

don't want it don't need it

Posted by mggsbms - 19 Sep 2011 21:57

i've been here for some time, ups and downs, twice 120 days and once 90, but i am still falling. i need your help. i so wish i wouldnt have this struggle it is something i so don't want, i just get these cravings and not able to control myself, is it addiction who knows, got to run now hope to be posting more often.

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Re: don't want it don't need it

Posted by mggsbms - 10 Oct 2011 12:20

Why do we cry during tefilas neilah

I once heard a mashal

There was a king that married off his daughter to a peasant

He mistreated her to the worst, her life was miserable

The king heard about this and came for a visit.

The king's son in-law was at his best behavior being kind to everybody every time

She was waiting for the right opportunity to spill her heart to her father but never found the moment.

The king was leaving, under the impression that it was all a rumor

This she couldn't bear, and as the king was at the doorstep she fell to his feet, with a river of tears.

Don't take what you see at face value, don't you realize what's going on ??

IT'S ONLY BECAUSE YOU ARE HERE !!

ONCE YOU LEAVE HE WILL TORTURE ME EVEN MORE

PLEASE DONT LEAVE PLEASE PLEASE

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Re: don't want it don't need it

Posted by alexeliezer - 10 Oct 2011 13:30

Beautiful. But we addicts know how to tap into that closeness at any time. By admitting powerlessness over this one thing, and turning the fight over to Hashem. Constantly. Every time this Y"H attacks. It works.

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Re: don't want it don't need it

Posted by mggsbms - 10 Oct 2011 17:35

The king listens to his daughter.

And realizes the truth in her words.

He comes up with a plan

He will build a room for himself in the daughter's house

Being able to come and go to his liking

It will give her the secure feeling she needs

And will keep her peasant husband in check

This is hashem's answer to our cries on yom kippur

Build me room in your house

Which we do by building the sukkah

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Re: don't want it don't need it

Posted by mggsbms - 11 Oct 2011 11:22

if i pull through till Thursday i will be closing in on 4 weeks which is a good feeling. however i am not to strong these days, and i am feeling a pull, i know if i don't succeed i will be miserable and my self esteem will be in the dumps, i know i cant fall into this again it is to dangerous. but as of late i am out of control. over this summer i have been at my lowest point yet, i was living in some kind of cloud, dazed and unfocused. b"h im out of it now but who knows what the day will

bring.

so i can use some chizuk, thanks.

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Re: don't want it don't need it

Posted by alexeliezer - 11 Oct 2011 14:49

MG,

Guard your eyes, and guard your thoughts. Feeling down? That's a huge trigger in and of itself for many. Start counting your many blessings, over and over, until you pull yourself out.

Alex

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Re: don't want it don't need it

Posted by mggsbms - 16 Oct 2011 14:20

i am having a hard time to stay the course, i am feeling a very strong urge to fall, i am hanging on a thin string so i could use all the help avail.

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Re: don't want it don't need it

Posted by mggsbms - 16 Oct 2011 14:23

i am rethinking the title of this thread why do i write "i dont want it i dont need" when i want it and
Likin' your divrei Torah
at the moment think i need it, weird.

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Re: don't want it don't need it

Posted by Yossi.L. - 16 Oct 2011 20:05

When I feel strong urges, such as ten minutes ago, it helps alot to read peoples stories and to keep posting your own feeings. It's a animalistic ruach thats taqking you over and the more you write about it the more you will find the strength to overcome it.

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Re: don't want it don't need it

Posted by mggsbms - 16 Oct 2011 23:32

An "animalistic ruach", and how. I can't relate to the fact that we are now during a very special Yom tov, in two days is Hashanah Raba and it was just Yom Kippur, it is not my reality, i feel like i am being swallowed in to the world of fantasy, which i am embarrassed to say, is looking very sweet at the moment. but so far i am hanging on, lets hope i can finish the day without falling.

this whole thing about giving it over to a higher power doesnt seem to work once you are in a craze, correct me if i'm wrong. if i am right how do i get myself out of this once the cravings start ?

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Re: don't want it don't need it

Posted by mggsbms - 17 Oct 2011 12:56

So here we are, another day another struggle.

yesterday was quite tough, i was up for hour n half during the night just fighting with myself not to fall, and b"h i didn't fall, i visualized the scenario of waking up in the morning after the fall and how i would feel if im strong and just distract myself, and that's how i drifted off to sleep.

But that was yesterday.

as i was lying in bed it came to me, how do I expect not to have this fight, if for the last 5 months this was my life, it is foolish to think that because i had some inspiration over the last few weeks my whole biological system should automatically change. my mind and body are still programmed to live off this filth, and as long that doesn't change it will be a struggle.

i liked the idea that "dov" wrote in another thread about the two "captain kirks" that's exactly how i feel now, it is two persona fighting over me, hopefully with hashems help the sane and healthy one will prevail.

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Re: don't want it don't need it
Posted by mggsbms - 17 Oct 2011 16:20

i fell, will start again, i am not giving up

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Re: don't want it don't need it
Posted by Noorah BAmram - 17 Oct 2011 16:30

Just saw this quote about perseverance while looking to encourage myself

"In the confrontation between the stream and the rock, the stream always wins- not through strength but by perseverance." H. Jackson Brown

or

"Perseverance is not a long race; it is many short races one after another." Walter Elliott

Love

Noorah

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Re: don't want it don't need it

Posted by Yossi.L. - 17 Oct 2011 20:30

[mgsbms wrote on 17 Oct 2011 16:20:](#)

i fell, will start again, i am not giving up

Once your caught in the dirty battlefield it is impossible to get out without help.

You fell, I fell, we all fell! FELL SHMELL! Keep on moving. You have a great attitude.

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Re: don't want it don't need it

Posted by JackAbbey - 24 Oct 2011 09:10

imagine a whole nation of lusting and acting improperly openly in the streets, then comes noah and builds a fort and separates himself from all that, that's exactly how we have to be today, of course with common sense

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