

Disappointed

Posted by Ota Avakesh - 11 Apr 2013 23:47

I had another fall after being clean for 10 days..... I feel anger and I'm disappointed of myself, i feel down and frustrated, I know I shouldn't give up but it seems to be so difficult to continue.

And
thinking back, I'm asking myself: How many beginning I had?! How many times I have to start for beginning? I'm getting tired of that.....

I need Chizuk and Help!

Thank You,

Today its Rosh Chodesh and should be a NEW beginning but this same day I had a fall
Ota Avakesh

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Re: Disappointed

Posted by Machshovo Tova - 12 Apr 2013 01:06

Sorry to read about your fall. As you mentioned, today is Rosh Chodesh - and it's Rosh Chodesh Iyar, which stand for:

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A month when Hashem heals all types of diseases, including ours. So grab the moment and do start again. I don't know how many times you started again, but I'm willing to bet that I did so much much more times than you (more than 4 decades on the roller coaster). But B"H I resolved early on never to give up. We may not be able to control the outcome, but we definitely can resolve to always keep on trucking (as they say around here). Take it a day at a time. Ask Hashem (daily at least) for assistance. Do your share of staying away from triggers. And iy"H you will look back after a while and see that it was worth all the effort. Take it from an old-timer. Good days are yet to come. Go for it!

Hatzlacha

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Re: Disappointed

Posted by skeptical - 12 Apr 2013 02:31

Realize that the underlying cause of this stuff usually has to do with anger, resentment, feeling down or disappointment about one thing or another. The Yetzer Harah loves when we're in this state more than anything because then we eat right out of his hand when he suggests a little treat to make us feel all better. But it's a lie, a terrible lie. What happens after we follow his "helpful" suggestion? We feel more disappointment, anger and frustration, which of course leads to more....

Don't fall for it!

We need to learn how to deal with the issues that are bringing us down so that they don't bring us down in the future. If we're happy, the YH stands no chance.

Ivdu es Hashem b'simcha! It's a mitzvah gedolah and it's truly the only way.

Please take a look at

guardyoureyes.com/forum/19-Introduce-Yourself/203927-Life-is-a-Game-of-Super-Mario-Bros

and guardyoureyes.com/forum/1-Break-Free/202082-Dear-Yetzer-Tov##202088

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