

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.

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Re: OivedElokim-I'll never give up

Posted by OivedElokim - 03 Mar 2021 21:20

Day seven.

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Having a good day. Missed Shachris, but otherwise I'm learning and staying busy. I need to make time to celebrate my clean week. Maybe I'll order food later...

Hatzlacha

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Re: OivedElokim-I'll never give up
Posted by OivedElokim - 05 Mar 2021 16:50

Day 9

Slept in today. Have a lot of things to do today, and I'm already behind...

But I'm clean today. Thank you, Hashem!

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Re: OivedElokim-I'll never give up
Posted by OivedElokim - 07 Mar 2021 03:58

Day eleven

Had a nice Shabbos. Hung out with friends for most of the day, plus a good few hours of learning in the morning.

Went for a 15 minute jog tonight.

Clean.

BH

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Re: OivedElokim-I'll never give up

Posted by OivedElokim - 07 Mar 2021 19:53

Having a decent day, though I'm an emotional wreck. Probably just need to get some more sleep

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Re: OivedElokim-I'll never give up

Posted by OivedElokim - 07 Mar 2021 23:24

Just got some good takeout food to celebrate my clean streak. It also cheered me up a bit as my mood was pretty down today. Overall was a good experience.

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Re: OivedElokim-I'll never give up

Posted by Benoni - 07 Mar 2021 23:45

[OivedElokim wrote on 07 Mar 2021 23:24:](#)

Just got some good takeout food to celebrate my clean streak. It also cheered me up a bit as my mood was pretty down today. Overall was a good experience.

Good idea. It helps to associate staying clean with a positive reward like takeout (or so I've heard).

Kol hakavod!

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Re: OivedElokim-I'll never give up

Posted by OivedElokim - 08 Mar 2021 15:46

Day twelve

Slept well last night , BH. Feeling much better.

I wanted to share the following from Chabad.org by Rabbi Tzvi Freeman. He has 20 affirmations for fighting depression. I found that they were all good, but I really connected to this one. It seems to be based on Tanya Perek 31. Here it is:

I didn't create myself. Who made this mess and why?

It could only be that a loving Creator has decided to invest in resources that anyone else would completely ignore—because He alone sees the great potential there. As for me, I need only to dig, and I will find the gold.

With such a deep investment, the payoff must be big, very big.

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Re: OivedElokim-I'll never give up

Posted by OivedElokim - 09 Mar 2021 23:14

Day thirteen

Good day. No urges, and doing much better emotionally, BH.

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Re: OivedElokim-I'll never give up
Posted by eyes - 10 Mar 2021 00:56

[OivedElokim wrote on 09 Mar 2021 23:14:](#)

Day thirteen

Good day. No urges, and doing much better emotionally, BH.

Nice

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Re: OivedElokim-I'll never give up
Posted by OivedElokim - 10 Mar 2021 20:20

Day fourteen

(Level 4)

I'm doing well today, BH. Clean. Don't have time for a longer post now. Maybe later today.

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Re: OivedElokim-I'll never give up
Posted by OivedElokim - 11 Mar 2021 03:58

Feeling depressed lately.

Don't feel like I was successful in Yeshiva in terms of growth or learning. I feel like I totally wasted my potential.

I know that it's coming from my ??? ???. I also know that I have chemical imbalances in my brain that cause depression. But it's not going away. And it's painful.

Anyways.

Still clean.

Good night.

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Re: OivedElokim-I'll never give up
Posted by Mount whitney - 11 Mar 2021 05:19

good luck my friend wish you lots of hatzlocha

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Re: OivedElokim-I'll never give up
Posted by OivedElokim - 11 Mar 2021 22:27

Day fifteen of being clean

Having a somewhat better day today. Met a close friend and spoke a bit.

Here's something I'm doing to cope with life: It's of utmost importance that I communicate to others how I'm feeling and get help instead of isolating myself and living in my head. That's something I've learned the hard way. So I'm going to make some phone calls today, iyh.

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Re: OivedElokim-I'll never give up

Posted by OivedElokim - 12 Mar 2021 05:37

To follow up:

Hopefully I'll get a good nights sleep and I'll have a great day tomorrow.

GN

OivedElokim

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Had a nice phone call with one of the chevra. Helped a lot. Thanks. You know who you are

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