

Square one

Posted by Looking\_to\_improve - 28 Feb 2021 22:41

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Thread 3

Day 0

Restarting from square one

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Re: Square one

Posted by YeshivaGuy - 29 Mar 2022 04:35

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[Looking\\_to\\_improve wrote on 29 Mar 2022 00:32:](#)

[YeshivaGuy wrote on 28 Mar 2022 21:57:](#)

[Looking\\_to\\_improve wrote on 24 Nov 2021 00:22:](#)

Needed to get this thought off my chest. (I don't need welcome backs, I check the forums daily)

I've been davening for someone else recently, and BH today my tefilos were answered. (Obviously we can never reciprocate anything to Hashem for all that he does for us), but I feel a big sense of busha when I'm omed lifnei hashchina while still acting out regularly. How can I come with requests and be answered when I'm in this state? Is this how I going to act when I'm being answered? As much as I might think I want to fulfill Hashem's desire and stay down, clearly I'm failing miserably if I'm constantly acting out. As much as I would like to say that deep down I want to be clean, how true can it really be if I'm incapable of realising that goal and desire.

(This point doesn't end smoothly here, but I don't really know what else to say for now)

It's been awhile, but I'll try giving a haarah.

We don't deserve anything regardless of our actions, as Hashem is infinite, gives us everything etc etc.

The distance between 100 and infinity is the same as between 1 and infinity.

So too, just like a tzadik has no right, b'eztem, to approach GD, one who isn't doing well is the exact same.

And just like Hashem wants a tzadik to approach Him, so too He wants us to.

This is an idea I heard, and I have kind of extended it for myself to the rest of davening: When I'm saying ?????, do I really feel a sense of ??? at the fact there's no Sanhedrin, no arba misas bes din? Do I personally miss the korbanos, do the degree that I feel sorrow that we don't have them?

No, but despite that, I daven for it. This is what the anshei kneses hagedolah decided that we need to know Hashem wants in his world, even if I might not. Despite it not being my will, I'll daven for it because it is yours. ??? ????? ??????.

Even on the things I relate to more, I still view them through this prism when I daven. But even with that mindset, it doesn't mean I feel genuine when davening for a personal request. Am I davening to the creator of the world, or just his hand that feeds me.

If I'm following in his ways, then I'll be more comfortable asking for my personal requests, but while I'm not, I'm not going to come with a shopping list and pretend our relationship is on the terms that I want it to be.

In your second point you question how can it be that ones actions don't align with their will, and that if they act a certain way then it must be that's their exclusive ratzon.

Think of when a person gets angry and says something hurtful to a friend and after the fact he feels bad about it.

How could that be? If he feels bad about it then it must be he didn't want to say that, so why then did he say that?

Answer is because he was angry.

Same here.

What we experience when angry, filled with taiva etc, is the cognitive dissidence Chazal refer to as the Ruach Shtus that causes one to sin.

It doesn't feel like a temporary ruach shtus when I act out like I have a heter to do so.

**Warning: Spoiler!**

Also, what do you mean "causes one to sin"?

Your point of davening to Hashem Himself versus His hand that feeds you is very profound.

Perhaps it would help, and I'm wondering for myself as well, to concentrate on the word ??? in davening.

That word has always fascinated me, my Rebbi once shtelled on it one Friday night. Speaking to Hashem directly and having the audacity to refer to the Melech as You...

As far as the Ruach Shtus "causing one to sin."

My answer is that I don't know.

On the one hand that's how it sounds from the chazal (I think maseches sota around daf gimel?), and in Yom Kippur davening we declare how the entire Klall Yisrael was "Meshuga" (or b'shgaga) when doing aveiros and should be forgiven etc.

But I'maaseh we believe in bechira and schar v'onesh.

Its a difficult paradox. One that I do not yet fully grasp.

Thanks for bringing it to my attention, it's something to work through.

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Re: Square one  
Posted by Looking\_to\_improve - 30 May 2022 21:02

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Over a week clean from m and p for the first time in a while, no major struggles or battles to report of

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Re: Square one  
Posted by excellence - 31 May 2022 06:43

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@looking to improve.

So good to hear from you again.

Well done on you're achievement!!

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Re: Square one  
Posted by YeshivaGuy - 03 Jun 2022 05:49

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BH!! I'm so happy for you and proud of you.

Thank you for keeping us posted, it's such a chizuk for myself and I'm sure for others as well.

Hatzlocha, Good Shabbos and Gut Yom Tov!!

YeshivaGuy

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Re: Square one  
Posted by OivedElokim - 16 Mar 2023 22:02

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Hey buddy, haven't heard from you in awhile, hope you're doing well.

Please update us when you can, we miss you!

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Re: Square one  
Posted by Looking\_to\_improve - 17 Mar 2023 15:51

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[OivedElokim wrote on 16 Mar 2023 22:02:](#)

Hey buddy, haven't heard from you in awhile, hope you're doing well.

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Hey, thanks for checking up on me.

I still skim through the recent posts page of the forum most days, there's lots of new people active on the forum since I stopped posting, but I usually look at the posts of the names I recognise.

I think I went through a bit of a rough patch maybe a month or two ago, where I was watching p and m maybe everyday or two, but BH I think I just got passed that period. I am currently 2 weeks clean from p today (with 1 slip in the middle which I am not counting as a fall), and m maybe every few days, but mostly focusing on avoiding p for the moment.

In other news I just started dating, we've been on one date so far and the next one is on

Tuesday. I think it has helped me so far in the battle against p. From very early on in my journey on GYE, I read/ knew that watching p would impact my relationship with my future wife, but it isn't much of a motivator when it's quite far off and you don't know who it will be. Although my relationship with this girl is just in it's infancy, and only Hashem knows who I'll end up marrying, I have found it to be a motivator so far, knowing that there is a tangible relationship and person that I am ruining if I choose to watch P.

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Re: Square one  
Posted by excellence - 17 Mar 2023 17:37

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Dear Looking to improve,

I have been following your story since your very early days, from the days of your first thread. All I can say is you are a tremendous inspiration. Don't be disheartened by the fact that this battle is not behind you. Instead be proud that you have been an active fighter and member of gye for so long. If only I was so involved here as a bochur. Bez"H you will find your Bashert Bekorov, and use the skills you have learnt here to take your future marriage to heights of Kedusha, Menucha, and happiness.

Love excellence

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Re: Square one  
Posted by Vehkam - 19 Mar 2023 07:40

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[Looking to improve wrote on 17 Mar 2023 15:51:](#)

[OivedElokim wrote on 16 Mar 2023 22:02:](#)

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That's a very good motivator. To make the motivation last it is helpful to find some concrete changes you can make to help fuel long term sustainable growth.

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Re: Square one  
Posted by OivedElokim - 19 Mar 2023 21:08

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[OivedElokim wrote on 16 Mar 2023 22:02:](#)

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I'm in the same boat in terms of beginning the Shidduchim parsha and that motivating me to stay clean.

God willing we will both succeed an go on to build beautiful frum, holy, loving relationships and homes.

Wishing you the very best!

*OivedElokim*

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