

Going to do this

Posted by Meyer M. - 05 May 2020 13:12

was clean for 24 days, I never in my mind would've thought I would've been able to do it, I though I was going to be clean for a week at most and here we are at 3 weeks (24 days), unfortunately I fell but I'm looking forward to seeing what I can do next

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Re: Going to do this

Posted by starting - 05 May 2020 13:16

You're doing amazing! Great attitude!

Keep us posted

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Re: Going to do this

Posted by DavidT - 05 May 2020 15:19

[Meyer M. wrote on 05 May 2020 13:12:](#)

was clean for 24 days, I never in my mind would've thought I would've been able to do it, I though I was going to be clean for a week at most and here we are at 3 weeks (24 days), unfortunately I fell but I'm looking forward to seeing what I can do next

If we were trying to stay clean and had a fall, we must realize that we haven't lost anything that we gained until now. We simply have to get up and continue from where we left off. The Steipler once told someone who complained to him about how difficult this struggle was, that the times we fail are erasable, but every time we pass a test is a *Kinyan* that's ours to keep forever. Even if we are successfully *misgaber* (overcome) only once in a while at first, this initial *hisgabras* will ultimately lead us to break free completely.

So if you were doing great for a while and had yet another fall, don't despair! Trust that Hashem had much *Nachas Ruach* from your spiritual successes, but he wanted you to take it **to the next level** and therefore he gave you these pitfalls, even though he knew you would fall.

What makes a person great is his ability to get back up, despite his falls. And *davka* by having to renew our determination from the ground up, we are rocketed into a much closer *Kesher* with Hashem than we ever had before!

Instead of getting down on ourselves after a fall, let us reflect back on how many times we *did* manage to say “no” to the *Yetzer Hara* before he won us over now! Let’s recall the many tens - if not hundreds - of times during the past clean-streak that we didn’t give in to him! We definitely have **the upper hand** in this war. He is determined to make us feel down so that we should continue to slip. But let us focus on the overall picture. Even though we may have lost a battle now, we are still winning the war. Let’s rejoice about our successes and get right back up for the next round, where B’Ezras Hashem, we will do even better!

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Re: Going to do this
Posted by Meyer M. - 06 May 2020 02:35

Day 1: i dont expect to post every single day but I'll see depending on how things roll, today after the fall were some times of feeling like continuing off the cliff, thankfully thats over. I hope the fact that i didnt go specifically to emiss (was a mistake) hopefully makes it a little easier to bounce back

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Re: Going to do this
Posted by Singularity - 06 May 2020 04:57

Well done for bouncing back!

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Re: Going to do this
Posted by Meyer M. - 07 May 2020 01:26

Day 2: still going strong, controlled my thoughts a lot more and used the lessons from the previous fall to lead them out of my head. I have to say learning is becoming quite easier (although its still a challenge to work out) and I hope to add a couple more shiurim (e.x.

shmuz.com) to my schedule, if anyone knows of any such shiurim online that would be great, and I would really appreciate it.

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Re: Going to do this
Posted by Singularity - 07 May 2020 03:24

Rabbi Orlofsky's podcasts on Torahanytime will always give you a cheer.

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Re: Going to do this
Posted by givemechizzuk - 07 May 2020 15:24

i needed this. i also went for over a while not falling after just starting out and now just fell. hearing you struggle with the same thing and getting back up, inspires me to do the same.

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Re: Going to do this
Posted by Meyer M. - 08 May 2020 04:03

Day 3: kept myself occupied the whole day today and had no issues throughout the day, too easy if you ask me, but if it works then so be it. gonna give torahanytime a run tommorrow, thanks for the suggestion

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Re: Going to do this
Posted by Meyer M. - 08 May 2020 04:04

Rabbi Orlofsky's podcasts on Torahanytime will always give you a cheer.Thanks! definitely will listen in

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Re: Going to do this
Posted by Meyer M. - 10 May 2020 05:12

Day 4: Friday not much here, busy whole day

Day 5: Had a beautiful shabbos, had a few thoughts but quickly moved them on

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Re: Going to do this
Posted by Singularity - 10 May 2020 07:09

Rockstar!

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Re: Going to do this
Posted by Vetaher1 - 10 May 2020 15:12

keep it rolling! you're gonna get there!!

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Re: Going to do this
Posted by #makelifegreatagain - 10 May 2020 22:49

You have an awesome attitude! Keep that up and the Yetzer Hara won't stand a chance. keep it up!

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Re: Going to do this
Posted by Meyer M. - 11 May 2020 03:43

Day 6: yknow this feels almost too easy, I would say i feel like im walking into a trap but i dont know, maybe its easy right now because i had 3 weeks to change my addiction needs and now i dont need it as much, then again maybe because im investing so much time into reality, I dont feel like wasting any time in fantasies? i dont know, im just happier than iv been in a LONG time

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