

looking for chizuk

Posted by 613guard - 24 Dec 2021 07:47

home access is my problem On weekends when i am not in yeshiva

any ideas any1?

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Re: looking for chizuk

Posted by Hashem Help Me - 24 Dec 2021 12:13

Extremely common issue. Guys work so hard to stay clean and while in yeshiva, are successful. Then they go home and are surrounded with many devices and too much time. In addition, the location can trigger - this is the place where i watched this and that, this is the place where i masturbated... One eitza is to write up a contract "I will not use any unfiltered device even for kosher purposes. If i break this geder and use an unsafe device, even if i did not view inappropriate stuff, i will rip up \$5. This contract is in effect for 30 days, and at day 25, i will write a new contract for the next 30 days with any changes that i see are necessary. One exception - If i absolutely must go online and there is no safe device available, i will notify a friend or GYE partner that i am using an unsafe device for approx ___ minutes and will notify him when i am off and safe". In addition, make a schedule for yourself where you allow relaxation time, but also productive time. Too much "hang around shleppy" time creates nisyonos. Lastly, when you come to a location in the house that you fell in the past and maybe view as a makom tumah, say out loud, "This location is pareve. It is my choice what to do here. Hashem, please help me to make this into a mikdash me'at with learning, chessed, tehillim, and ma'asim tovim". Then go do something nice in that location.

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Re: looking for chizuk

Posted by 613guard - 26 Dec 2021 00:52

I will iyh start going one gye the 2nd i get online as a prevention tool

i will try to post each time til 90 days

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Re: looking for chizuk

Posted by 613guard - 26 Dec 2021 07:06

signing in here

I heard an interesting gaon mishlei 24 1

Brings down pasuk in koheles that the yetzer hara's main goal is not the actual sin but rather the downward spiral that comes after with all the negative feelings

so stay strong and dont let him win

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Re: looking for chizuk

Posted by 613guard - 29 Dec 2021 01:13

Currently home sick so gona havd to try extra hard next day or 2

wish me luck or strength or whatever

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Re: looking for chizuk

Posted by 613guard - 29 Dec 2021 05:31

Reading easypeasy book

makes the whole outlook much easier

The guys should check it out

Easypeasymethod.org

easypeasymethod.org/easypeasy.pdf

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Re: looking for chizuk
Posted by 613guard - 31 Dec 2021 05:14

Currently an off shabbos

really wana take a peek

holding myself back

help

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Re: looking for chizuk
Posted by Avrohom - 31 Dec 2021 05:24

Think about how you'll feel if you make it through the off-Shabbos clean! Then realize that if you "just" take a peek, you know from past experience that it will make it extremely difficult to make it through. Aside from the personal achievement, every moment you battle through a difficult time - earns you tremendous reward, and Hashem is showing off your victories to his Malachim.

Also, you should try to make a plan of how you're going to occupy yourself from now until the end of the off-Shabbos.

Hatzlocha! Hang in there!

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Re: looking for chizuk
Posted by 613guard - 31 Dec 2021 06:48

Still clean

going to try a cold shower

its supposed to help with urges

wil try to update after

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Re: looking for chizuk

Posted by 613guard - 31 Dec 2021 06:50

Thanks man

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Re: looking for chizuk

Posted by 613guard - 31 Dec 2021 07:17

:cool:Awesome freezing shower

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Re: looking for chizuk

Posted by 613guard - 02 Jan 2022 00:12

Fell on Fri

no p--- bh

but still a fall

gonna havta try harder

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Re: looking for chizuk

Posted by Avrohom - 02 Jan 2022 04:53

[613guard wrote on 26 Dec 2021 07:06:](#)

I heard an interesting gaon mishlei 24 1

Brings down pasuk in koheles that the yetzer hara's main goal is not the actual sin but rather the downward spiral that comes after with all the negative feelings

so stay strong and dont let him win

Don't forget this!

And I'm not sure you have to fight harder - just keep fighting like you have already! (and fight smarter...)

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Re: looking for chizuk
Posted by 613guard - 02 Jan 2022 08:13

Gonna fight

Gonna fight stronger

Gonna fight harder

Gonna fight smarter

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Re: looking for chizuk
Posted by Hashem Help Me - 02 Jan 2022 12:18

[613guard wrote on 02 Jan 2022 00:12:](#)

Fell on Fri

no p--- bh

but still a fall

gonna havta try harder

Celebrate the fact that your eyes stayed clean. That goal should remain stark, even if you are finding masturbation to still be tough. I hope you will graduate both, but do not throw in the towel on pornography if you stumble with masturbation - that is what the yetzer hara would like to see...

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