

Slipping and Sliding

Posted by aamallen - 23 Jan 2012 12:18

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Making myself post today

I B"h haven't fallen today but am feeling that sinking feeling that I know too well to be a symptomatic of the prelude to a fall

First I think getting it out is reminding me how close i am to sinking back into the swamp at any moment no matter how far I have come.

Does anyone have good suggestions to get the ship back on course - go back to how I was feeling last week (strong, motivated to never get near any smutz etc.)

I do not want to sink back into my old bad habits

Thanks

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Re: Slipping and Sliding

Posted by aamallen - 23 Jan 2012 12:21

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oh one more thing are there any links on this site to shiurim that are downloadable on shmerias enayim etc.

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Re: Slipping and Sliding

Posted by Tzvi S. - 23 Jan 2012 13:30

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keep it up!!

Rabbi Bentzion Shafier

A great shiur on not getting discouraged.

[www.guardureyes.com/GUE/Music/mus/Telescope.mp3](http://www.guardureyes.com/GUE/Music/mus/Telescope.mp3)

Rabbi Yisroel Reisman Shlita

This shiur is a MUST for anyone struggling.

[www.guardureyes.com/GUE/Music/mus/ShiurYesodos.mp3](http://www.guardureyes.com/GUE/Music/mus/ShiurYesodos.mp3)

Rabbi Avrohom Shorr

10 minute drasha on Teshuva Me'Ahava

[www.guardureyes.com/GUE/mp3/TeshuvaMeiAhavah.mov](http://www.guardureyes.com/GUE/mp3/TeshuvaMeiAhavah.mov)

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Re: Slipping and Sliding

Posted by DesertLion - 29 Jan 2012 00:09

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Most important thing is to remember not to take the first drink and to realise that's all it takes to trigger a downward spiral.

You just gotta be brutal with yourself and not like be hmm I'm just curious; I'll just check it out for whatever seemingly innocent and plausible reason the YH might try to trick you with.

Also, guard the eyes and DON'T dwell on lustful thoughts even if you're already guarding the eyes and avoiding porn. Cos that's led me to fall on several occasions.

Don't touch your penis and do anything silly like testing its sensitivity, checking out the immensity of your manhood, masturbating and stopping before you reach climax etc you get the general picture lol

Sorry if I sound patronising, crude or vulgar. But it's mainly sticking to the basics when you're going through a dangerous time.

BW,

DL

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Re: Slipping and Sliding

Posted by abcd1234 - 29 Jan 2012 13:06

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The best advice I have seen so far is not letting yourself "almost slip". The truth is whenever I fall I never just stam fall, it is precluded by looking at innapropriate images and then more innapropriate etc. etc, until the fall happens. You have to look at an almost fall as an actual fall! As for the chizuk you would like, just know you are being michazaik me! I struggle so much with this issue yet every time I see people like you working through their tayvoh and their teva I want to change myself for the better too. You should feel strong knowing you are making others strong. Thank you.

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Re: Slipping and Sliding

Posted by aamallen - 29 Jan 2012 14:36

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Thanks alot for those words of chizuk

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