

help

Posted by strugglingandstrivngBT - 25 Jul 2011 01:37

So I havent been on in a very long time, and I really hadnt needed it. I was in Israel learning and I was 9 months clean. Then I came back to my parents town for the summer and the heat, surroundings and easy internet access has me slipping almost once a week. Today was twice in a day. I have filtered my internet and for the most part that is under control, but despite feeling sick physically, having insomnia when I act out and feeling despondent and numb I keep at it. And of course, the more I do the more I want. It is throwing my emuna off drastically, and I just feel like a fraud teaching kids every day at a summer camp and giving dvrei Torah at the shabbos table. I really dont know what to do. I dont want to do this, I really dont but something comes over me and I just give up; I dont care for that moment and then get mad at myself for a week and avoid it. It is SO hard to be shmiras eynayim here and even when I can be at least avoidant of intentional viewing the heat is an environment that biologically makes this struggle worse. I know that's an excuse but I keep getting to the point where I cant even think the teiva is so strong. I am signing up for the chizuk emails but I need help. I have another month here and despite davening that I never wanted to do this again 2 hrs ago, I was back at it. I cant do this anymore. I have to get clean and I have to do it now. This is not the life I want to live. I want to authentically be what everyone thinks I am, and what I know I have and can be. Anyone got any advice?

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Re: help

Posted by wannabehappy - 25 Jul 2011 04:04

There are attitudes and tactics

Attitudes

Be honest with yourself, about your plan for real adaptation for your surroundings and you will accept yourself in your eyes and your perception of theirs. The real you knows that lust is a problem even for you but you had it figured out/controlled in israel.

Tactics

Have you gone through the new handbook?

Good luck.

Ps

For me just being in my hometown is enough to bring me back twenty years of progress in any area in any temp. So.....

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