

Making it happen

Posted by iwillnevergiveup - 15 Oct 2019 17:38

I am starting my own thread today to keep myself in check to keep up my daily learning, update my chart, and ultimately conquer desire for good. I recently made it over 50 days and know I can do it.

I hope all chime in, and would like to keep this thread for inspiration, for people to post their milestones, and most importantly each other to look out that no one "falls off the band wagon".

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Re: Making it happen

Posted by benploiny - 24 Jan 2020 10:34

Dear iwillnevergiveup

your determination and the quality of staying focused is exceptional, your amazing

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Re: Making it happen

Posted by ??? ???? ???? ??? - 27 Jan 2020 01:06

I love your username, iwillnevergiveup. I'm rooting for you!

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Re: Making it happen

Posted by iwillnevergiveup - 27 Jan 2020 05:40

Day 104

The yetzer hara is brilliant in the way he can try twist your thinking. Pushing full throttle to fight his renewed efforts.

To all the “New faces” here welcome. Stay around I promise you it’s possible. It will take real effort, you have to fight the war on all fronts.

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Re: Making it happen
Posted by DavidT - 27 Jan 2020 15:58

[iwillnevergiveup wrote on 27 Jan 2020 05:40:](#)

Day 104

The yetzer hara is brilliant in the way he can try twist your thinking. Pushing full throttle to fight his renewed efforts.

To all the “New faces” here welcome. Stay around I promise you it’s possible. It will take real effort, you have to fight the war on all fronts.

@iwillnevergiveup ... I guess your name defines you a lot!

Rav Dovid Leibowitz, zt”l, taught how to figure out whether our inner voice is being manipulated by the yetzer hara. The secret is to determine whether our feelings cause us to serve Hashem better or worse. Does this voice get you to act and learn with zeal, or does it get you depressed?

After the speech is over, do you feel motivated to succeed, or are you uninterested in doing anything? Do you feel capable of becoming the person you want to be, or do you feel worthless? Ridiculing thoughts make you feel like a helpless loser.

Clearly, they come from the yetzer hara. Who else wants to drag you down? Who doesn’t want you to accomplish? Who is sick enough to tell you that you are horrible and can never escape it? It is all from him! He is trying to make you despondent so he can crush you.

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Re: Making it happen

Posted by iwillnevergiveup - 30 Jan 2020 06:10

Day 104

Recently, multiple people expressed lack of hope for themselves and fear of punishment.

We all have to answer for our actions one day. I won't deny that.

A few points want to share that may help you with these concerns.

1. If your life wasn't "worth it and you were too far gone" Hashem would've ended your life. The fact you're alive is proof you are here for a reason and still have a LOT of hope.

2. You were put on this world to struggle in different areas of life and spend a lifetime working on it. Part of the Nisayon you have, may be to get back up after falling down.

3. You Can do Teshuva, and regretting the past,

changing now and not doing it again, still works even if do fall in a month from now.

4. Every second you fight even if you eventually fall is worth millions. And those zechusim you get from fighting, help protect you in the future.

5. If you're stuck in a rut, you need some serious inspiration to get you going. That means not just right now,

start reading, watching, listening to content from this site on hourly basis not twice a week.

Good,luck

Iwillnevergiveup

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Re: Making it happen
Posted by iwillnevergiveup - 31 Jan 2020 21:26

Day 108

You feel like your fighting and than hashem gives a challenge that seems mind boggling, tell yourself hashem obviously knows I'm am growing and that I'm holding on the level to overcome this higher step of a greater challenge.

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Re: Making it happen
Posted by Elya K - 04 Feb 2020 00:55

Ideally I don't want to reach the point where I get tempted, but when I do I use "Play the Tape Out" skill to help me see the consequences of my own actions. In other words I step back and say to myself, last time I did this, I upset my wife, I felt guilt and shame and is a few minutes of looking going to be worth going through that misery again.

What about you? Have you ever used this? What do you use to help you in the moment?

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Re: Making it happen
Posted by iwillnevergiveup - 05 Feb 2020 06:56

I generally say stop it's not worth because ...

more to the point of what you're about to do has multiple consequences and you'll regret it.

But why am I crossing lines I haven't crossed in 2-3 months?

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Re: Making it happen
Posted by iwillnevergiveup - 08 Feb 2020 19:32

I see having a goal makes a lot easier, so I have a new goal of getting to 150 days.

Whoever has anything to share about staying strong long term please share.

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Re: Making it happen
Posted by Dave M - 09 Feb 2020 01:36

Keep posting and staying connected to GYE.

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Re: Making it happen
Posted by Realestatemogul - 09 Feb 2020 05:14

Keep staying strong!!!

Take it one day at a time and have good fences!

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Re: Making it happen
Posted by iwillnevergiveup - 13 Feb 2020 18:54

Day 121 Today's daily boost is so true.

Next time a challenge comes your way listen to it. It really helps breakdown how right now you aren't thinking and just wait.

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Re: Making it happen

Posted by iwillnevergiveup - 16 Feb 2020 06:42

When the yetzer hara tells you just a little, not all the way he's basically saying let's go to a place where you can't make proper judgment, and than over there you'll decide whether to stop or not.

Say Not now

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Re: Making it happen

Posted by iwillnevergiveup - 20 Feb 2020 06:11

Day 128

There were times when I thought after so much work and real effort, I've overcome this challenge for the most part. Yet I would say the last week has been my hardest since day 90.

I realize it's the Constant work that made it easier as I go along. The fact I've done it for this long proves I can do it and Must do it.

I know what works and I've seen great success when I stick to it. But ever so slowly the yetzer hara knows how slowly tone it down little by little till you are totally exposed to the fire.

I need to rethink what I can do, to keep myself accountable to my schedules and actually keeping up the chizuk.

Iv anyone has anything to add or recommend, please post it, so we can all grow.

Thanks,

Iwillnevergiveup

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Re: Making it happen

Posted by Hashem Help Me - 20 Feb 2020 12:29

A bochur approached the Lev Eliyahu - Rav Elya Lopian zatzal to request permission to leave yeshiva to attend a wedding in a location not known for being a paragon of tznius. He told him not to go. The bochur responded, "Rebbi, I won't have hirhurim", to which Rav Elya responded, "Give me your name and your mother's name." "Why?", asked the boy. The Lev Eliyahu responded, "I am 85 years old, half blind and half deaf, and when a lady walks past the door of the bais medrash, I have hirhurim. You a teenage bochur, in the prime of life with working organs, don't?! You must be ill! I need to daven for your health!"

Putting this into perspective, years before, the aged Sfas Emes stood up for a young Elya Lopian despite his youth, claiming that he sensed Elya had experienced gilui Eliyahu HaNavi. Obviously he was a great tzaddik already back then. And this is the man testifying that at an advanced age and with compromised faculties, he still experienced challenges.

The message. Be aware experiencing challenges and triggers is normal and to be expected. You can be a great tzaddik and still have tough moments. Our actions are what count. Are we protecting ourselves as best as we can? Do our devices have filters? Do we avoid triggering locations whenever possible? Do we have chaverim that we can reach out to for some chizuk? Or do we access the forums or a chizuk sefer from time to time? Do we prepare a plan when we know we will be presented with challenges - example - business trip, airport, hotel? (Similar to preparing for Shabbos or kashrus concerns in those situations.) Is all the above being done in a panicky way, or do we make it a normal part of our lives - second nature?

We don't need to get tzebrochen seeing that this is a lifetime challenge. We don't get down about lashon hara being a lifetime challenge. We just deal with it. So lets be men, and with

syatta d'shmaya do what we know we need to do.

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