

The journey to happiness

Posted by hishtadlus123 - 26 Mar 2025 22:39

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Hey guys today is day 2 of my journey. Like I said in another post, not just is p and m an aveira but it is actually stopping me from filling my own potential and being happy through the fact it creates this prison for me that I can't break free

Im with friends now who are watching a movie that is not 100% clean (women actors not tzniyus) so I have to go to bed early which is a bit socially off but I think that is Hashems will for me right now. If you guys don't mind, keep pumping the chizuk!!

Thanks for all the support Tazddikim!

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Re: The journey to happiness

Posted by hishtadlus123 - Yesterday 23:07

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Day 8 clean here we go

I had a huge urge early this afternoon and I knew that I was going to fail so I left my room and went for a 2 hour bike ride and the urge was gone. BH overcame this one - it's is apparently a eis razton when you overcome an urge so I davened for a strong and enjoyable zman in the summer. It is crazy how from one second to the next I could be celebrating how I am so happy and free because I am clean yet mamesh 15 seconds later about to fall. It is a lesson that my boundaries - keeping technology out of my bed among others - have to remain strong and I have to remain vigilant.

Keep trucking!!!

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