

Starting again!!!

Posted by OivedElokim - 11 May 2020 03:15

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I'm excited to embark on my journey to 90 days. I'm having a hard time staying clean for more than a week. Haven't really been 100% sure I really want to stop, and therefore I have a weak resolve and faulty

My plan is a daily post over here, content restrictions. I'm trying to formulate a taphsic-style deterrent without an actual ??????. *Please post any suggestions you might have in that regard.*

I'm also going to try be in touch with accountability partners.

My current goal is 2 weeks clean. Will see what happens next.

Wish me luck!

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Re: Starting again!!!

Posted by OivedElokim - 16 Oct 2020 03:17

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Day 45:

Thank you HaShem for another clean day!

I had a relatively good and productive day. Learned more than any other day this week, got some errands done. No lusting. Spoke to a very special GYE member who was very helpful since the beginning of this streak . Thanks so much!

**Warning: Spoiler!**

*I'm halfway to 90...*

Wishing you all continued success in this fight!

OivedElokim

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Re: Starting again!!!

Posted by OivedElokim - 16 Oct 2020 20:45

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Day 46:

Clean. Busy day. Got up early. Minyan. Good stuff.

Have a great shabbos!

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Re: Starting again!!!

Posted by OivedElokim - 18 Oct 2020 02:21

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Day 48:

Clean day today.

Shabbos is a hard day not to lust, with all the well dressed women. But you gotta do what you gotta do...

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Re: Starting again!!!

Posted by Zedj - 18 Oct 2020 07:00

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I know you just fell but you realize that you were clean for 105 days!

Wishing you success to stand right back up and accomplish your goal!

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Re: Starting again!!!

Posted by DavidT - 18 Oct 2020 18:28

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[OivedElokim wrote on 18 Oct 2020 02:21:](#)

Day 48:

Clean day today.

Shabbos is a hard day not to lust, with all the well dressed women. But you gotta do what you gotta do...

There is a Mishnah in Pirkei Avos (5:26): Ben Hei Hei taught, "Lefum tza'ara agra," which means that heavenly reward is granted in accordance with the level of challenge.

In Avos D'Rebbe Nosson (3:6), Rabbi Yishmael the son of Rabbi Yosi relates that a mitzvah done despite difficulty is worth more than a hundred mitzvos done without challenge. Again, a mitzvah done despite challenge is over a hundred times as great as a mitzvah done when it is easy!

Hashem cherishes each of these accomplishments and takes great pride in us. We cannot fathom how amazing it is and how proud Hashem

will be when we actually win the battle! Controlling ourselves is so impressive because it is so difficult.

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Re: Starting again!!!

Posted by OivedElokim - 18 Oct 2020 18:29

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Thanks for that. I have to think about that more often...

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Re: Starting again!!!

Posted by OivedElokim - 18 Oct 2020 19:32

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Going to yeshiva today. That means I'll be off the grid for the next while (don't have regular access to GYE when I'm there). I'll try to keep in touch with the chevra here by phone, text and email.

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Re: Starting again!!!

Posted by OivedElokim - 13 Nov 2020 01:08

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Day 74:

I am in a place with GYE access for the weekend . Missed all of the guys over here. I'm in a bit of a rut right now emotionally, but I am still clean, which feels very nice.

Hope I can sustain it.

So help me G-d.

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Re: Starting again!!!

Posted by YeshivaGuy - 13 Nov 2020 01:16

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Yaaay!!!

Sooo proud of you!!!

Recharge over the off Shabbos, take it easy...

You're doing great!

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Re: Starting again!!!

Posted by OivedElokim - 13 Nov 2020 01:21

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I've been thinking of you a lot over the last zeman, looking forward to reading your thread. It's been a real inspiration (as well as a cliffhanger) for me...

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Re: Starting again!!!

Posted by Grant400 - 13 Nov 2020 01:48

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[OivedElokim wrote on 13 Nov 2020 01:08:](#)

Day 74:

Hey buddy. So happy to "see" you!  
I am in a place with GYE access for the weekend . Missed all of the guys over here. I'm in a bit of a rut right now emotionally, but I am still clean, which feels very nice.

Hope I can sustain it.

So help me G-d.

Welcome back Karate friend! We missed you!

So happy to hear that you are still clean, but unhappy that emotionally you are in a rut. Talk to us. We got more than a few monster trucks around here waiting to tow you out!

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Re: Starting again!!!

Posted by OivedElokim - 13 Nov 2020 04:18

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Bam. Just fell. After a few hours of sitting around and a few triggers.

At least i I didn't look at porn.

Gotta hit the reset button hard, starting now.

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Re: Starting again!!!

Posted by Realestatemogul - 13 Nov 2020 04:25

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Wow, you had a really solid streak and I am sure that is going to really give you a strong foundation for your next one! Also, huge kudos to you for not looking at porn. That is already 75% of the battle. For me once I filtered up and was able to say no to P-n the rest of the journey was much easier.

Congrats on getting right back up!! Today is the first day of the rest of your life!

Sheva Yipol Tzadik, VKAM.

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Re: Starting again!!!

Posted by OivedElokim - 13 Nov 2020 04:30

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What I've learned:

If I am in a rut, I need extra vigilance.

Whenever I feel lonely and isolated, a fall is very likely. Spend a few unstructured hours like that and it is almost certain.

Don't ever get overconfident even with a big streak. It takes one weak moment and one bad decision to cave in after months of work. Don't let "I got this under control " be your famous last words before you collapse under the weight of your own self obsession, self pity, and animalistic temptation.

Perhaps I will provide a more extensive autopsy tomorrow.

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Re: Starting again!!!

Posted by OivedElokim - 13 Nov 2020 18:23

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I had another fall last night right before I went to sleep.

I realized that notwithstanding my fall, I am not in a state where i regularly pursue or even desire to act out. I'm not sure if that means I never had a serious addiction or if I made a lot of progress in breaking it. Regardless, I don't struggle with this regularly. It's usually just off the table. That being said, it's more difficult to withstand the nisayon when it hasn't shown up for 2 and a half months, whereas if I'm fighting it every day, I'm always ready. Don't know if that makes any sense.

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