

Daily post about my struggles

Posted by Doitforhashem - 18 Oct 2019 19:37

So I fell today which was Eruv Shabbos. I don't know how anyone feels, it it feels terrible. Being that I want this victory (90 days) so badly, I came on to guard your eyes, and I've seen that people suggested to post daily. I'm gonna start, Bli neder, to post daily.....HERE WE GO!

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Re: Daily post about my struggles

Posted by Doitforhashem - 18 Nov 2019 05:27

Today went very well thank god. i had a very busy and productive day and ready for tomorrow.

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Re: Daily post about my struggles

Posted by Doitforhashem - 20 Nov 2019 07:19

Hey guys I know that i didnt post yesterday, its because i wasnt home last night and didnt have access to a computer. I was busy both yesterday and today and i see thats something that reall yhelps which is keeping yourself busy!!! Boredom is really bad. When i stay busy, it really helps my mind mind not wander. thanks guys and looking forward to another great day tomorrow!!!!!!!!!!

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Re: Daily post about my struggles

Posted by Doitforhashem - 21 Nov 2019 04:05

I was just in bed and about to goto sleep and I suddenly realized that I didnt check in with you guys today. A word is a word and i said that Bli neder im not gonna miss a day. B"H another productive day in yeshiva and studying keeping busy not allowing my mind to wonder places it shouldnt. Looking forward to another day full of kedusha.

One day at a time.... Its the only way.

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Re: Daily post about my struggles

Posted by Doitforhashem - 22 Nov 2019 08:14

went through another day in yeshiva and studied a little for college and thank god, stayed busy!!!! another victory.

everyday is a big win in the world we live in.

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Re: Daily post about my struggles

Posted by Doitforhashem - 24 Nov 2019 06:30

didnt have time to post on friday and was kinda used to logging in at night (which obviously cant happen on a friday night)But thank god stayed busy on friday with some school work and motzei shabbos, i went out and socialized which is just great for your overall mental health and hapiness which in the end should push us away from these external cheap pleasures...

Going to to bed now and looking forward to another day tomorrow.

THANK YOU HASHEM.

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Re: Daily post about my struggles

Posted by Doitforhashem - 25 Nov 2019 05:44

STAY BUSY. STAY BUSY I see its so important to stay busy because it doesnt give your mind a chance to wonder. I had some free time today so i took some leftover food that i had

from shabbos, and brought it to a place where there are people that cant necessarily afford food. When i did this, i felt good about myself and thought who needs this fake garbage (inapropriate material) in my life to make me feel good.

this is real simcha, looking forward to another great day tomorrow.

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Re: Daily post about my struggles

Posted by Dave M - 25 Nov 2019 14:19

[Doitforhashem wrote on 25 Nov 2019 05:44:](#)

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Amazing! Thanks for keeping us in the loop on your journey

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Re: Daily post about my struggles

Posted by DavidT - 25 Nov 2019 17:19

"Pitachta saki vate'azreini simchah: You have opened my sack and girded me with joy" (Tehillim 30:12). I have heard it explained that "opened my sack" refers to giving and providing. With an attitude of outward focus, one finds true joy.

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Re: Daily post about my struggles

Posted by Doitforhashem - 28 Nov 2019 07:18

Hey Guys, I know that i didnt post the last two days, so happened was that basically two nights ago i felt weaker than usual so i logged onto gye, onto my hope page, where you can get a little boost of chizuk/inspiration. And i didnt want to log with you guys until i made it through the night. B"H, I did and i just fell asleep and forgot to log. And yesterday it just completely slipped my mind, which may be a good thing, i think. idk. hope everyone is doing well, staying busy and may this new month be a month of pureness and holiness

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Re: Daily post about my struggles

Posted by Doitforhashem - 04 Dec 2019 04:29

hey a guys i know its been a couple of days. i wasnt really around my computer much but i felt my guard going down and becoming weaker because i havent checked in with youy guys..... so im here now. again, been pretty busy lately, yeshiva, work, firends... B"H doing well overall. have great week guys

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Re: Daily post about my struggles

Posted by Realestatemogul - 04 Dec 2019 04:45

Hey!

You seem to have a lot of strength and I look forward to following your journey for inspiration! My one tip would be to log on and post on your forum and more importantly others, when you are "weaker" instead of waiting to see if you make it through the night. That will HELP you get

Keep it up!

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Re: Daily post about my struggles
Posted by Doitforhashem - 23 Nov 2020 06:35

I'm back! Not really sure why I stopped but I had an unbelievable conversation with @Grant400 and he really made me get back in here. Just to update everyone here I'm now 18 days clean from all types of acting out and I really need you guys and Hashem to help me. Luckily hashem is helping me and gave this insane tool, GYE!!! I hope to log about how I feel and if I could get feedback or tips from anyone, that would literally mean the world to me. Love you guys !!!!

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Re: Daily post about my struggles
Posted by Doitforhashem - 23 Nov 2020 06:40

Hey, I know it's been a while. Your totally right I want to do this for myself so badly. It just sounded like a good username in the moment. Didn't think so deep into it. That is a very good point that you make though and will definitely try to do that.

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Re: Daily post about my struggles
Posted by Doitforhashem - 24 Nov 2020 05:17

Hey guys, As you know I'm a single bochur trying to whether this storm of toivas. I just came back from a vort, and there were so many girls my age in tight skirts and dresses, my hormones are raging. If there's someone that can give me a little chizuk that would be amazing. And kudos to @Realestatemogul for giving me the idea to come here to you guys when I'm weaker as apposed to when everything is going great.

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Re: Daily post about my struggles
Posted by Hashem Help Me - 24 Nov 2020 12:36

[Doitforhashem wrote on 24 Nov 2020 05:17:](#)

Hey guys, As you know I'm a single bochur trying to whether this storm of toivas. I just came back from a vort, and there were so many girls my age in tight skirts and dresses, my hormones are raging. If there's someone that can give me a little chizuk that would be amazing. And kudos to @Realestatemogul for giving me the idea to come here to you guys when I'm weaker as apposed to when everything is going great.

That's a tough situation. But what has worked for many is to say a few kapitlech tehillim for those girls. Hashem should give them an easy day, find the right shiduch, pay their bills, feel well, etc. By doing so you remind yourself that they are people, not objects or toys of fantasy. They are someone's wife, daughter, sister, friend. They are off limits to you completely. By davening for them we de-objectify them which kills the taiva immensely.

In general by simchos, plan in advance. Figure out the safest time to arrive and after the initial mazel tovs, "park" yourself with the guys. This is very applicable by chasunos too. Although they may serve better food by the ladies' smorgasbord, do yourself a favor and stay by the men. After the chupa, daven mincha or maariv in the chupa room, giving a chance for all the mingling to settle down as people head to the meal. Etc. etc. etc. If one fails to plan, he plans to fail....

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