

I need help

Posted by gyegye2 - 09 May 2012 15:15

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I follow the 90 day chart

when i had a fall... i felt like I am anyway "tume" for this day

and like I anyway dont change anything on my chart IF I FALL AGAIN THE SAME DAY.

so after a 8 day break i fell twice a day...

Does anyone understand me?

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Re: I need help

Posted by ???? ???? - 25 Apr 2013 22:20

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????? ???

I wish I get this method! (no! not as result of another "acting out" ?"?)

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Re: I need help

Posted by gyegye2 - 29 Apr 2013 20:57

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Thank you everyone for your Chizuk

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Re: I need help

Posted by gyegye2 - 11 Jun 2013 00:30

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just had a fall after 48 days

last strike was 46 days

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Re: I need help

Posted by Gevura Shebyesod - 11 Jun 2013 00:40

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Still better than before. Progress...

KOMT!

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Re: I need help

Posted by some\_guy - 11 Jun 2013 04:16

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That's great! You should be proud of going so long. More importantly, you should be proud you are improving. As long as you are improving, Hashem is with you.

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Re: I need help

Posted by Dov - 11 Jun 2013 12:06

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What? Hashem is only 'with you' if one is improving?

That cannot be. For then how does anyone who **is** masturbating their brains out to porn or using prostitutes **ever** get better? But they do! Who helps them get help and get better - *not Hashem*?

Of course He does.

Back while *I* was on my knees in the bathroom excitedly and desperately masturbating myself to my porn, *He* was 'busy' preparing my help.

Hashem is with you, period.

It's all a question of how hard to you and I want to make it for His plan to actually work for us, that's all.

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Re: I need help

Posted by ???? - 11 Jun 2013 18:25

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i used to think "if I'm Good I'm tzadik (& hashem is with me). if not - I'm Gamur...

one of the things I've learned here is tha either way I'm sick & the Heibishter is seating @ the head of my bed...

thanx Dov for the reminder

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Re: I need help

Posted by gyegye2 - 11 Jun 2013 20:51

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I AGREE WITH Gevura Shebyesod STILL BETTER THEN BEFORE

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Re: I need help

Posted by gyegye2 - 11 Jun 2013 20:52

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THANK YOU some\_guy FOR YOUR CHIZUK

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Re: I need help

Posted by gyegye2 - 11 Jun 2013 20:55

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THINKING ABOUT MY NEXT STEP IN THIS BATTLE

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Re: I need help

Posted by some\_guy - 12 Jun 2013 23:14

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Have you told your rabbi? I was resistant to telling my rabbi, but when I did I felt better than I can describe. I also had someone to talk to when I was getting depressed. If you feel like you can, talk to him. I don't want to push you into doing anything, so think about it for a while.

-some\_guy/Elias/Eliyahu

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Re: I need help

Posted by gyegye2 - 13 Jun 2013 20:51

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thank you some\_guy for your suggestion... i will think of it... it will not be easy that's for sure

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Re: I need help

Posted by gyegye2 - 13 Jun 2013 21:12

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believe it or not

i just gave 1000\$ for tzedaka

as i did not do my distraction of my thaphsic method before falling last time

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Re: I need help

Posted by Machshovo Tova - 13 Jun 2013 22:30

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Wow. Sorry to hear that. But guess what - I've been there, done that, many times. I even upped it to \$3000 and then fell without even having strong triggers. So eventually I learned that no matter how large the 'knas', it will not help once I start down the slippery road to hell. The only thing that works (for me and others, and maybe for you too) is to come to the realization that we have this problem (whether it's called addiction or not) where we must avoid even the slightest sip of lust. That includes guarding the eyes as well as guarding the mind. If we start drinking even a tiny drop of lust, we will sooner or later lose control and will be doing the most embarrassing things. But if we avoid it at the onset, and just keep busy with normal life/activity instead, we can enjoy peace and tranquility, and the urges become less intense and less frequent.

Something worth thinking about, and maybe worth trying (seriously),

Hatzlacha

MT

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