

looking for chizuk

Posted by 613guard - 24 Dec 2021 07:47

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home access is my problem On weekends when i am not in yeshiva

any ideas any1?

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Re: looking for chizuk

Posted by 613guard - 25 Feb 2024 07:19

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Hi

Haven't been on here for a While Eyes were clean for a while struggled with the rest started making it for a week at a time by keeping up with HHM

didnt talk to him in a week and had rough shabbos and fell after

Fell after 10 clean days

HELP ME

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Re: looking for chizuk

Posted by yitzchokm - 25 Feb 2024 16:08

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I saw that you posted in the past that you started the F2F program. Did you go through the whole program? Do you regularly read The Battle of the Generation? Do you know the situations, thoughts and emotions that precede falls? Do you have a written list of appropriate responses from the toolbox for each cue?

Keep on posting and sharing and make friends. You may want to post more about your struggles or successes.

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Re: looking for chizuk

Posted by chooseurname - 26 Feb 2024 15:38

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[613guard wrote on 25 Feb 2024 07:19:](#)

Hi

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didnt talk to him in a week and had rough shabbos and fell after

Fell after 10 clean days

HELP ME

I scrolled back to the beginning of this thread. You don't have ten clean days. You have months and months of clean days. You're crushing it.

So right now you're in rough spot. Don't give up. I heard once the alei shur says a tzadik is someone who fights his yetzer hara. You've clearly been fighting the good fight, don't let one fall get you down.

Maybe you need to go back and look at what was working for you and see if you've eased up on any of that?

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Re: looking for chizuk

Posted by 613guard - 27 May 2024 04:33

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Hi

Day 1 of a million

Coming back to the forum for accountability

Want to get back on track completely

not a total roller coaster

did reallyreally well in ey

Had a rough bain hazmanim

And I'm joining the fight again

Before starting shidduchim in a few months

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Re: looking for chizuk

Posted by 613guard - 31 May 2024 04:03

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Hanging in there the past few days

Knowing I'm gonna post here definitely helped me twice

Although I blocked the worst stuff thru the router so at least I'm safe from that but it's still rough

Exercise seems to really help

But lack of much to do at down time is getting rough

I should really listen to my own advice and start calling hhm again

That's it for tonight's rambling

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Re: looking for chizuk

Posted by 613guard - 23 Jun 2024 03:41

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Got in touch for real with hhm

He's a real person

can't believe I did that

I almost didn't get the guts to do it

upto 9 straight clean days

Miracles do happen

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Re: looking for chizuk

Posted by stopsurvivingstartliving - 01 Feb 2025 23:03

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Hey brother can we get an update?

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