

The journey to happiness

Posted by hishtadlus123 - 26 Mar 2025 22:39

---

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!

=====

====

Re: The journey to happiness

Posted by hishtadlus123 - 22 Apr 2025 23:07

---

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!!!

=====

====

Re: The journey to happiness

Posted by hishtadlus123 - 25 Apr 2025 16:38

---

I just had a another fall now after 11 days. I started off so well - went to shachris and learnt then I became so tired and couldn't stay in the beis medrash anymore. I decided to go home and I was listening to some carlebach music - I felt I needed to relax and I somehow stumbled upon chatgpt that for some reason isn't blocked. I used chatgpt to find inappropriate content then I fell

because of it. Even though my mentor told me to chuck the smartphone in the bin (which I have done now) I didn't do it last night and I had it this morning. Once I had fallen to bad images then I felt that I might as well screw it and watch porn. So using the phone that I was supposed to chuck in the bin, I watched porn and M for a couple hours. Then I broke the phone and put it into the bin. I am not sure what I am supposed to do now - I have added chatGPt on my block list and got rid of the phone. But I was 11 days clean until then. I really need chizuk to restart now. BUT I WILL DO IT.

=====

=====