

My seemingly endless and dark journey  
Posted by Tired of falling - 04 Jul 2021 22:36

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Hi

I should post everyday about my struggle until if I ever make it to 90 days.

please give me advice everyday on my journey, I really appreciate it.

my plan was to read recommend books in Gye and read through the forum before sleeping each night.

And I also took upon myself maybe 2years ago to take cold showers every night (plus after falling). If I remember correctly it helped me in the beginning but as time went by my body got used to it and it cold water isn't hard for me anymore. Also the taphsic method doesn't work for me.

I've been struggling for 5 years.

I can't survive a week.

I fell after 4 days clean.

It just doesn't make sense. Because of the struggle in this area it made it very hard for me to get up out of bed for Shacharit. I used to daven at the last moment. Or even miss it completely sometimes. I've been reading over the forum for weeks now. And last week I made myself a plan. Because I noticed that most of the time I fall because I can't sleep either because of noise or just can't, I wrote that I would get up and learn Gemara. Last night I had an urge but was too tired to leave bed so I slept it over and was clean. And BH this morning I woke up and got out of bed in time. I Davened Shacharit did my learning after it (parasha with pituchei chotam, then Navi then messilat yesharim then kuzari). My learning took 2.5 hours. Had lunch and watched a shiur on messilat yesharim. Usually after all of that is my free time to see if I need to go shopping or anywhere else since I normally learn Gemara when I get back then halachot after mincha then I have a shiur after maariv. But because I also have another bad midda which is anger, I got angry because my family took a long time dressing and they had my dressed early and waiting a long time while they were just talking (and also because I even was worried of bitul Torah). Anyways I let them go without me. My anger didn't allow me to open my Gemara early.

I fell then around 4:30 central time. I want to share how the yetzer makes me start before I even touch my phone but I think I shouldn't because it's graphic. Also when I fell some pages got

frozen and I knew that HaShem was helping me not fall further but the yetzer told me that I already slipped so might as well continue. I knew that I should stop and better not fall continue but the yetzer was too strong.

I'm mzl. I have thoughts like I should end my life since if I don't I think I'm just adding more aveirot to my file.

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Re: My seemingly endless and dark journey  
Posted by simchastorah - 21 Feb 2023 07:17

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It takes tremendous strength to keep getting up an trying again and again like you. Your story is so full of the fight and of holding yourself responsible. Chazal tell us that when a person comes to purify himself, shamayim helps him. Hang on tight, you will make it, you are a true ba litaher

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Re: My seemingly endless and dark journey  
Posted by Tired of falling - 22 Feb 2023 04:50

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Day 5 clean. No nisyonos since yesterday BH.

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Re: My seemingly endless and dark journey  
Posted by Tired of falling - 22 Feb 2023 04:58

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Thank you, Geshmak. I just emailed him. I greatly appreciate it.

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Re: My seemingly endless and dark journey  
Posted by Tired of falling - 22 Feb 2023 05:00

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[Geshmak! wrote on 21 Feb 2023 03:06:](#)

[Tired of falling wrote on 21 Feb 2023 02:44:](#)

Hey, man thanks for checking on me. Currently, I'm 4 days clean. Still struggling to keep clean for more than a week. I've just set up an anyonymos google voice number, so I can call someone when having a nisayon. I feel like that's the only hope for me, since it's the one thing I was nervous to do, but I have to do it now. Please let me know if you are interested.

I'm trying to find time everyday to be on the fight to freedom program. I will also try to continue posting here in forum daily bli neder.

No nisyonot today.

What about you Geshmak?

Sure I'm interested!! But I would recommend someone way better then me he's username is Hashem help me. You can contact him through emailing him at [michelgelner@gmail.com](mailto:michelgelner@gmail.com)

He is really good at this... but he's very busy and can't pick up every time you have a nisyen. So maybe ask him what he thinks about calling me in time of nisyen and if he gives the go a head... then I'm all in!

Let me know, take care!

Oh! And how did I forget to say.... 4 days clean is amazing! Almost a week... keep us posted when you get your week. And doing the f2f program is a great idea too. Good luck!

Thank you, Geshmak. I just emailed him. I greatly appreciate it.

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Re: My seemingly endless and dark journey

Posted by Tired of falling - 22 Feb 2023 05:03

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[simchastorah wrote on 21 Feb 2023 07:17:](#)

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That gave me a big chizuk. May we and everyone who is struggling in this make it.

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Re: My seemingly endless and dark journey

Posted by Zedj - 22 Feb 2023 13:55

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[Tired of falling wrote on 22 Feb 2023 05:00:](#)

[Geshmak! wrote on 21 Feb 2023 03:06:](#)

[Tired of falling wrote on 21 Feb 2023 02:44:](#)

Hey, man thanks for checking on me. Currently, I'm 4 days clean. Still struggling to keep clean for more than a week. I've just set up an anyonymos google voice number, so I can call someone when having a nisayon. I feel like that's the only hope for me, since it's the one thing I was nervous to do, but I have to do it now. Please let me know if you are interested.

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Oh! And how did I forget to say.... 4 days clean is amazing! Almost a week... keep us posted when you get your week. And doing the f2f program is a great idea too. Good luck!

Thank you, Geshmak. I just emailed him. I greatly appreciate it.

If I may,

being in touch with a chaver is beneficial in itself. You don't need to be a mentor to be in touch. You can share your story, provide chizuk to each other and share what has helped you.

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Re: My seemingly endless and dark journey  
Posted by Geshmak! - 22 Feb 2023 14:56

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Dear zedj

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Like I can see myself if I'm in a ON mood then someone calls to chat about his nisyen I can get aroused and ... etc. I have an addiction to this( but most people don't) but for me I think it would be better after I'm at least sober a year. Like I don't want to mess anybody up. Even though I do wish to connect with people I love to shimmuz but I just can't trust myself yet... but again you're so right it doesn't have to be a mentor to give chizuk in a way sometimes a person on the same page as you can give better chizuk than someone that's past it already... take care! Gut chidash!

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Re: My seemingly endless and dark journey  
Posted by Tired of falling - 23 Feb 2023 05:29

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Day 6. No nisyonos, probably because I had severe toothache and had to go to the dentist to get a wisdom tooth extracted.

I remember that when things like this happen, I get no nisyonos (or at least it's easier to overcome them) for a while until after they pass.

Hatzlacha to everyone reading this!

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Re: My seemingly endless and dark journey  
Posted by Emes-a-Yid - 23 Feb 2023 05:59

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[Tired of falling wrote on 23 Feb 2023 05:29:](#)

Day 6. No nisyonos, probably because I had severe toothache and had to go to the dentist to get a wisdom tooth extracted.

I remember that when things like this happen, I get no nisyonos (or at least it's easier to overcome them) for a while until after they pass.

Hatzlacha to everyone reading this!

Very nice, whatever reason it is, lemaaseh you went clean on your thoughts although you had some pain, feel better on your tooth. Hatzlacha!

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Re: My seemingly endless and dark journey  
Posted by Tired of falling - 18 Aug 2023 01:23

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Hey Chevra, I'm trying to get back on here. Any suggestions on how to commit to being on the forum daily?

Chodesh Tov!

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Re: My seemingly endless and dark journey  
Posted by EccentricComposer - 18 Aug 2023 01:37

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Welcome back, if you look around and you're motivated to post, you'll do it often.

Hatzlacha!

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Re: My seemingly endless and dark journey  
Posted by Tired of falling - 31 Aug 2023 19:51

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Hey Chevra, sorry I haven't been posting updates because I've been moving into yeshiva and adjusting. BH no nisyonos, or falls at least since my last post. But I won't let my guard down, because often in situations like this where I moved to a new place and have excitement, fades after a couple of weeks and the nisyonos get difficult again.

Trying to stay busy, and find time to get chizuk in shmiras einayim/bris daily.

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Re: My seemingly endless and dark journey  
Posted by Tired of falling - 04 Sep 2023 02:06

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Hey Chevra, I forgot to let you know that I was finally able to go to a tag office and download a filter last week. I've been getting nisyonot on Friday, motzei shabbos, and today. But I pushed it off saying that my devices are filtered and I won't be able to see what the yetzer wants me to see anyways. But unfortunately I had a bad dream. But it's a natural withdrawal effect. The main thing is not to do it intentionally. I'm trying to keep busy with learning, and chizuk.

Hatzlacha to all of us!

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