

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 - 21 Mar 2021 21:32

Literally all Jewish music.

Avraham Fried.

MBD.

Ishay Ribbo.

Baruch Levine.

Benny Friedman.

Berri Weber.

Shmuli Ungar.

Joey Newcomb.

Levy Falkowitz.

Yonatan Sheinfeld.

Motty Steinmetz.

etc.

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Re: OivedElokim-I'll never give up
Posted by ??????? - 21 Mar 2021 21:51

Sounds like youre into a lot of chassidishe artists. Id like to recommend:

Simche Friedman

Beri Weber

Nissim Black (if youre into hip hop at all)

Mendy Piamenta

Lipa Schmeltzer has some fun songs too

Boruch Sholom

8th day/ eli marcus

Also some other artists who have inspired me too are:

Simcha Leiner

Ari goldwag

Dovid Lowy

Eitan Freilich

Eli Gerstner

Matt dubb

Mordechai Shapiro

Nachas

Uri Davidi

Mesivta of Waterbury

All time favorite songs that are mechazeik me when feeling depressed, have urges, etc:

Ahahela- Avi zelinger

All From Above- Mesivta of Waterbury

Hashem Melech- Mordechai shapiro

Yehudi Zeh Hachi

Kol hakavod- simcha leiner

Elokai- Shalsheles junior

yedid nefesh- Bentzi Marcus

Hope this helps! Hatzlocha!

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Re: OivedElokim-I'll never give up
Posted by OivedElokim - 21 Mar 2021 21:58

Nissim Black is great.

His songs have helped me a lot.

Especially "Hold On" and "A Million Years".

Just recently found "All From Above" by Waterbury. I love it.

Thank you for the recommendations.

Keep em coming...

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Re: OivedElokim-I'll never give up
Posted by OivedElokim - 21 Mar 2021 22:02

Day zero.

Clean since last night.

Had a long coffee date with a good friend today. It was very nice. There's nothing quite like a nice long talk with someone who cares...

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Re: OivedElokim-I'll never give up
Posted by Hakolhevel - 21 Mar 2021 22:49

Last night I had an urge. Luckily my kid needed a diaper change. After which sanity reigned.

Barring a crying child, ive found for me, the best tactic above all is

Warning: Spoiler!

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Re: OivedElokim-I'll never give up
Posted by Lou - 22 Mar 2021 01:32

As far as music goes, I have found that fast hartzik music works best. If I am having a strong urge then slow music just makes me want to turn it off right away and rocky music just enhances the feelings....

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Re: OivedElokim-I'll never give up
Posted by Striving Avreich - 22 Mar 2021 10:01

Last night I discovered Mi K'amcha Yisroel by Joey Newcomb & Benny Friedman, and Kol Haderech by Mordechai Shapiro is excellent, the words get me every time

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Re: OivedElokim-I'll never give up
Posted by OivedElokim - 22 Mar 2021 15:45

[Hakolhevel wrote on 21 Mar 2021 22:49:](#)

Last night I had an urge. Luckily my kid needed a diaper change. After which sanity reigned.

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That's not an effective strategy. It doesn't take me away from the urges and fantasies. The only way to be "???? ??" is to get involved in something else, i.e. distraction.

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Re: OivedElokim-I'll never give up
Posted by OivedElokim - 22 Mar 2021 15:45

I think I'll add that **the most** effective strategy is probably to call someone and talk.

Sort of frees you from the confines of your mind.

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Re: OivedElokim-I'll never give up
Posted by DavidT - 22 Mar 2021 17:18

[OivedElokim wrote on 22 Mar 2021 15:45:](#)

I think I'll add that **the most** effective strategy is probably to call someone and talk.

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If I may add to the above...

?The Pasuk in Mishlei (18:1) says: "Le'taava yevakesh nifrad - Desire seeks isolation". Being isolated causes us to go after our Taavah - our lust. The addiction wants us to withdraw into ourselves and disconnect from life. A partner in this struggle can do wonders in helping us reconnect to the world around us and ultimately break free. Going into detail with someone else about what we've done, is also known to be one of the best ways to get out the shame, guilt and remorse, and move on.

In addition to the above, simply telling over our feelings and thoughts to a friend or mentor, has tremendous power to help us break the insidious power of the addiction. As the Tzetel Katan of the great Chassidic master, R' Elimelech of Lizentzk states:

One should relate before one's teacher, who instructs him in the way of HaShem, or even before a good friend, all of one's thoughts that are contrary to the Holy Torah that the Yetzer HaRah causes to arise in his mind or heart... And one should not withhold anything because of shame. He will find that by relating these things, he will gain the power to break the strength of the Yetzer HaRah so that it will no longer be able to overcome him other times. This is in addition to the good advice that he will receive from his friend in the ways of Hashem. And this is a wonderful remedy.

We see from the above, that simply relating ones struggles to a friend or mentor has the power to break the strength of the Yetzer Hara. Aside from the fact that the very act of talking it out already lessens the struggle, the main purpose of a partner is that it introduces the vital element of "accountability" into the equation.

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Re: OivedElokim-I'll never give up
Posted by Hakolhevel - 22 Mar 2021 19:07

[OivedElokim wrote on 22 Mar 2021 15:45:](#)

[Hakolhevel wrote on 21 Mar 2021 22:49:](#)

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Warning: Spoiler!

That's not an effective strategy. It doesn't **take me** away from the urges and fantasies. The only way to be ????? ??? is to get involved in something else, i.e. distraction.

I try to stay away from absolutes. Each to their own. There is no most effective strategy. We all share what works for us and thereby try to help others.

With love. HKH

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Since everyone was adding bold letters, I thought I would add a few too

Re: OivedElokim-I'll never give up
Posted by #makelifegreatagain - 23 Mar 2021 22:29

Back to the music thing, the song that really gets through to me is "Your Greatest win" by Moshe Tischler. It basically describes how challenges are hard, but it's worth it to go through them and beat them. The suggestions mentioned above are also really good. I would also add "I can be" by Yaakov Shwekey, "Rise up" by Simcha Leiner, and even "Pray" by Michael Pruzansky. Hope they help give you the inspiration you need!

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Re: OivedElokim-I'll never give up
Posted by ??????? - 23 Mar 2021 22:51

Rise up is amazing! I'll have to check out "Your Greatest Win" but moshe tischler is a fantastic singer. Nice suggestions!

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Re: OivedElokim-I'll never give up
Posted by OivedElokim - 24 Mar 2021 22:19

Day three

Traveling today.

Clean.

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