

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 DavidT - 06 Feb 2022 17:28

[613guard wrote on 04 Feb 2022 19:24:](#)

Had a clean streak for 5 days then it got really bad and held myself back for 2 days then i fell

I keep doing this

How do you feel about your fall?

What do think about yourself now?

Do you believe you can overcome this eventually?

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Re: looking for chizuk

Posted by Shtarkandemotional - 06 Feb 2022 19:26

An example of Daily motivation for porn

reaching a clarity:

1. We will ALWAYS not wanna watch! We are always upset with our behavior! (Since it destroys our hearts and minds and our whole life) The question is when will we tap into it?! Now? Or... after we fall! When we feel like we wish we're buried under the soil.
2. Once we understand that we're gonna always be unhappy with our "watching of porn"

- we're just giving in to the cycle that we'll always wanna stop so why not just stop?
3. We truly feel horrible since we made an incredibly stupid decision, we feel sticky and ouch! Like why why why! Why did my eyes have to see that!
 4. We feel so full of guilt! Like how on earth did i do this?!? And if we're on a good streak we'll hear the words in our head I was doing sooooo well now I'm back here!
 5. Sad- how did I ruin everything?! Now I'm back to square one.
 6. Worthless- we feel our minds are like a toilet.. or better say - an overloaded sewer system! I'm not capable.
 7. We feel angry- how many times are we gonna try!?! How many times do I have to see myself fail! How many day, months and years!!
 8. We're overloaded with a whole bunch of extra tayvos now! A whole new video in our brain! The thoughts an cravings that come because of it are absolutely ridiculous!
 9. We're ruining a chance to have a clear mind
 10. The way breaking free works is because this is very visual the more we stay away the more our brain forgets that high and what it looked like and everything like that! And by keep on falling we don't allow that process to start!
 11. We feel like a double standard! Putting on teffilin in the morning and yet doing the biggest aveiros later! It feels like a knife to our heart! We feel so fake! Our sincerity feels like a lie.
 12. Ruining a chance to feel free! There's no better feeling of realizing this parsha is behind me! The constant doubts are gone! The ones like "should I fall?! Should I not?!? But maybe! But it's right here!" "I'll just do teshuva right after!" "Oh one video will be enough!" "I'll feel so much better."
 13. Ruining a chance to look back and realize how long you came! Trust me it's yetzias mitzrayim! It's a feeling of "wow I'm a real fighter I've been clean for so long"
 14. Navigating lust to porn isn't an option cuz we can't have a happy frum marriage and home of kedusha and tranquility etc while having this horrible issue in the way! Which means for the - unmarried guys your only buying time by allowing your mind to turn there since we must gain full full control of this before a happy marriage starts and honestly a happy life starts! And for the married guys- your killing your wife and your killing this golden opportunity of a happy household. - We don't live forever.
 15. Porn also means for 99% of people automatically mz"l so it's really killing a lot of birds with this dumb ugly stone.
 16. Porn also ruins the chance for intimacy it's trains the brain to love that sexual excitement and intensity which will only cause issues cuz sexual intensity never lives up to the hype and it will make one's mind become completely distorted.

Don't we wanna avoid all this damage!?!?!??

If you wanna mess up your life - go fall. And I'll see you agree with this in an hour from now... probably, even in 5 minutes from now.

If you wanna stay strong,

Realize this!! It's true.. this doesn't make you happy! Go do something instead of this fake stupidity and at least channel your lust to something better. Go get a good sandwich that you'll

actually not kill your life by doing.

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Re: looking for chizuk

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Realize this!! It's true.. this doesn't make you happy! Go do something instead of this fake stupidity and at least channel your lust to something better. Go get a good sandwich that you'll actually not kill your life by doing.

This is an example of a daily motivation- reaching a clarity! and one of the necessary components to staying clean long term! Hatzlacha. Rooting for you!

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Re: looking for chizuk
Posted by 613guard - 13 Feb 2022 06:24

Just spoke to someone for the first time.

bh

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Re: looking for chizuk
Posted by 613guard - 20 Feb 2022 01:24

2 weeks straight bh

shoutout to hhm and my partner and the whole gye oilam

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Re: looking for chizuk

Posted by 613guard - 27 Feb 2022 07:34

3 Weeks bh

first time i hit 3weeks since joining gye

Its definitely getting a tiny little bit easier

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Re: looking for chizuk

Posted by 613guard - 04 Mar 2022 06:17

Doing good beezras hashem

I had very rough day this week

Which in the past would have meant acting out but BH I made it

mishenichnas adar marbim bsimcha

ain simcha ela torah

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Re: looking for chizuk

Posted by 613guard - 04 Mar 2022 19:36

Tired and stressed but i will not give up today

i will not give in

i will make it 1day at a time

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Re: looking for chizuk

Posted by 613guard - 06 Mar 2022 01:05

Had a major nisayon friday

i ran away

it was the only option

and it worked

and still clean bh

4 weeks

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Re: looking for chizuk

Posted by 5Uu80*cdwB#^ - 06 Mar 2022 01:52

You're amazing! Keep up the great work!

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Re: looking for chizuk

Posted by Shtarkandemotional - 06 Mar 2022 02:28

[5Uu80*cdwB#^ wrote on 06 Mar 2022 01:52:](#)

You're amazing! Keep up the great work!

I know! Right?!

I was just gonna say the same thing! Incredible buddy!

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Re: looking for chizuk

Posted by Vehkam - 06 Mar 2022 02:45

Moments like these can propel you to unimaginable greatness.

thanks for sharing and recognize how much you have changed.

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Re: looking for chizuk

Posted by DavidT - 06 Mar 2022 19:26

[613guard wrote on 06 Mar 2022 01:05:](#)

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and it worked

and still clean bh

4 weeks

Amazing! thank you for the great chizuk that you have given us!

The most basic strategy for dealing with urges is to get away. You want to put as much distance between yourself and the tempting situation as you possibly can. Leaving or escaping can mean going somewhere public, like a different room or outside. If the urge is related to the internet, you can also turn off your computer or put your phone out of sight.

The concept of escape can be traced back to Yosef Hatzadik. When Potiphar's wife tried to seduce him, he escaped and left the house.

When faced with a tempting situation you can't avoid, remember there's always a moment of grace where you can still catch yourself. Becoming mindful of these small windows of opportunity is essential when dealing with unavoidable triggers.

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Re: looking for chizuk

Posted by 613guard - 13 Mar 2022 02:08

Thanks everyone for the amazing comments

It really keeps me going

I had a very busy week

Bh no major nisyonos

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Re: looking for chizuk

Posted by 613guard - 20 Mar 2022 05:07

Friday night was my worst and longest urge in the past 42 days since im clean

it was a combination of the unwinding from purim and a lot of stress

bh after a lot of fighting the yh

i decided i can't do it on the day r chaim was niftar

i told myself if i still want i will do it tmrw

and lo and behold bh i awoke today much calmer and said no way not today either

so still clean bh

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