

looking for chizuk

Posted by 613guard - 24 Dec 2021 07:47

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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 - 20 Mar 2022 14:23

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[613guard wrote on 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

Amazing! Reb Chaim Z"L should be a meilitz yosher for you and you should be able to keep on going strong in this battle and be successful in everything you do.

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Re: looking for chizuk

Posted by 613guard - 25 Mar 2022 17:21

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Upto 47 days

over halfway to 90

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bh an easier week so far

lyh vaiter

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Re: looking for chizuk

Posted by 613guard - 27 Mar 2022 05:09

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Day 49 its crazy that i was able to make it this far

thank you hashem

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Re: looking for chizuk

Posted by 613guard - 01 Apr 2022 19:50

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I found a major chizuk this week in Alei shur

(Chelek rishon shaar shlishi maaracha shaini perek zayin)

"whoever stands up against the yetzer hara is a TZADIK, whoever doesn't stand up is a RASHA"

NOT whoever wins every time

you just gotta fight the fight

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Re: looking for chizuk  
Posted by DavidT - 03 Apr 2022 19:54

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By the conflict between Yaakov and Eisav, Yaakov Avinu had no choice but to wrestle with the very malach of Eisav. As much as he tried, Eisav's angel was unable to overcome Yaakov, lo yuchal lo.

The question is: "How strong is an angel?"

The answer is that an angel has whatever strength, whatever power he needs to accomplish his task. The angel that overturned Sodom must have had tremendous strength. But if this is true, then why wasn't the Tzar of Eisav able to overcome Yaakov Avinu? Evidently, that wasn't his task. **His task was merely to cause Yaakov Avinu to confront and fight back.** If Yaakov fights back he wins, if he gives in and surrenders, he loses. The angel was given only the strength to cause him to fight and if he fights, not to overcome him.

Who is the Tzar of Eisav, we know that the Tzar of Eisav is also the Yetzer Hara. If so, then the Yetzer Hara does not have the power to defeat us, unless we don't give it a fight. If we surrender to him, we lose, but **if we fight back we are assured, we are guaranteed to win.**

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Re: looking for chizuk  
Posted by 613guard - 11 Apr 2022 05:20

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Had a wet dream last night  
And now it got in my head and gave me huge taiva  
almost gave in tonight  
Its not fair i was doing so good  
HELP ME

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Re: looking for chizuk  
Posted by committed\_togrowth - 11 Apr 2022 06:18

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This is a very common experience. Others can say more than I can, but it's understood to be a positive sign. You aren't receiving stimulus while you are awake, so your subconscious is chasing after it while asleep. I know it's not the most fun way to wake up, but you can feel positive that a change is happening in your brain for the better. These dreams will also likely settle down soon!

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Re: looking for chizuk  
Posted by Hashem Help Me - 11 Apr 2022 11:17

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There has been much written on the forums about wet dreams. Ask Markz - he has the incredible ability of referencing past posts. In summary, they are expected as one recovers due to the pleasure starving one is doing to his subconscious mind. eventually they diminish in frequency and intensity. for now ignore them and take them as a good sign, that you are not consciously feeding the beast any more.

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Re: looking for chizuk  
Posted by Trouble - 11 Apr 2022 14:23

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[Hashem Help Me wrote on 11 Apr 2022 11:17:](#)

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Posted by DavidT - 11 Apr 2022 14:46

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@Trouble, do you mean to say that it's better to ignore it and not to think about it so it does not register in us as anything significant?

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Re: looking for chizuk

Posted by Trouble - 11 Apr 2022 15:34

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many things happen in life all the time - many are insignificant - when you ignore those things, you are not fooling yourself at all - you are accepting its insignificant impact upon your life.

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Re: looking for chizuk  
Posted by Shtarkandemotional - 11 Apr 2022 17:07

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"Trouble" post=379854 date=1649691291 catid=4

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Beautiful post.

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Re: looking for chizuk  
Posted by Shtarkandemotional - 11 Apr 2022 17:09

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