

1 step forward and 2 back.

Posted by Anon903 - 06 Dec 2011 11:45

Since joining a couple of weeks ago, i keep managing to avoid the fall for a couple of days and then lose it.

Natrually i feel so much happier on the days im clean, but its just a trigger and its a very quick spiral into falling before i can stop and think straight...if that makes sense?

A rav once said to me, you cant stop a bird from flying over your head but you can stop it from nesting on your head.

The lust thoughts keep appearing in my head (natrually) but i cant seem to get rid of them once theyre there!

Any advice?

Anon

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Re: 1 step forward and 2 back.

Posted by chaimyakov - 06 Dec 2011 15:18

Welcome, we are happy you are joining us in the battle. i have been using the same approach with the yh as i use with those annoying phone solicitors, a curt goodbye. It is advice i saw in a post somewhere "Thanks yh for stopping by, i am sorry but i am too busy right now to spend any time with you, goodbye!!!" i have never been successful for long at confronting the yh head on, deflecting him is working very well. Go through the handbook and the posts. They have both been helpful to me.

chaimyakov

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Re: 1 step forward and 2 back.

Posted by aamallen - 07 Dec 2011 11:28

Hey there

first off way to go with being honest with yourself and posting - that's the first step !!

But you need to fill your days and your time with the positivies to prevent the triggers

So that means - posting and reading others posts here on GYE , davening and talking to hashem , learning , gettting involved in chesed

the more positive experiences you have the less boredom and down time the less the triggers will effect you and the less you'll notice them

give it a try - best of luck

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