

OivedElokim-I'll never give up

Posted by OivedElokim - 21 Feb 2021 21:37

Day one.

This is my brand new thread for my brand new journey towards purity.

I will keep with me the lessons learned so far and keep my eye on the ball.

Today is the first day of the rest of my life.

A porn and masturbation free life.

A life of positivity and happiness.

A life of Torah and Avodah.

The life G-d intends for me to live.

Wish me luck.

=====

Re: OivedElokim-I'll never give up

Posted by OivedElokim - 25 Mar 2021 04:42

Day four.

Got home a few hours ago. I'm totally knocked out. Trying to learn a bit and then head to bed.

Clean

=====

Re: OivedElokim-I'll never give up

Posted by OivedElokim - 25 Mar 2021 22:25

Trying to stay busy and helpful, without much success. Just sitting here in my room with blasting music. Not being a productive person today...

To be fair I peeled like 10 apples till I cut myself...

=====

Re: OivedElokim-I'll never give up

Posted by OivedElokim - 26 Mar 2021 00:11

I'm feeling overwhelmed with all the people around me. It's like I'm an introvert or something. Just went on a half hour run. Was very refreshing. Gonna daven Mincha and prepare for ????

=====

Re: OivedElokim-I'll never give up

Posted by OivedElokim - 30 Mar 2021 02:21

Day nine.

Wasn't in a great mood over Yom tov. Felt a bit overwhelmed with my whole family around. A bit of a rowdy bunch...

I considered falling several times but I didn't want to pay the price so I stayed clean.

Had a dream that I was watching a lot of porn last night. Woke up dry though...

=====

Re: OivedElokim-I'll never give up

Posted by BHYY - 30 Mar 2021 03:48

[OivedElokim wrote on 30 Mar 2021 02:21:](#)

Had a dream that I was watching a lot of porn last night. Woke up dry though...

Couldn't have been the wine...it was only 4 cups...

=====

Re: OivedElokim-I'll never give up

Posted by OivedElokim - 30 Mar 2021 19:01

Got up early today.

Learned my daily shiurim.

Davened with a minyan.

Went on a run.

A bit bored now, feeling mildly depressed...

=====

I had a similar dream...must be something in the Matzah this year

Re: OivedElokim-I'll never give up

Posted by OivedElokim - 01 Apr 2021 05:14

Day eleven

The depression isn't going anywhere.

Seems like I'm going to have to deal with it my whole life. A pretty dismal prospect. Not looking forward to life...

Good night

=====

Re: OivedElokim-I'll never give up

Posted by wilnevergiveup - 01 Apr 2021 07:00

[OivedElokim wrote on 01 Apr 2021 05:14:](#)

Day eleven

The depression isn't going anywhere.

Seems like I'm going to have to deal with it my whole life. A pretty dismal prospect. Not looking forward to life...

Good night

The good news is that you only feel like this while you are depressed, the rest of your life you

.

In all seriousness, I really relate to the siblings coming will all their kids and taking over my house thing. I am seventh of a large family and my teen years were filled with coming home for Yom Tov to a house full of little (and not so little) kids running around and even going through my stuff. I would find all my precious things strewn all over the house.

Until....

I showed one of my nephews a BB bun that I had... He thought it was a real one. I told him that if he dares touch a thing, or even tell his parents...

But they still pour grape juice all over the table, and still throw my silver becher on the floor when ever they get a chance. They still think it's funny to throw salad at each other (with terrible aim so it usually ends up on my freshly pressed pants) and still eat up all the cake before I get a chance to taste it.

=====

Re: OivedElokim-I'll never give up
Posted by OivedElokim - 02 Apr 2021 23:44

Day twelve

Feeling better emotionally then I have been the whole week. Better times lie ahead.

I am just waiting for my kids to get a little older, they are probably going to be the same
For the first seven days of Passover, we celebrate the spark of freedom within us.

On the eighth day, we celebrate that at any moment, we will break free.

(Chabad.org)

=====

Re: OivedElokim-I'll never give up

Posted by OivedElokim - 05 Apr 2021 02:15

Day fifteen

My issue is that I have terrible self esteem. I think that I am a fundamentally bad, incompetent and useless person.

=====

=====

Re: OivedElokim-I'll never give up

Posted by Hakolhevel - 05 Apr 2021 04:19

[OivedElokim wrote on 05 Apr 2021 02:15:](#)

Day fifteen

My issue is that I have terrible self esteem. I think that I am a fundamentally bad, incompetent and useless person.

Hey your taking my lines.

=====

=====

Re: OivedElokim-I'll never give up

Posted by wilnevergiveup - 05 Apr 2021 05:31

[OivedElokim wrote on 05 Apr 2021 02:15:](#)

Day fifteen

My issue is that I have terrible self esteem. I think that I am a fundamentally bad, incompetent and useless person.

Welcome to the club.

=====

====

Re: OivedElokim-I'll never give up
Posted by Hakolhevel - 05 Apr 2021 06:41

[Hakolhevel wrote on 05 Apr 2021 04:19:](#)

[OivedElokim wrote on 05 Apr 2021 02:15:](#)

Day fifteen

My issue is that I have terrible self esteem. I think that I am a fundamentally bad, incompetent and useless person.

Hey your taking my lines.

Twerski's book "life's too short" helped me.

=====

====

Re: OivedElokim-I'll never give up
Posted by OivedElokim - 05 Apr 2021 07:03

Slipped up. My knas contract stopped me from going all out and masturbating

=====

====

Re: OivedElokim-I'll never give up
Posted by wilnevergiveup - 05 Apr 2021 08:42

[Hakolhevel wrote on 05 Apr 2021 06:41:](#)

[Hakolhevel wrote on 05 Apr 2021 04:19:](#)

[OivedElokim wrote on 05 Apr 2021 02:15:](#)

Day fifteen

My issue is that I have terrible self esteem. I think that I am a fundamentally bad, incompetent and useless person.

Hey your taking my lines.

Twerski's book "life's too short" helped me.

I would also recommend reading some books by Brene Brown. Daring Greatly and The Gifts of Imperfection were really eye opening.

=====

====