

OivedElokim-I'll never give up

Posted by OivedElokim - 21 Feb 2021 21:37

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**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.

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Re: OivedElokim-I'll never give up

Posted by dovidfg - 02 Sep 2021 01:10

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Not sure its like this by everyone but it used to be by me like you describe your situation, but now my thoughts are usually clean by day and the nisayon only comes at night after a hard day. So its possible to get easier.

lots of hatzlacha

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Re: OivedElokim-I'll never give up

Posted by OivedElokim - 02 Sep 2021 19:52

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I am currently in a ???? ???? as far as the availability of porn goes. I have to be here for a bit . Posting here for accountability and so that whoever sees this can say a Perek tehillim for my success.

Just a note to self: The desire for porn is an illusion. It is all yetzer hara induced hype. It's not actually as enjoyable as I am imagining it to be right now as I will (hopefully not) recognise the second that I fall. It will leave me with a gross feeling and it will be a setback in my relationship with Hashem (as well as my tracker).

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Re: OivedElokim-I'll never give up

Posted by OivedElokim - 02 Sep 2021 21:30

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Unfortunately I didn't hold it together. I feel like I don't have the ability to say no to myself. I can't think of a single instance in the past few months where I had easy access to porn and I didn't go for it. It's almost as if I don't want to stop. I'm feeling very discouraged, hopeless.

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Re: OivedElokim-I'll never give up

Posted by wilnevergiveup - 02 Sep 2021 22:49

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

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Me too. I don't think that makes the next line true.

You don't want to stop? Then why are you here? Social stimulation?

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Re: OivedElokim-I'll never give up  
Posted by gettingthere9 - 03 Sep 2021 00:46

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I had an interesting realization recently... I'm not sure if it's accurate or not, or if it will help or make it worse...

Acting out (and looking porn) is just as enjoyable as it seems. It may make you feel sick afterwards etc. but the 'moment of pleasure' is real.

I find, that convincing myself that it's not as enjoyable as it seems is partly foolish and false, and you can't believe yourself when you know or think you are lying... There is a reason why its such a big struggle, because its so enjoyable.

You (or at least me) have to say that although the Yetzer Hara makes it **feel** so good it **isn't good**. Although it **feels good** it makes me **?feel disgusting** after. Although it **feels good** it goes against my values and who I want to be etc. etc.

But not doing it by convincing yourself that its not as good as it seems, to me seems like a stretch...

Please feel free to disagree

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Re: OivedElokim-I'll never give up  
Posted by dovidfg - 03 Sep 2021 01:02

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

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First of all i would consider myself lucky not to have access to porn all the time. Wherever you're thoughts take you youre still actually not looking.

I unfortunately have access all the time. But i dont have the urge to just look at things randomly, its only when im feeling down. So I think that because you dont always have access, thats what keeps your mind going, waiting for the chance to actually see something. And that could make it much harder when you actually get access as you're mind was building up pressure for it. but in no way should you think its impossible to say no. It really is trust me been there done that.

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Re: OivedElokim-I'll never give up  
Posted by OivedElokim - 03 Sep 2021 01:38

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[gettingthere9 wrote on 03 Sep 2021 00:46:](#)

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Please feel free to disagree

I hear your point. There's definitely truth to that, but I also think that at least in my case there is an element of imagination that inflates the amount of pleasure I actually get from it. I don't know if I'm making sense.

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Re: OivedElokim-I'll never give up  
Posted by Captain - 03 Sep 2021 14:30

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[gettingthere9 wrote on 03 Sep 2021 00:46:](#)

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But not doing it by convincing yourself that its not as good as it seems, to me seems like a stretch...

Please feel free to disagree

I think that there is truth to this. Denying that it feels good when it does is just lying to yourself, and that always makes things more difficult. But what we really need to say is that it doesn't live up to the hype, which it doesn't, probably because we seek something more like some emotional pleasure and contentment that this can't provide us with.

And the guilt also does ruin things.

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Re: OivedElokim-I'll never give up  
Posted by OivedElokim - 03 Sep 2021 20:17

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Slept in extremely late. Missed selichos, Shachris and all the zemanim. Don't feel like I did

anything serious to prepare for Rosh Hashana. Looking for chizuk...

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Re: OivedElokim-I'll never give up  
Posted by YeshivaGuy - 03 Sep 2021 20:25

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[OivedElokim wrote on 03 Sep 2021 20:17:](#)

Slept in extremely late. Missed selichos, Shachris and all the zemanim. Don't feel like I did anything serious to prepare for Rosh Hashana. Looking for chizuk...

All I can say to you is what I've been saying to HaShem.

??? is ???. We were created that way with the ultimate goal of attaining ??????. I come to HaShem on Rosh Hashana as a flawed being asking HaShem to help me become more ???. God doesn't expect us to be ??? yet.

Man is meant to have flaws, it is what makes us Singular.

Rosh Hashana is about being mamlich HaShem as the Melech. Being mekabel "ol malchus shamayim" and committing ourselves to being conduits for Hashroas Hashechina in this world.

Thats it, no teshuva on Rosh Hashana. You're flawed?

Good Shabbos buddy,

YeshivaGuy

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Re: OivedElokim-I'll never give up  
Posted by OivedElokim - 05 Sep 2021 06:01

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So here I am, way past my bedtime, tossing and turning in my bed. I am excited from the encounter I had tonight with one of the greats, the legends of GYE. It was a meeting that brought me to the realisation that I am normal, that there are special Jews just like me , chosuveh yidden in every other respect who struggle with inyanei kedusha as I do, but are otherwise amazing upstanding members of klal Yisroel. It left a very deep impression on me and I hope that it will help me move forward to recovery and to a brighter future.

Also-I fell tonight. Pretty badly. But unlike other times , I feel like it is a temporary setback, not a statement about who i am. Because my meeting tonight taught me that I am much greater then my porn issue, much bigger then the petty struggles Hashem sends my way. I am a precious child of an infinite G-d who loves me unconditionally and who will help me through this nightmare and bring me out the other side , to a better life, a beautiful life. A life worth living.

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Re: OivedElokim-I'll never give up  
Posted by OivedElokim - 06 Sep 2021 01:31

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## **Day one**

Clean, BH!

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Re: OivedElokim-I'll never give up  
Posted by OivedElokim - 06 Sep 2021 21:22

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I want to take a few moments to wish you all, my dear brothers, what I wish for myself.

A year of happiness and clarity of purpose.

A year of physical, spiritual, mental, and emotional health and well-being.

A year in which we serve Hashem and fulfill his plan for us, each in our own way.

A year in which we find joy in Torah learning and the fulfillment of mitzvos.

A year in which we remain clean and pure.

A year in which Hashem draws us close to him, embracing us in his love and showering us with every blessing imaginable, physically and spiritually.

A year in which he redeems us from this dark and bitter galus, and brings about the grand finale, the ?????? ??????.

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Re: OivedElokim-I'll never give up

Posted by Gevura Shebyesod - 06 Sep 2021 22:19

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