

HELP!!!

Posted by cantdoitmyself - 04 Oct 2012 17:29

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Somebody please help.

How am I supposed to go on? Someone please tell me. For over ten years I have been fighting this thing. How can I go on every day doing this? I can't keep doing this. It is eating up at me inside. I can't keep going on like this!

I have tried living with GYE and tried without. I can't win! I know I can't! I tell myself I can but I know I really can't! Someone please give me advice or offer some help, because I can't keep living this way. It's killing me!

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Re: HELP!!!

Posted by stayrein - 04 Oct 2012 22:09

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Sounds like most of us out there.. at least myself included. It seems that every other week, I'm starting to be clean for the last time. Do you have a support group? I'm trying a new method for myself.. mainly the idea is to have a list of people and activities I can do morning and evening. Breaking away from those bored times by the computer.

Another thing that I am trying (which I haven't seen on any forums) but might be effective, is a mindfulness cognitive therapy group session, which teaches meditation and other great skills for the mind.

I think that it's important to bear in mind that there is a deeper issue here that 'oh I need to get my fix of ...' rather you have to figure out what the real issue is and deal with it.. it may be emotional or sexual.

That's my thoughts

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Re: HELP!!!

Posted by nederman - 05 Oct 2012 01:41

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It's pretty clear to me that you have an unconscious belief that this yetzer hara is too much for

you to handle, because you turn the tv on thinking it's harmless and then when the feeling hits you fold.

The rational approach is to either prove to yourself that this belief is false (and I can show you how to do that) or accept it and go to SA meetings for the rest of your life.

The practical difference is that with SA you will see yourself as a tzadik who has a disease and overcomes incredible odds every day, and with the cognitive approach you will see yourself as a rasha that did tshuva because he did the math and figured out he was better off being a tzadik.

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Re: HELP!!!

Posted by habocher - 05 Oct 2012 03:11

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One thing you have to remember is that you can get over it because you want to. You know what it feels like every time after you fall. and that makes you want to get rid of it even more. Each time that you fall you start with an even stronger desire to get straight (This time for sure). Don't ever give up, keep on trying until you finally succeed.

I am sure there was one time that you wanted to do something and you decided not to. Remember that next time you have to fight, that you beat it once before.

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