

Starting again!!!

Posted by OivedElokim - 11 May 2020 03:15

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!

=====
=====

Re: Starting again!!!

Posted by OivedElokim - 13 Nov 2020 19:17

I need to work on my laziness, depression and "isolationism".

I need to work on my simchas hachaim, to appreciate the good that G-d gave me and the good that I give him.

I need to work on minimizing emotional stress in my life.

I need to be more honest with myself and others.

I need to speak to a real person about all of my internal struggles and conflict.

I don't have the courage to do any of this, but at least I know what needs to be done.

=====
=====

Re: Starting again!!!

Posted by YeshivaGuy - 13 Nov 2020 19:23

I think I relate to everything u just wrote...

Feel free to let me know (here or in pm) if/how I can be of assistance

=====

Re: Starting again!!!

Posted by excellence - 14 Nov 2020 18:59

It was probably the hardest thing i ever did in my life to speak to someone face to face, but you know what? not only i don't regret it, but i admire myself for it and gained for life.

At the time i was a young yeshiva bochur, officially top of the range, yet i had to open up to save myself.

Feel free to pm me anytime even just for some chizuk.

I guarantee you, you can get to your goals. Its not my promise, it's Chazals! your amazing and can do it like many others.

With admiration at your determination,

excellence

=====

Re: Starting again!!!

Posted by YeshivaGuy - 15 Nov 2020 04:44

How was/is?

=====

Re: Starting again!!!

Posted by OivedElokim - 15 Nov 2020 05:43

I fell again Friday night. Had a tough shabbos. I could probably win if I wanted to fight ..,

=====

Re: Starting again!!!

Posted by excellence - 15 Nov 2020 06:43

You, DO want to win, otherwise you wouldn't be here. what you meant is that you think that you don't really want to win, which is not true.

Secondly just battling the struggle itself is a form of winning. Winning does not mean the final blow. that's actually not even up to us. we need to battle, HASHEM decides on the final blow.

thirdly, yes, Shabbos was and still is my hardest day of the week, I really relate to shabbos struggles!

You really can do it.

Happy to work with you.

love excellence.

=====

Re: Starting again!!!

Posted by OivedElokim - 15 Nov 2020 17:48

Ok. That's it. I fell last night again, this time with porn as well.

I'm officially done with this. No more falling. It's not gonna be an option, no matter the circumstances.

I can't afford to use unfiltered devices in private.

I can't afford to stay in my rut, to stew in feelings of despair and self pity.

I have a life to live, and I have a boss who demands that I serve him with joy, constantly. I don't have time for beating myself up and perpetuating this vicious cycle of self loathing and self destructive habits.

=====

Re: Starting again!!!

Posted by wilnevergiveup - 15 Nov 2020 18:41

What's the plan?

=====

Re: Starting again!!!

Posted by excellence - 15 Nov 2020 20:45

[OivedElokim wrote on 15 Nov 2020 17:48:](#)

Ok. That's it. I fell last night again, this time with porn as well.

I'm officially done with this. No more falling. It's not gonna be an option, no matter the circumstances.

I can't afford to use unfiltered devices in private.

I can't afford to stay in my rut, to stew in feelings of despair and self pity.

I have a life to live, and I have a boss who demands that I serve him with joy, constantly. I don't have time for beating myself up and perpetuating this vicious cycle of self loathing and self destructive habits.

Well if thats the case you've defiantly come to the right place. I am blown over by the proffesnalism here, the recourses down to the last detail. literally blown over how GYE are facing this enemy head on. Looking forward to hearing from you more and watching you /us as we all grow here.

?A good start is the threads on Smart recovery especially the ones from menachem gye. guardyoureyes.com/forum/54-SMART-Recovery also check out some vids on here. gye.vids.io/

With tremendous Hatzlocho

=====
=====

Re: Starting again!!!

Posted by OivedElokim - 15 Nov 2020 21:41

[wilnevergiveup wrote on 15 Nov 2020 18:41:](#)

What's the plan?

I'm going to speak to someone on the phone tonight to try to formulate a plan.

Will try to keep you posted.

To all those who reached out either on the forums or by PM to offer support-I really appreciate it, it means a lot. May HaShem reward your concern with my struggle by helping you overcome yours.

I'll sign off with this quote that I recently saw that really expressed the fighting spirit of GYE:

"Fight on, my men...

I am wounded but not slain.

I will lay me down for to bleed awhile,

Then I'll rise and fight again."

-Scottish ballad

=====

Re: Starting again!!!

Posted by Grant400 - 17 Nov 2020 20:55

[OivedElokim wrote on 15 Nov 2020 21:41:](#)

[wilnevergiveup wrote on 15 Nov 2020 18:41:](#)

What's the plan?

I'm going to speak to someone on the phone tonight to try to formulate a plan.

Will try to keep you posted.

To all those who reached out either on the forums or by PM to offer support-I really appreciate it, it means a lot. May HaShem reward your concern with my struggle by helping you overcome yours.

I'll sign off with this quote that I recently saw that really expressed the fighting spirit of GYE:

“Fight on, my men...

I am wounded but not slain.

I will lay me down for to bleed awhile,

Then I'll rise and fight again.”

-Scottish ballad

Update my friend?

=====

Re: Starting again!!!

Posted by OivedElokim - 29 Nov 2020 03:28

Hey there.

I'm out of yeshiva for a couple days for a simcha. I'm 13 days clean. I am avoiding unfiltered devices like the plague. I really appreciate the support and concern from our friends here. I hope to continue to share good news with all of you. A gut voch!

=====

Re: Starting again!!!

Posted by Hashem Help Me - 29 Nov 2020 03:42

Great to hear you are bh doing well. Stay away from unfiltered devices as you are doing - even for kosher purposes! Hatzlocha!

=====

Re: Starting again!!!

Posted by OivedElokim - 29 Nov 2020 05:32

Just slipped. Used an unfiltered device. Bh I didn't watch anything bad, but I'm playing with Fire. Not gonna do that again...

=====

Re: Starting again!!!

Posted by Zedj - 29 Nov 2020 06:00

Keep strong

=====

=====