

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 - 28 Oct 2024 19:15

135

I've been struggling with negative thoughts, anxiety and mild depressive symptoms for the past week. The thought of all the responsibilities that come with marriage, especially financial, have been a great source of stress. And as we all know, the temptation to soothe myself through porn and masturbation is strong.

I feel wrong to be feeling like this, I should be on top of the world now. But wishing feelings away doesn't make them go away.

I need to train myself to think more positively, to be more optimistic, and to believe in my own competence. And I will. I don't seem to have another choice.

All the best,

OivedElokim

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Re: OivedElokim-I'll never give up
Posted by Bennyh - 28 Oct 2024 20:36

Your feelings of foreboding are spot on.

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Re: OivedElokim-I'll never give up
Posted by chosemyshem - 28 Oct 2024 20:58

[Bennyh wrote on 28 Oct 2024 20:36:](#)

Your feelings of foreboding are spot on.

Emes demands that negativity is given its due, but not more than that.

Yes. There are genuine stressors that come with married life. Financial interpersonal etc. etc. Some of those really suck.

But 1) Forget about lo raisi tzadik n'ezav. I have never seen anyone starve to death. Odds are you'll be okay. Nosein lechem **l'chal** basar.

2) In 99% of situations, the joy of marriage more than makes up for all those stressors. "When the love was strong we could sleep on the blade of a knife." (Try not to screw things up and the).

3) Rav Simcha Wasserman used to say, "In any given situation ask yourself if there is anything I can do about it. If there is, do it. If there's not, stop worrying about it." Easier said than done.

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Re: OivedElokim-I'll never give up
Posted by Bennyh - 28 Oct 2024 21:10

[chosemyschem wrote on 28 Oct 2024 20:58:](#)

end of that quote won't apply

[Bennyh wrote on 28 Oct 2024 20:36:](#)

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Counterpoint: See the first chapter of Mesilas Yesharim:

Indeed, you can see that no rational person can possibly believe that the purpose of man's creation is for his existence in this world. For what is man's life in this world? Who is truly happy and content in this world? "The days of our life are 70 years, and if by strength, 80 years, yet their span is but toil and trouble" (Ps. 90:10).

How many sorts of distress and sicknesses, pain and burdens, and after all that death! Not one in a thousand can be found to whom this world has granted plenty of pleasures and true contentment. And even such a person, if he reaches the age of a hundred years, already [is as one who already] passed and disappeared from the world.

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Re: OivedElokim-I'll never give up
Posted by oivedelokim - 28 Oct 2024 21:25

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This was helpful. It gave me some hope and perspective.

I believe G-d wants us to always be happy. I also believe he doesn't ask to do impossible things. So even though I don't see how it's possible I'll work hard to find a way.

I've overcome worse bouts of depression before, I think I can do this.

end of that quote won't apply

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Re: OivedElokim-I'll never give up
Posted by BenHashemBH - 29 Oct 2024 12:21

[Bennyh wrote on 28 Oct 2024 21:10:](#)

[chosemyschem wrote on 28 Oct 2024 20:58:](#)

[Bennyh wrote on 28 Oct 2024 20:36:](#)

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In perspective this should teach humility and acceptance, not hopelessness.

Kol Tov Brother

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Re: OivedElokim-I'll never give up
Posted by oivedelokim - 29 Oct 2024 17:06

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Feeling a bit better now, BH. Hoping to keep trending upwards. I know I have what it takes to get through this and to successfully build a beautiful Jewish home, where peace reigns and where Hashem will dwell.

(not entirely) Random question: Does anyone know any mekoros in Judaism about affirmations?

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Re: OivedElokim-I'll never give up
Posted by richtig - 29 Oct 2024 18:24

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Re: OivedElokim-I'll never give up
Posted by oivedelokim - 30 Oct 2024 06:20

@Richtig, I love your signature so much! (I wasn't raised with Harry Potter, we were too frum for that)

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Re: OivedElokim-I'll never give up
Posted by oivedelokim - 04 Nov 2024 03:28

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Re: OivedElokim-I'll never give up
Posted by oivedelokim - 06 Nov 2024 21:25

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Re: OivedElokim-I'll never give up
Posted by oivedelokim - 14 Nov 2024 00:34

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Close call today. Stayed clean though. BH!

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Re: OivedElokim-I'll never give up
Posted by Muttel - 14 Nov 2024 09:57

We're around buddy...

Looking forward to the big day,

Muttel

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Re: OivedElokim-I'll never give up
Posted by oivedelokim - 25 Nov 2024 20:40

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