in the morning malachim have to go say shira and that is why the saar shel esav wanted to leave. However that doesn't explain why until then Yaakov couldn't beat him and only then he was able to.
Day 18 - Chai!

I thought that maybe pshat is the idea that gets thrown around GYE alot. Distracting and delaying is a great tactic against the yetzer hara! We know the saar shel esav also represents the yetzer hara, and maybe that is the lesson we are meant to learn. They fought until Alos Hashachar, because Yaakov understood that you need to just fight until the yetzer hara leaves. Stay strong and wait until the yetzer hara is gone, and right when it needs to leave and you no longer are tied to it's shackles, then you can tell the yetzer hara who is the real boss! Who really won the fight!

Don't try and take the yetzer hara head on, because you will lose. Be like Yaakov and wait. Learn some Torah, be productive, and then when the yetzer hara is gone celebrate your victory!

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Re: This is going to be the time I get to 90!
Posted by Realestatemogul - 10 Jan 2021 05:53

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24

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Re: This is going to be the time I get to 90!
Posted by Realestatemogul - 12 Jan 2021 04:27

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26 - #Gematria

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Re: This is going to be the time I get to 90!
Posted by excellence - 12 Jan 2021 06:13

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Just to say, Everytime I open this thread, I am inspired. @realestatemogul, the world need more people like you.

With admiration

excellence

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Re: This is going to be the time I get to 90!
Posted by Grant400 - 12 Jan 2021 13:19

_____

excellence wrote on 12 Jan 2021 06:13**:**

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Re: This is going to be the time I get to 90!
Posted by Realestatemogul - 19 Jan 2021 05:30

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I am on 33 so only one more week to my initial goal of 40 days...

Although I am only at 33 days, I feel stronger than before I fell on my 272 streak and maybe even my 362 streak....Knowing that I will continue to get back and fight for my shmiras habris gives me comfort and helps me realize that I don't need the shmutz!

It doesn't make it easy, but it makes it more manageable.
I appreciate the kind words!

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Re: This is going to be the time I get to 90!
Posted by Realestatemogul - 25 Jan 2021 03:51

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39 days. One more day until my 40 day goal.

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