

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

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Re: my fall

Posted by Dov - 02 Feb 2013 00:32

[melost wrote:](#)

thanks on the question of surrporting an sa i guess i need some clarity as u correct im also leaning to much on some other people thank
"Leaning too much" on some other people?

Do you mean you think you are a bother to others when you call them to admit what's going on with you? Do you mean that you do not call anyone?

If that's what you mean, then OK, fine. But then you are not using the program at all, Avrohom. Opening up to other people is not 'leaning on them'. It is inviting them to open up to you, too! If you get the guts to open up and talk, then you will see what good things you get - and give - to others. Otherwise, you will obviously get exactly what you are getting right now.

If nothing changes, then *nothing changes*.

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Re: my fall

Posted by melost - 14 Feb 2013 17:49

ive been a disaster lately and the only one to blame is me not my addiction only me i havnt been doing the steps reading the white book calling people yesterday i masterbated 5 times

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Re: my fall

Posted by melost - 14 Feb 2013 17:51

i would like to commit to start praying to god first thing in the morning and surrender any lust i have and call at least 3 people a day

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Re: my fall

Posted by melost - 14 Feb 2013 21:50

thank u hashem still sober wanted to act out before i gave it to god and made calls

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Re: my fall

Posted by ZemirosShabbos - 14 Feb 2013 22:02

you are like the Energizer bunny, keeps going and going

thats the name of the game

sometimes we need to take 1 hour at a time, sometimes 15 minutes at a time, sometimes 1 minute at a time

KUTGW

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Re: my fall

Posted by melost - 17 Feb 2013 15:48

shabbos was quite hard had alot of lust surrendered alot went away from the situation i was in i
motzie shabbos was very angry upset so i took a cigarete instead of acting out not clever at all
as i need to learn to cope with things and not run away dosnt make a diffrence running away is
bad b,h im still sober since thursday

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Re: my fall

Posted by Dov - 17 Feb 2013 20:38

You may not be lusting your brains out, but are still *counting* your brains out. Either way, you
end up with no brains left for real living. And, eventually, if living your own real life is not giving
you the relief you were getting there on your knees in the bathroom masturbating yourself, then
it will not work.

If I can do this, then anybody can, brother.

Stop counting completely and instead just make the days count. Consider 'no counting for you'.
Just a suggestion from one powerless addict to another.

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Re: my fall

Posted by melost - 19 Feb 2013 17:42

if there is one thing imm learning from here, sa is i dont know everything and i have to listen
thanks for ur advice

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Re: my fall

Posted by melost - 19 Feb 2013 17:58

i dont know what to do im in sa its going really bad i know what i need to do but i cant get myself to do it i keep on masterbating its making me feel ill and tired its killing me and i dont know any

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Re: my fall (i need help
advice HELP HELP any please
Posted by melost - 20 Feb 2013 17:58

b'h im doing better went to a meeting yesterday got motivation to work the steps and get

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Re: my fall (i need help
Posted by melost - 28 Feb 2013 17:38

still not going easy but getting closer to my higher power

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Re: my fall (i need help
Posted by Dov - 28 Feb 2013 20:37

closer to hashem did my step work today davened calles thank you hashem:cheer:

Hi, friend.

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Re: my fall (i need help
Posted by melost - 05 Mar 2013 16:11

im really getting annoyed that im attracted to some men and the more i worry about it the the more i think about it and get more attracted i just looked at the ssa section i think i just need to forget about it any advice just writing this has made me lust my disease is spreading

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Re: my fall (i need help
Posted by Dov - 06 Mar 2013 07:24

Then try something else, chaver. It is not working for you, obviously.

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