

Why is it so hard?

Posted by Geshmak! - 21 Oct 2022 04:30

I'm almost by 90 but it soooo hard!! Like I'm going crazy! Shouldn't it get easier and easier?!?!

Are these urges ever gonna go away ... like I feel I can't anymore....

please can someone that has been all the way in and got out tell me that it will get easier and I'll bhy be able to live a calm life with out just thinking lustful thought a whole day...like all I see is...women's behind bouncing up and down like can't I grow up and not live so low. I want to live higher happier etc. so started 90 days and thought that when I get there I'll be a changed man but I'm pretty close(86 bh) and it just so hard still. I'm starting to get disappointed and feel like given up so I would love to hear from real people that went through this that it will get easier and life gets better,and that I just need to give it some more time.

It will be greatly appreciated!!

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Re: Why is it so hard?

Posted by doingtshuva - 14 Feb 2023 11:36

May you post 1,000,000 with the same GISHMAAAAK

?Do you want to share why don't you show your current strike for the oilern ?

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Re: Why is it so hard?

Posted by Geshmak! - 14 Feb 2023 14:45

[doingtshuva wrote on 14 Feb 2023 11:36:](#)

May you post 1,000,000 with the same GISHMAAAAK

?Do you want to share why don't you show your current strike for the oilern ?

? ???!!

I don't know how to... simple as that. Can you please teach me? I personally think that's way more important and impressive than karma...

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Re: Why is it so hard?

Posted by doingtshuva - 14 Feb 2023 17:20

Go to the 90 day chart

by the columns of level you can change from public to private

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Re: Why is it so hard?

Posted by doingtshuva - 14 Feb 2023 22:57

Sorry Geshmak,

By the 3 column from left at current streak

You can choose between displaying or not your current streak on the forum.

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Re: Why is it so hard?

Posted by Geshmak! - 15 Feb 2023 03:30

I went to my page on the 90 day chart and pressed the button ti display my streak... but I see nothing happened. Oh well! Don't worry I'll keep you posted... bhy with only higher and higher number of clean holy geshmakah days!

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Re: Why is it so hard?

Posted by doingtshuva - 15 Feb 2023 11:19

I think something is wrong as my streak isn't displayed either

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Re: Why is it so hard?

Posted by Geshmak! - 19 Feb 2023 04:54

Nice win tonight BH!! Update my iPhone and after it updated I realized that two app that I
() is back on the phone. Bh I just deleted them with out even opening
them for a sec. Cause I know myself... if I would've opened it for a second it wouldn't be a
second and not a minute either. So thank H' for that!!

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Re: Why is it so hard?

Posted by Geshmak! - 19 Feb 2023 04:58

I'm trying not to pump myself up to much by this win cause my past experience taught me that
when I have to much confidence and I feel to calm like if I think to myself look I could have
control then I fall right afterwards. So I'm just thanking H' for the power he gave me this time to
control myself. And I still know that I'm powerless over my lust and I still need his help and I
need to continue being extra careful with myself....

Every body should be gebantcht with a week full of success!!

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Re: Why is it so hard?

Posted by Geshmak! - 23 Feb 2023 18:27

BIG DAY FOR ME BH!!

last time I called a chat line was February 14 and now I'm on

DAY 100!!!!

H' should help further and further.... Forever!

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Re: Why is it so hard?

Posted by chancy - 23 Feb 2023 20:13

Im in middle of learning a sefer called ???? ???- ?????? ??????. Its amazing and you should look at it.

He brings out the tremendous power and worth of what it means to be a yid today with all these difficulties.

Especially when people like all of us, who tasted and drank these addictive waters for too long and still crave it, and the world around us is just a cesspool of filth and garbage and yet we resist!!! There are no words in any language that can describe what happens when we fight and dont give in even without feeling or seeing any reward whatsoever... If we could only see, we would be blinded immediately by the light, Im %1000 sure of it.

Anyway, Keep it up. You are a geshmak to be around, we all love you. I know i do!

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Re: Why is it so hard?

Posted by Geshmak! - 26 Feb 2023 04:31

Gut vuch!

got a question: WHY IS IT SO HARD?!?! I'm going crazy with very strong urges last night couldn't sleep and now my tavah is burning... hope things calm down cause I just don't got to much kiach to fight.

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Re: Why is it so hard?

Posted by 5Uu80*cdwB#^ - 26 Feb 2023 04:55

Keep up the great work. The reason it's so hard is because lusting and everything that goes with it is an addiction. Stopping all of it is similar to trying to break free from a heroin addiction. Our brains have been hijacked by the addiction and re-wiring it requires suffering withdrawal pains. **But the PAIN is WORTH IT!!!!!!!!!! Cheering for you!!!**

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Re: Why is it so hard?

Posted by Eerie - 26 Feb 2023 07:08

Hi, my holy friend! I think that part of what makes it so hard is because the desire and urge are really part of your natural make-up, except we, by exposure and bad habits, fried the wiring to want who-knows-what. To rewire our brains to look only for what is truly the expression of our desires takes a lot of hard work and time. My friend, we are here for you, we are inspired by you, and many a visitor to GYE has gotten much chizuk and encouragement from you, and all

Keep at it, my friend, you're doing great,

recognize the growing pains. Let us know how you are doing!

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Re: Why is it so hard?

Posted by doingtshuva - 26 Feb 2023 11:21

With the years I have learned that the real test is when you loose the mood and the high of being sober.

Just look for ways to keep yourself busy active and happy.

Remember that every day clean counts, and if we ever fall then we are not dead, rather we get up to fight again.

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