

weekly accountability and chizuk (the making of a Tzadik)

Posted by Areivim - 25 Feb 2011 15:20

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Hello everyone!

I have decided to start a journal of my experiences, struggles, and successes with the intention of giving chizuk to everyone, including the "lurkers" (many people who read and take in all the information, but do not post any comment), and in order to receive some chizuk that I know I will need in order to become a Tzadik.

I will update at least once a week on Friday or Motzei Shabbos. I would love it if people can gain from my journal: the making of a Tzadik.

Right now, time is short, but suffice it to say that I started Thursday (yesterday). I picked myself up, after some dumb choices Wednesday night that led to a fall.

I woke up determined to succeed for good. I talked with HaShem and went through the 4 steps of teshuva. As part of kabala for the future, I told HaShem that I would start a journal with the intention of being able to give chizuk and help others struggling to succeed. I then said the tikkun klali (10 Tehillim of Dovid HaMelech), and went into the mikveh.

I feel like late Wed. night, I fell into a big pit of mud, and dirtied my clothes and whole body. Then, on Thursday I picked myself up and cleaned myself off thoroughly, washing my clothes and taking a long shower. I reasserted myself that I don't belong laying in the mud like a dirty pig, but rather I belong standing talking to HaShem and learning His holy Torah with a clean body (goof naki).

I am a holy neshama, who has a goof and a major yetzer hara. I need to stay focused and pass the nisyonos that come...in fact this is why HaShem sends the tests...so that I will **pass** them and assert myself as a holy neshama, and in doing so get closer and closer to HaShem, and develop of stronger personal relationship with Him.

Have a great Shabbos everyone!

All chizuk is welcome. Also, if someone who has succeeded for awhile (several months) could write in and comment from time to time, I would greatly appreciate the help.

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Re: weekly accountability and chizuk (the making of a Tzadik)  
Posted by Areivim - 02 Apr 2011 23:18

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Completing day 10! That's TEN whole days. Wow, it feels good just to write that. 10,10,10.

Thanks guys for being there on this journey with me.

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Re: weekly accountability and chizuk (the making of a Tzadik)  
Posted by Blind Beggar - 03 Apr 2011 09:20

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We are all looking forward to 90 90 90 but that's another 80 days ONE DAY AT A TIME 1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20 21 22 23 24 25 each day is a full day and a challenge and an accomplishment and not to be taken for granted 26 27 28 29 30 31 32 33.....and so is day 91and 92 and 93 and we will agree to disagree on day 1001 and 1002 and 1999.

I love you, brother!

BB

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Re: weekly accountability and chizuk (the making of a Tzadik)  
Posted by Areivim - 03 Apr 2011 17:05

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Well said!

Hoping and expecting to complete day 11 without mishap.

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Re: weekly accountability and chizuk (the making of a Tzadik)  
Posted by Areivim - 04 Apr 2011 17:59

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day 12, so far so good.

Look, to be honest, I could have controlled my computer hours much better, but bottom line, I didn't go to any bad sites, and I didn't "act out" in any way....so all 12 days count.

As I progress, I want to control my computer time better as well.

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Re: weekly accountability and chizuk (the making of a Tzadik)  
Posted by geshertzarmeod - 05 Apr 2011 07:02

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Celebrate each moment as a major success!

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Re: weekly accountability and chizuk (the making of a Tzadik)  
Posted by Areivim - 05 Apr 2011 16:36

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I think that you're right...thank you!

Want to know something ironic, weird, and very frustrating? Since revealing my email to everyone on this guardyoureyes forum, I have gotten THREE disgusting spam emails sent to me with a link to porn! It is a dedicated email only to use for breaking free from this terrible tyvah/bad habit. So it is VERY likely coming somehow from someone seeing my email here. As horrible as that is. Has this happened to anyone/everyone else as well???

At least, all 3 times I hit report as spam, instead of hitting the link, Boruch HaShem! But still!

Day 13 and going strong!

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Re: weekly accountability and chizuk (the making of a Tzadik)  
Posted by Kedusha - 05 Apr 2011 16:38

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Re: weekly accountability and chizuk (the making of a Tzadik)  
Posted by Blind Beggar - 05 Apr 2011 18:27

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This Forum is open to any spammer, pimp, terrorist, prostitute, policeman and dog trainer in the world with an Internet connection. Spammers search the entire Web for real email addresses. I had RisingUp take my address off immediately for that reason.

I never get any spam at all in my Gmail accounts so if anyone knows where I can get Viagra without a prescription, please PM me.

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Re: weekly accountability and chizuk (the making of a Tzadik)

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Posted by ben durdayah - 05 Apr 2011 19:30

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I must say that G-mail is very good in the spam blockage.

BB: You know that guy who sells pens and shoelaces outside of Zichron Moishe? Well...

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Re: weekly accountability and chizuk (the making of a Tzadik)

Posted by Areivim - 05 Apr 2011 20:30

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I had a long talk first with someone here, and then with my wife, about what I am doing here on the forum and what I am trying to accomplish. My problem is more internet/movies/videos/t.v. based, and less pornography or sex based. I have fallen into those traps too, of course, but I think that it has been an outgrowth of simply having so/too much exposure to the other and seeing ads and being vulnerable or tired and thus in a weakened state of awareness to fight it.

I came here, because I saw an ad on VIN news that said something like: guardyoureyes, a frum person's forum for breaking an internet addiction. And the first 4 levels of the GYE handbook seem to fit, so I think that I AM in the right place. Plus, bad, self-destructive habits of masturbating and wasting seed die hard. It is very hard to break ANY bad habit. And the yetzer hara seems to fight breaking this one extra hard.

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Re: weekly accountability and chizuk (the making of a Tzadik)

Posted by Areivim - 06 Apr 2011 12:45

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I went to sleep too late again, with my wife literally taking the computer out of my bed, since I fell asleep with it on sometime after 2am! I started a movie at 1am, instead of just going to sleep, even though I was OVER-tired! I guess I have a problem, huh!

She is ready now to try putting on a time limit on the computer from the windows parental control which hopefully won't slow down the computer like k9 did, since she is the administrator and I don't have the password. With HaShem's help, this will work, and I will just accept the fact

that at 1:00am there is no more computer, and go to sleep.

I slept for about 12 straight hours, since I have been so overtired staying up late on the computer these past few nights and not getting enough sleep. This may be the "bottom" I needed to hit, before my wife would get on board to help me.

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Re: weekly accountability and chizuk (the making of a Tzadik)  
Posted by Blind Beggar - 06 Apr 2011 12:53

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This little boy has half of the K9 password and my wife has the other half so I don't feel like she is the boss.

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Re: weekly accountability and chizuk (the making of a Tzadik)  
Posted by ben durdayah - 06 Apr 2011 13:25

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[Yosef Tikun HaYesod wrote on 05 Apr 2011 20:30:](#)

And thus for me, only if I: go to night seder and learn Torah for 2 hours or more, AND get in bed by 11:30pm, AND go to sleep by 1:00am, AND get up by 8:00am, AND go to morning seder and learn Torah for 3 hours or more, AND go to afternoon seder and learn Torah for 3 hours or more, AND not go to any porn site, AND not masturbate can I really count that day as a success and not a failure.

Gee Yosef, you forgot to mention ending world hunger, curing cancer and bringing world peace...

Seriously, even though these are good goals -and I share some of them -if you need to do all of that to consider your day a success, you're bound to fall...

Unless, of course, you consider sleeping until 2 pm because you were up late watching a movie an "oiness" (I don't mean to be sharf, but it's te'chilosoi be'pshia va'soifo be'oiness -how do we pasken there?).

You have to appreciate the little victories, and count all of your small successes. Even if you had a lousy day and learnt "only" 20 minutes of your almost four hour seder...

Otherwise you're setting yourself up for depression...

BeAhavah MesuTeress,

E

PS This is coming from someone who has a very similar problem, and went to sleep at 2:30 for no good reason and got up at 9:30 for the same no good reason. I really have a similar problem, just I don't watch movies -I'm a read-a-holic. So even without the net -which provides me with plenty to read, kosher and non-kosher products -I will go to sleep too late if I have what to read, and wake up too late, and it's a vicious cycle that I need to break out of. I really share your goals (with the exception that if I'm in bed by 11, falling asleep by 1:00 is teitch that I blew it again by reading or doing something else which kept me up. Although I usually **do** need something to read and "unwind" with so that I can fall asleep and not roll over and over from side to side).

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Re: weekly accountability and chizuk (the making of a Tzadik)  
Posted by ZemirosShabbos - 06 Apr 2011 16:59

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Yosef, i can identify with the 'staying-up-late' issue as well as EBD's readaholic idea, i do both. I

also think that it is important to not bite off more than you can reasonably chew at one time, as EBD said.

you won't grow away from the time-management issue in just one day (it takes about 2 weeks [kidding :) ]).

wouldn't it be nice if a one-time feeling of anguish or despair catapulted us into perfection?

i wish...

but that is wrong and it only serves to entrench the problem as it invites failure.

listen to EBD, make some smaller goals, appreciate the small victories and keep on trucking and working

BE"H you'll go far!

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