

Starting Again!!

Posted by Vetaher1 - 23 Aug 2023 16:08

Hi,

I am coming here from a long journey of being clean for many many years b"h and I was 100% certain that 'life's gonna be great forever' and my old habits will be a thing of the past and forgotten. I was so very confident in myself,

BUT boy was I mistaken big time!!

For the past 2-3 month all this has changed drastically, my longstanding shields are basically down, I have gone back to the miserable days where the daily struggles are back, I cannot resist the temptations as before, I'm searching online for all that garbage I haven't seen for years. Lust is all around me. The most I managed is around 2 weeks clean, and while I was sure that I'll manage to climb this ladder again just like in the past, I am dearly let down.

I never thought I'll get to this point but I don't stand another chance and my ONLY way forward is being open about this struggle to the many amazing people here,

so here I am on day-1 of my journey. and I will commit myself with Hashem's help to posting and updating, and chevra I really need your chizzuk and support!!!

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Re: Starting Again!!

Posted by dim12 - 23 Aug 2023 20:57

I am so sorry to hear about your struggles and I'm here to offer my support and encouragement. It can be really difficult to face our challenges and be open to others about them, but it is a brave and courageous step.

No matter how hard it seems, never forget that you have the strength to overcome it. Remember to stay focused and motivated and never lose faith that you can achieve anything with Hashem's help. You are not alone in this battle and this community is here to offer you support and guidance throughout your journey.

You can do this! Take it one day at a time and never give up. You are stronger than you think and together, we can keep going.

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Re: Starting Again!!

Posted by EccentricComposer - 24 Aug 2023 01:04

Wow, its amazing that you're pushing yourself to do this, please keep us updated!

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Re: Starting Again!!

Posted by chaimoigen - 24 Aug 2023 01:19

We are here with you.

But we want to learn from you, too!

Clean for many years is an incredible accomplishment that isn't negated by your recent struggles.

Please stay connected - we are in this together!

Here's a warm hand! Lets walk together.....

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Re: Starting Again!!

Posted by Vetaher1 - 24 Aug 2023 10:19

Thank you for all your pushbacks and support, it mean REALLY much. and iy'h with your help I'll overcome the struggles.

'The Yetzer hara will be like a single hair-string to some or as a massive mountain', I can

already really relate to that, as it felt so easy and simpler in the past years while I was clean, and now everyday seems such a test, a real mountain to overcome.

Today: day 2: thank you hashem!

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Re: Starting Again!!

Posted by Vetaher1 - 28 Aug 2023 16:30

During these days when 'Hashem is in the fields'- how embarrassing would it be if I met him with my pants down', gosh

b"h feeling strong.

day 6 b"h

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Re: Starting Again!!

Posted by Vetaher1 - 11 Sep 2023 13:01

day 18 b"h.

with many more to come

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Re: Starting Again!!

Posted by Hopefulposek - 11 Sep 2023 18:07

It gives me and I'm sure many others much chizuk to see your journey as you count out the days. Keep it up, you're going great and remember there are many along side you counting out the days together.

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Re: Starting Again!!

Posted by true_self - 12 Sep 2023 11:31

Keep going dear friend! looking forward for your next update.

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Re: Starting Again!!

Posted by Vetaher1 - 28 Sep 2023 12:57

Hi and a gemar chasimah tovah to my special brothers here!

Yesterday, yes the day after Yom Kippur, I had such strong urges, and my I searched out some garbage through my filters cracks and even managed to download some bad stuff. Some how... with hashems help I managed to overcome it and deleted it all before having a chance to open it. I really hope I wont come that close again.

meanwhile its day 35.

wishing you all the best!!!!

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Re: Starting Again!!

Posted by true_self - 07 Oct 2023 20:10

Dear Vetaher, I hope everything is alright and that you had (are having) an uplifting yom tov, please keep us updated and continue breaking free, Hashem is so proud of every little effort of yours, Keep it up!

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Re: Starting Again!!

Posted by Vetaher1 - 16 Oct 2023 09:53

Hi dear brothers.

a lichtige winter to all!

a small thought: Let us fight the battle of our lust temptations and hashem will fight our battle on the frontlines. (not sure which one is more difficult though) iy"h we will win on all fronts!!!

54 days clean b"h

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Re: Starting Again!!

Posted by adam2014 - 16 Oct 2023 10:59

I never had a long streak like you did. You should be very proud of that. The current falls do not take that away from you. You did it once and you can do it again! I am new here and not ready to give advice, but the people on here are awesome and you can to the right place!!

Keep us posted!!!

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Re: Starting Again!!

Posted by excellence - 16 Oct 2023 13:36

@Vetaher1 ?????? ?????? ?????? A true inspiration!

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Re: Starting Again!!

Posted by true_self - 16 Oct 2023 19:45

[Vetaher1 wrote on 16 Oct 2023 09:53:](#)

Hi dear brothers.

a lichtige winter to all!

a small thought: Let us fight the battle of our lust temptations and hashem will fight our battle on the frontlines. (not sure which one is more difficult though) **iy"h we will win on all fronts!!!**

54 days clean b"h

In fact they are interconnected at their core.

Keep up your fantastic work!

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