

I havent hit rock bottom yet. please Help!
Posted by jakemike - 30 Dec 2013 23:07

I haven't hit rock bottom, I am involved in p and m every week or 2. I have done it for many years, I am looking for motivation to change, PLEASE HELP!!

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Re: I havent hit rock bottom yet. please Help!
Posted by gibbor120 - 30 Dec 2013 23:21

Hi and Welcome! Have you read the handbook? I have a link to it in my signature. I'm not a big fan of the taphsic method, but you seem to only have problems every so often, so maybe it will work for you.

I don't know much about it personally, but some have used it successfully. I'm sure someone can give you guidance.

I wasn't able to change until I got caught by my wife. I hope you can turn things around before something similar happens.

Keep us posted.

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Re: I havent hit rock bottom yet. please Help!
Posted by cordnoy - 30 Dec 2013 23:28

[jakemike wrote:](#)

I haven't hit rock bottom, I am involved in p and m every week or 2. I have done it for many years, I am looking for motivation to change, PLEASE HELP!!

you are looking for "motivation" to change?

that is a telling sign.

If you're not motivated to change, why bother?

by the way, what would you consider "rock bottom"?

I have said on my thread that I hit it about 200 days ago.

Whatever you choose to answer, welcome aboard!

most of the other chevra are way nicer than me; they will lead you in the right direction.

b'hatzlachah

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Re: I havent hit rock bottom yet. please Help!
Posted by jakemike - 31 Dec 2013 03:08

Thanks for your input, I don't have an interest to "Hit bottom" I just need motivation to change the path that I am on. My conscience, yetzer hatov wants to change, but I have habituated myself in this path and it is hard to find the self discipline to in fact change. Its like you are driving a car, if you are going on a straight surface or down a hill, it doesn't matter if you take your foot off the accelerator, you still continue to move.

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Re: I havent hit rock bottom yet. please Help!
Posted by cordnoy - 31 Dec 2013 03:25

I never said you should have an interest, but your definition of what "rock bottom" is might help determine to you and to others why you would like to stop.

many people here like to say that one will not change unless he realizes his life is sick.

if youre still driving on the road, keep on driving!

b'hatzlachah

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