GYE - Guard Your Eyes Generated: 14 September, 2025, 02:54 need chizuk Posted by eliyahunavi - 28 Jun 2010 14:42 Hi, So I'm clean for eight days, working on discovering some of the reasons why I act out, but I need chizuk. I am starting to feel faintly weak, and need some advice. Every bit of chizuk is appreciated. For me, this is a big deal. I haven't gone eight days in months. I feel great, but I don't want to lose it. Re: need chizuk Posted by bardichev - 28 Jun 2010 14:49 eliyau we all need chizzuk and welcome aboard 8 days is huge thats over a week of pushing back a big strong monster

u are you own chizzuk

he is going crazy

the weakness you feel is the YH going nuts

1/4

just keep on trucking!!!

#2

2/4

don't get upset if u slip or fall
did you ever learn how to ride a bike? or daven for tha amud? dance the hora??
keep on trucking!!!!
b
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Re: need chizuk Posted by silentbattle - 29 Jun 2010 16:56
Remember that every day is important. Every minute. Not just because it's part of a life free of lust, but because for that minute, you're free. And that, in and of itself, is valuable - incredibly so.
Remind yourself of that, and feel happy with every day that you're clean. It's worth celebrating!
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Re: need chizuk Posted by allaloneontop - 29 Jun 2010 20:20
eliyahunavi,
I have been where you arein factI went 41 days and fell and now I'm back to where you are withdrawal symptoms and all. You can do this.
All I can add is that you must be a tremendous tzadik. It makes no sense for the y'h to prey on

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the weak...only the strong. You can beat him. You are better than he is...he has just found an area of weakness...we are all here to make you stronger. Feel the love of the forum and beat this thing...you can do it!

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