

my fall (i need help

Posted by melost - 11 Nov 2012 15:19

im the kind of guy who will or be the best or the worst that means ill have a good week i,ll be the best ill daven with kavanah etc or i wont daven at all kind of wierd. when i found gye and started counting i also started to daven learn but i davka din"t but not with kavana as if i go to high i fall well i was scared that when i"ll fall i wont be able to continue and bevcome depressed. this week i fell i said fanties is not against the rules well after that i decided so what iff i fell i can continue and wentt to daven as if it dint happen

=====

=====

Re: my fall

Posted by Dov - 30 Nov 2012 15:36

Hatzlocha!! If u ever want us to shmooze, be my guest!

=====

=====

Re: my fall

Posted by melost - 04 Dec 2012 13:56

i fell again and again and again

=====

=====

Re: my fall

Posted by Antartic - 04 Dec 2012 18:05

Hey, hey... someone who smokes 20 cigars a day... one day he wakes up and says "I want to quit",

What would u suggest?

To just stop smoking? Its impossible! requires time and patience.

Like u, I want to stop falling, and I want to leave it completly. But things arent like that. It requires working on ourselves.

Like Yaakov, step by step...

Sure it hurts, but thats recovery. To archive greatness is not easy. Success needs effort and work.

"Remember, the Yetzer Hara wants you to get DOWN about the fall, even more than he wanted you to fall. Once he gets you down, he OWNS you."

I know you have what it takes to beat this. (u know u have it) We all believe in u... Full steam ahead!

=====

Re: my fall

Posted by melost - 05 Dec 2012 10:55

[Antartic wrote on 04 Dec 2012 18:05:](#)

Hey, hey... someone who smokes 20 cigars a day... one day he wakes up and says "I want to quit",

What would u suggest?

To just stop smoking? Its impossible! requires time and patience.

Like u, I want to stop falling, and I want to leave it completly. But things arent like that. It requires working on ourselves.

Like Yaakov, step by step...

Sure it hurts, but thats recovery. To archive greatness is not easy. Success needs effort and work.

"Remember, the Yetzer Hara wants you to get DOWN about the fall, even more than he wanted you to fall. Once he gets you down, he OWNS you."

I know you have what it takes to beat this. (u know u have it) We all believe in u... Full steam ahead!

thanks amazing stuff

=====
=====

Re: my fall

Posted by Machshovo Tova - 05 Dec 2012 15:25

[Antartic wrote on 04 Dec 2012 18:05:](#)

Hey, hey... someone who smokes 20 cigars a day... one day he wakes up and says "I want to quit",

What would u suggest?

To just stop smoking? Its impossible! requires time and patience.

I think many heavy smokers have stopped "cold turkey" and remained smoke-free. Am I just imagining?

MT

=====
=====

Re: my fall

Posted by Antartic - 05 Dec 2012 15:45

...

=====
=====

Re: my fall

Posted by melost - 06 Dec 2012 18:24

as dov wrote that part of recovery is to use your real name i have changed my profile to my real name

=====

=====

Re: my fall

Posted by melost - 06 Dec 2012 18:25

[Antartic wrote on 05 Dec 2012 15:45:](#)

...

smoking its actully easier to stop completly

=====

=====

Re: my fall

Posted by Dov - 06 Dec 2012 23:13

~~Hmmmmmmmmmmmm Rav Shach Z"l did it~~

[avrohom wrote on 06 Dec 2012 18:24:](#)

as dov wrote that part of recovery is to use your real name i have changed my profile to my real
name.
I've tried but didn't work...

You are a wise man, chaver. Wise indeed.

Hatzlocha! (and Good Shabbos)

=====

====

Re: my fall

Posted by jewish jew - 06 Dec 2012 23:48

So are you Melost? I agree with Dov about using real names, but I would advise not to change names because it mixes things up, just at the end of the post, post your real name.

Yitzchok

=====
=====

Re: my fall

Posted by melost - 11 Dec 2012 19:14

correct it does mix things up last night i felt like acting out i texted someone and the second i sent it the feeling left me avrohom

=====
=====

Re: my fall

Posted by melost - 12 Dec 2012 15:37

went to sa yesterday but alas last night was reading novel and it had some erotic parts and it was late bynight and i acted out avrohom

=====
=====

Re: my fall

Posted by chaimyakov - 14 Dec 2012 02:49

Melost/Avraham,

Remember, fell shmell, the goal of SA is progressive victory over lust, not cold turkey perfection. SA has been great for me. Meeting real people with the same problems is exponentially better

for me than this awesome, wonderful anonymous forum. What has helped me even more is making/taking phone calls. All the SA meetings i have attended have a phone list, many of which have times listed when each person is available. Also, this forum allows you to have "friends" in different time zones, so even at 3am local time you can have the number of someone who is awake in the middle of their day. If you want an East Coast USA phone contact, pm me and we can talk. It may take a day or two for me to get back to your pm as i limit my time on line.

Hatzlacha in all things GOOD!

chaimyakov

=====
=====

Re: my fall

Posted by melost - 18 Dec 2012 22:10

just came backfrom isreal from the second i came to the airport i didnt stop lusting basicly i fell tons but the most important thing is i started talking to g-d tons and accepting i had a few bad things happen like it seemed i wouldnt be able to go to my rebbe with a kvittel and other things that seemed bad i turned to g-d and said thank u for all these things even through they seem bad i know that everything u do is for the best i said it until i actully felt it. thank u hashem for that avrohom

=====
=====