

A Huge Yasher Koach for 22 Days!

Posted by NachalNovea - 10 May 2020 16:11

Hi everyone, not the usual type of guy to be writing on these things but I am clean 22 days!

No special number to that, but that number of days includes weekends at home, coronavirus & being alone with technology for a long time, and battles.

Battles that without reading the experiences and simple victories of the holy chevra here, I would not be anywhere near 22 days. Simply reading what we are all trying to attain + realizing that we are all in this together is tremendous.

My story really starts in high school, and has never been fully under control since. Went to yeshiva and had some good streaks but nothing of high quality, meaning really fighting a battle. Came back & started dating and that is when the real internal struggle started.

I was going out with this great girl, such a holy neshama mamesh. And I just felt like no way I could betray her like this.

Obviously, she had no idea what was going on in my head but I won the battle!!

I was clean, **for months**. A record since high school.

Sounds all great and all but as most of you are waiting for the happy ending, because of some family drama and the way I felt when I looked at here, it was not the right thing to give her the

Then I fell, so hard, so fast.

To a point where I just tried to make it from Shabbos to Shabbos. The pre-Shabbos mikva became 1 big tefillah, begging hashem to give me the internal strength to be strong again just one more time. Like Shimshon.

I found GYE and feel like a new person!

P.S. Because of work, filters are not an option yet (might change soon), however my focus is controlling it before I even feel the urge. And progress is being made!

P.P.S. the levels (am at Eved Hashem now) give me so much chizuk. Phenomenal feature.

So far this has been an amazing 22 days (almost 23) and I really owe you guys a yasher koach & huge thank you.

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Re: A Huge Yasher Koach for 22 Days!
Posted by yosef10 - 18 Jun 2020 18:21

You guys are amazing, it's really the support we build that the soton can never take away from us. When we have people to rely on, and we do rely on them.... We're always in a better position.

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Re: A Huge Yasher Koach for 22 Days!
Posted by DavidT - 18 Jun 2020 19:21

NachalNovea wrote:

All I feel like I can do is daven, I almost never feel powerless. Now I feel completely controlled

Hashem is showing you the truth that we are indeed powerless... And yes, the only thing that we can do is daven. Once we realize this, we're on a good path to recovery. Hashem should be with you and all of us to do his will and stay clear.

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Re: A Huge Yasher Koach for 22 Days!
Posted by NachalNovea - 22 Jul 2020 02:15

Rosh Chodesh Baby!!!!

I know I know, not such a happy month, but I just went double digits in my clean streak so I'm

A few really huge updates:

1. Got my phone & laptop filtered through tag. HOLY COW. It works. I almost fell a few times, but **BOOOM!** Got blocked & went to bed dry as can be. (obviously woke up in the
2. Got even busier with work (did not think that was even possible), I think that it helps me not be bored. i.e. always something to do.
3. Connected with the above, for those that don't know, I'm single & young, so hormones are crazy as it is. I have an insatiable thirst for adrenaline and excitement as it is, so this whole covid situation is really hard for me.
4. Most important point: **HASHEM GAVE ME THIS TEST BECUASE HE KNOWS I CAN DO IT** (I have to start believing that as well 24/7)
5. Anyone have any advice/tips while dating/shidduchim + fighting the new drug?

AM and did a little victory dance)

Anyways, you chevra have done so much you don't even know!!

For those of you (speaking to myself as well) who are still fighting, take small victories. 1 day, heck even a few hours, then move to 1 week, and up from there.

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Re: A Huge Yasher Koach for 22 Days!

Posted by Hashem Help Me - 29 Jul 2020 21:06

Great post and greater attitude. How are you doing?

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Done my rant

Re: A Huge Yasher Koach for 22 Days!

Posted by Realestatemogul - 03 Aug 2020 02:43

Having a good filter has saved my life. Also make sure you have a serious learning seder that you are unwavering on. These two things will have a tremendous impact on dating and getting married! Trust me....

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Re: A Huge Yasher Koach for 22 Days!
Posted by NachalNovea - 19 Aug 2020 18:21

Have not updated in a while (there is a positive correlation between my posting & my falls, so it's a good thing for me)

@RealEstateMogul, I can't even begin to tell you how right you are.

Filters + Learning deserve all the credit for my streak (38) and am so glad so many of our holy chevra of mevakshei hashem pushed me to get them installed.

I have been dating the best girl I've ever when out with for 3 weeks now & very different than any other girl.

She's such a tzadeikkas and at times I feel like I really don't deserve her.

If anyone has any advice how to conquer that mindset, please don't hesitate!

Now I do still want to get close to her, in a physical but loving and caring way. (which is good, and crucial when dating - I think). And honestly, in my previous stages in life there was more aggression involved.

So I have been sneaking through filters to look at people talking (just forums/ blogs) about married life & what it entails..

Have not looked this past week, but was reading some stuff last week. It's really not good and am trying to stop.

We have made it so far and it's really something special, the zechus this holy chevra will have

after 120 (and bezh in this world too) is unparalleled in my humble opinion.

The gemara talks about people who create a divide between jews and/or between jews & hashem, the punishments are really strict!

We can see from there that people that are the opposite of a "divider", true tzadikim who create and empower a keshar between jews to one another & especially between jews & hashem, are rewarded and regarded in extremely high regard.

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Re: A Huge Yasher Koach for 22 Days!
Posted by Captain - 19 Aug 2020 22:03

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If anyone has any advice how to conquer that mindset, please don't hesitate!
Signing off for a while

1) Fortunately for me and you and many people, Hashem doesn't do shidduchim based on what people deserve. (Sotah 2a, Moed Katan 18b, and many other places.)

2) Hashem just wants you to try to find the one that will be right that you will build a good family with. So if that's a good enough goal for Him, it's a good enough attitude for you to take as you move forward.

That worked for me. I hope it works for you too. I'm curious to hear others' thoughts.

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Re: A Huge Yasher Koach for 22 Days!
Posted by Realestatemogul - 31 Aug 2020 02:12

Hey Nachal Novea!

Thinking of you and hope all is well!!!

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Re: A Huge Yasher Koach for 22 Days!
Posted by NachalNovea - 14 Oct 2020 03:26

Hi Chevra,

A few days ago I past 90 days & it's only right that I share a little bit of what's going on deep down inside with you. I am a nobody, a trying to be pashut yid, but I can promise you that the chevra here has a very special place in - VIP Suites in olam haba. One thing R' Weinberger (who I will talk about more a little more below), has said multiple times - is that he respects the people struggling the most. Struggling with anything. Especially our battle. In a more macro (big-picture) way, our struggle is the struggle of every yid going back thousands of years.

A very evil force, can be physical, internal, spiritual, or a combination of more than 1 - is fighting, seemingly unrelentlessly & trying to KILL us! More than to kill us, they want us to give up! To stop fighting, to say I GIVE UP!

But we know, a yid never ever gives up. Even when we have no options, and we are thinking IT JUST CAN'T GET WORSE - we look up, maybe after a few (or more than a few) tears, and bring up that part of us deep down that is a cheilek elokah mi'ma'al. (the 100% pure part of us that can never be touched)

I don't like talking about myself so much, however other people's stories about themselves on here have given me so much and I hope to try to do the same.

I have been struggling since high school, (5-6 years ago) and ever since it's been real bad. I have a ton of energy and sometimes I'm not in a position to release it in a healthy way. I have done some crazy (horrible) things to decompress.

Moving to the more positive aspects, I just past 90 days clean, which is the most I have done ever. A few things were so important,

1. A filter on all devices - i have on phone & laptop
2. RABBI WEINBERGER - he has no idea who I am but he saved my life. I promise you.
3. This one does not apply to everyone but there was a positive correlation when I was dating and my streaks. (you can see from last posts) I want to build a bayis ne'eman b'yisral (bezh going to be engaged in 48 hours) and my battles have no place there. (I much rather fighting)

- If you want specific shiurim from Rebbe, you can message me here or look on YU Torah / TorahAnytime.

- For Filters - genTech & techLoq are the best.

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Re: A Huge Yasher Koach for 22 Days!
Posted by hashemyeracheim613 - 14 Oct 2020 04:03

You have a real skill with words! I am so inspired by your story(and im a huge cynic)! god bless you!! MT!!!!!!!

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with kids about bet time

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Re: A Huge Yasher Koach for 22 Days!
Posted by OivedElokim - 14 Oct 2020 04:19

Mazel Tov NN! Great news. You should merit to build a ??? ???? ??????! Keep up the fight and keep inspiring the rest of us.

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Re: A Huge Yasher Koach for 22 Days!
Posted by Ihavestrength - 14 Oct 2020 05:14

[Captain wrote on 19 Aug 2020 22:03:](#)

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Re: A Huge Yasher Koach for 22 Days!
Posted by Looking_to_improve - 14 Oct 2020 06:36

Mazeltov on your upcoming engagement! Very exciting news, may you be zoche beH to build a

bayis neeman beyisrael!

I'm going to start listening to Rabbi Weinbergers chabura on yosef hatzadik, do you have any other suggestions?

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Re: A Huge Yasher Koach for 22 Days!
Posted by Captain - 14 Oct 2020 13:42

Mazal Tov!!!

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