

i fell and need to begin

Posted by sababa - 03 Aug 2011 15:25

Hello guys

I presented myself to the other forum and here I wanted to tell you what I think and what I go through

I fell 3 days ago and I am very discouraged and now I think about the pictures and the porn and sometimes I have 'wet dreams', it's even more frustrating to me

In the street very difficult for me and I do'nt want to fall

Guys anyone here has an answer to what should really keep the brit? this interested

Every time I get up I fall and discouraging

Hope I will not fall, because every second I feel Stimulation

Guys I admit my English is not so good

I still hope will ce'zuk you and I will also receive cez'ukim Hope you understand me

Thanks you very much

sababa

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Re: i fell and need to begin

Posted by JackAbbey - 09 Sep 2011 11:42

tyring and hoping is divrei yiush

the y"h is a wild beast attacking you from time to time

you need to change your attitude

starts saying: i will do whatever it takes

i will never again look back

i will fight to my last drop of blood

then hashem will help you

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Re: i fell and need to begin
Posted by Yossi.L. - 09 Sep 2011 16:37

Keep on posting Sababa, you're doing great.

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Re: i fell and need to begin
Posted by sababa - 10 Sep 2011 19:35

Thanks guys

Today I had 'wet dreams' twice

And it is Desperate and it's hard

And I want to do again ..

And I think again a lot of women

Today was hard

Thanks

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Re: i fell and need to begin
Posted by mechazek - 12 Sep 2011 21:51

Hi sababa I care so much for you.It does not make a difference what happened today.Ask yourself what have I done that worked untill now?How did you stay away from these thoughts and do it.try as much as possible to share with this forum all that is going on what you are thinking about what you are doing.Everything the yetzer harah is telling you ,you should tell

us.Do not keep it private ,if you do he wins.Hatzlochah Rabah

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Re: i fell and need to begin
Posted by sababa - 20 Sep 2011 15:56

I have 22 days clean!

It's hard!!

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Re: i fell and need to begin
Posted by Gevura Shebyesod - 20 Sep 2011 16:01

WOOOOOHOOOOO!!! TRUUUUUKIN"!!!!!!!

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Re: i fell and need to begin
Posted by heuni memass - 20 Sep 2011 17:20

It gets harder when we are busy counting. Do it today. Its only for today.

KOT -

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Re: i fell and need to begin
Posted by JackAbbey - 20 Sep 2011 19:48

22 days you really made it! thumbs up for sababa

Turn your truck back right side up and get back in! The road ahead is clear, no speed bumps or cops in sight.

And remember, you still have 22 days in the bank. You know you can do it!

Gevura!

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Re: i fell and need to begin
Posted by obormottel - 20 Sep 2011 21:12

One day at a time, friend. You are not starting over, you are continuing your success after one setback. The score is 22:1, and you're in the lead, sababa.

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Re: i fell and need to begin
Posted by Yossi.L. - 20 Sep 2011 21:40

[obormottel wrote on 20 Sep 2011 21:12:](#)

One day at a time, friend. You are not starting over, you are continuing your success after one setback. The score is 22:1, and you're in the lead, sababa.

Never thought of it exactly that way. Very enlightening. Thank you.

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