

Addiction can be beaten..if you know what it is your fighting for.

Posted by nezach - 30 Nov 2011 22:23

"Addiction can be beaten..if you know what it is your fighting for".

This statement has made a deep and powerful impression on me, and I hope it does for you too.

It woke me up to realise that for over 10 years I have been struggling, fighting and crying for love, healing and 'life', I was never really true to myself. Plenty excuses, such as 'it is too strong for me', and 'that was the last time' and so on. Its easy (and weak) to pretend to ourselves that we're trying our best and that its not what we really want. Unfortunately, lust is a powerful addiction so much so that it becomes hard to accept and admit fully.

I think my wake up call happened only recently when looking at my self in the mirror I quite simply didn't like who I am. Addiction has negatively impacted on every aspect of my life, with dating now being a priority and yet I'm afraid (of commitment but also social anxiety) and the psychological affects that lust addiction has had on my life.

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Re: Addiction can be beaten..if you know what it is your fighting for.

Posted by Pure yid - 01 Dec 2011 04:53

Netzach you are good look at the bright side that you already at it now when you are dating I got to know that it's a disease a nice few years after my wedding and it took me time to take the guts to go for help and then recovery, any way you make sense.

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Re: Addiction can be beaten..if you know what it is your fighting for.

Posted by me - 03 Dec 2011 18:02

"Addiction can be beaten..if you know what it is your fighting for".

A gut vach!

Personally, I found out the hard way that the addiction is so hard that the harder I fought, the quicker I lost. Why, because I could not fight and beat something that was so so much stronger than me. It proved to be the wrong tactic. I fought and....got my faced smashed in.

The 12 step way is to exchange our fighting for "surrendering". You know what that is right?....waving the white flag....I give up. But, surrendering doesn't mean you do nothing. It's not so easy to surrender when we are use to fighting fights we cannot win. Surrendering means that I let G-d do the fighting for me. I am surrendering my will for G-d's will and giving everything over to the one above. It was not easy for me to surrender since I wasn't use to it. Actually I found it very difficult, but at least in the end...it works!

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