

Not a slip but easily could have been
Posted by aamallen - 09 Jan 2012 15:19

Hi everyone

I wanted to post today because for one of the first times that I can remember I was able to remove myself from getting close to slipping and tumbling down into the abyss

Today work was stressful- lots of office politics and stress that makes me prone to want to look for an "escape"

To top it off my wife has not been "in the mood" recently so I felt a little tension building up

I unfortunately had some time this afternoon in the office to work on the computer with some solo office work with no one else around.

Despite feeling really strong over the past month I suddenly felt my mind wander and think about what interesting sites I could visit - I went to GYE and looked around - but I was bored and - searched a little US politics - news

AT THAT MOMENT I HEARD AN ALARM GOING OFF INSIDE - YOUR JUST TEMPTING THE INEVITABLE IF YOU KEEP "SURFING" NOTHING GOOD CAN HAPPEN

A couple of weeks ago when responding to a similar call from a fellow GYE'er I advised him to get out of the office and away from the computer - get out and do something - and suddenly it occurred to me - why don't I leave work early and go home and see my family - I knew I needed to get out of the office

This helped tremendously - back in the car listening to a shiur - home to my kids and away from temptations

Now I am posting this after helping with homework and I must say It feels really good to post this and share with everyone

I am (but I know I shouldn't be) surprised at how quickly my thoughts and desires betrayed me even though I had been feeling so strong

I think this is Hashem reminding me that its a constant battle - no let up ever

Thanks for listening and if anyone has some more important suggestions I am all ears

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Re: Not a slip but easily could have been
Posted by gibbor120 - 09 Jan 2012 21:55

GREAT!

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Re: Not a slip but easily could have been
Posted by NeuroYair - 10 Jan 2012 04:33

I don't even have a computer where I work, but I do have two windows overlooking the street and I do have a Yetzer Hara seemingly forever making me feel down and in need of an "escape", so what you did was pure gadlus and I can relate to the feelings on many levels. There isn't much I can suggest except, "share your experience" and that's precisely what you did. So, thank you!

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Re: Not a slip but easily could have been
Posted by chaimyakov - 10 Jan 2012 22:12

AWESOME!!!!!!!!!!!!!!!

You did exactly what you needed to do, follow an eitzah tova.

Hatzlacha in all things GOOD.

chaimyakov

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Re: Not a slip but easily could have been
Posted by last - 10 Jan 2012 22:16

you did great!

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Re: Not a slip but easily could have been
Posted by KEEPSTRONG - 12 Jan 2012 03:06

AAMALLEN You really are an inspiration for me. I just recently joined GYE. I am nowhere close to a month yet. Wishing you hatzlacha.

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