Fed UP
Posted by joe999 - 31 Mar 2011 07:57

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Hi,

BTW this is a letter more to myself.

I've been trying to stop for so long. I've never been successful. I know it's wrong. I know it makes me depressed afterwards. I know it's stupid and I know how happy I would be if I stopped.

And after I fall, I'm good for a few days.

Then when the guilt has worn off, and the opportunity presents itself, the yetser horah strikes. Inevitably, he wins.

I don't know what to do anymore, but enough is enough. I'm not taking it anymore. This is going to be the time that I stop once and for all. I am not going to do it anymore. period. end of story. it's just not something that I do anymore. This is a new me and the new me just doesn't do that.

B"N I'm going to try to post every day for the next 90 days. I haven't posted much before but I will try now.

Please Hashem give me strength to pass this test which I have failed so many times. Please forgive me for the innumerable amount of times that I have fallen. I regret what I did and I am sorry. It was wrong and I sinned.

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Re: Fed UP
Posted by Kedusha - 31 Mar 2011 14:12

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Hatzlacha. B'Ezras Hashem, you can do it if you treat it as your number one priority, without exception. Much as a cancer patient, R"L, has to drop everything and concentrate on getting better.

Not that you can't go to work and have a normal routine. But, you need to view getting better as your "main occupation."

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Re: Fed UP
Posted by oblum - 31 Mar 2011 15:47

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joe999 wrote on 31 Mar 2011 07:57**:**

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Amen!

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