

Realisation

Posted by Ger - 22 Mar 2011 16:29

Walking to Shul last Shabbos I suddenly realised that I had spent almost half my life fighting against lust addiction and that scared me. I realised that it was obviously a bigger issue than I had fooled myself into believing, and so am starting my journey to ridding myself of this damaging addiction.

I know it will be a long and difficult process. I have never been more than a week clean for the past 17 years. I will try each day to record my battle. This morning I acted out and I hope that it will be the last time for a while. I have spent a lot of time today reading about the resources on GYE and hope to put some of them into practise.

I know I need to take it slowly and really just from moment to moment

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Re: Realisation

Posted by Reb Yid - 25 Mar 2011 00:39

Great story.

Thanks for the Chizuk!!!

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Re: Realisation

Posted by geshertzarmeod - 25 Mar 2011 12:42

I like the tightrope mashal, thanks for sharing it!

hey thats my gesher! Im honored!

defintely a message that the chevra have been tryng to impress upon me, Reb Yid included, stop thinking about it, that itself can cause a f...

shouldnt say that word anymore, huh?

Good Shabbos!

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Re: Realisation

Posted by Reb Yid - 25 Mar 2011 20:56

Ok. I guess I did. :-\

It's just hard to concentrate without a brain. ???

Sometimes I feel like the scarecrow. :'(

Good Shabbos!!!

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I won't say I told you so.
Re: Realisation

Posted by geshertzarmeod - 26 Mar 2011 18:56

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Now that was a great movie! ;D :D