

Having a hard time today
Posted by musicguy - 01 Dec 2011 18:44

After almost 80 days clean, I am having a hard time today. Saw a few pics online recently that got me thinking and now I'm at work looking at borderline sites that I shouldn't be on. Not porn but just a few clicks away.

I thought it would be helpful to post here and email my therapist to own up to what I am doing so I don't go any further.

Hope you are all having a better day than I am.

MG

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Re: Having a hard time today
Posted by alexeliezer - 01 Dec 2011 19:39

Yo Music! Where you been?

Thanks for posting. Take a break from the computer if you can. And daven for help. Just because you saw something and are having some thoughts, doesn't mean you can't turn it around. Get strict again and the feelings will ease.

Daven!

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Re: Having a hard time today
Posted by gibbor120 - 01 Dec 2011 19:55

I would just add that you might want to make a real phone call to a real person.

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Re: Having a hard time today
Posted by aamallen - 02 Dec 2011 13:32

Howdy

know how your feeling - been there many times myself

one important thing is to remember that the distinction should not be going to less or more appropriate sites but asking yourself - where is my rason - meaning do I really want to look at the shmutz and am justing holding myself back because I know its wrong or do I really not want to look at the shmutz INSIDE --- that the key to staying away

A dieter who is always just waiting to loose enough weight just to pig out will end up either fat in the end or miserable along the way

what the successful weight loss people know is that you need to change your desire to not wanting as much food

that where the key avodah is - and its really hard

but the Rebonno shel olam tells us that if we want - if we open our hearts and just ask him - just a little to help - remind him that we know only he is in control he will help us

good luck and remember for every bad minute, hour or day - a terrific one is just waiting around the corner if we look for it

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Re: Having a hard time today
Posted by DesertLion - 03 Dec 2011 17:11

Hi Musicguy,

~80 days clean is fantastic and I'm sure that you don't really want to fall, so don't let your YH fool you.

We all know where slipping leads, but it all starts with the 'first drink' and fooling ourselves that what we're doing is acceptable. Don't let the YH fool you with shades of grey standards. Keep it black and white, persevere and you should be fine.

Have a gd weekend,

DL

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