

Things will only get better!

Posted by DesperateForChange - 11 Mar 2015 22:57

Thank G-d things are looking up. I haven't had a fall in a long time. And I truly feel my chance to grow is happening.

I find my life is so much more fulfilling and I feel like I am honest with the world by walking around as a frum jew.

Things will only get better and I hope to be able to help others grow. After that first week of hard work and not getting involved in bad material the path smoothens out and things fall into place.

I believe the key to all this is having another outlet. Go jogging do exercise read and write with a pen all your feelings to the tune of music or in a peaceful setting.

My life is finally in line with what I have been trying for years: to be stable in my Judaism and in my emotional situation.

Both are being worked out and I'm growing every day. I can't say I used gye as much as I mainly figured it out on my own with Torah chassidus and inspiration but gye did help and was a great backup. Like the time I donated 100\$ to gye after a fall it made me really feel like I had hit rock bottom. I mean that's a lot of money for a single guy.

Anyways enough rambling. Feel free to correct me and guide me on my journey I'm completely open to advice from the outside and if not for the support of others I do not know where I would be today...

Lchaim

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Re: Things will only get better!

Posted by serenity - 12 Mar 2015 01:40

One day at a time. That means we only have today.

Glad you're doing well!!!

Hatzlacha!

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Re: Things will only get better!

Posted by DesperateForChange - 24 Nov 2017 17:32

This is tough.

I did the Taphsic method and am almost completing the month. I made a Shevuah for a month

The month is over in a couple days

Help please

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Re: Things will only get better!

Posted by Gevura Shebyesod - 24 Nov 2017 17:44

You can renew it before it ends. Do it now, before you lose your nerve.

What else are you doing for recovery?

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Re: Things will only get better!

Posted by Hashem Help Me - 24 Nov 2017 18:05

Renew it. If it is working, why not? Maybe start reaching out to some of the chevra here. They can share what has helped them.

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Re: Things will only get better!

Posted by serenity - 24 Nov 2017 21:04

The month is over in a couple days? There is only today chaver. Who knows what if anything will be in a couple days? When you are ready to make a decision daven to Hashem for guidance and the strength to carry it out. That's what works for me.

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Re: Things will only get better!

Posted by DesperateForChange - 26 Nov 2017 20:45

I Got rid of my smartphone

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Re: Things will only get better!

Posted by Hashem Help Me - 26 Nov 2017 20:55

Great move! There is a movement in the secular world for those that can swing it to give up on

unnecessary technology. Obviously some need it for work. But many people are realizing they dont really need it - its more of a convenience. Ashreichem. lyh you will pull through b'ezras Hashem

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Re: Things will only get better!

Posted by hashemyeracheim613 - 01 Dec 2017 04:34

I just fell. I have a smartphone and I'm really sick of it, but it's hard for me to get rid of it. I recently started dating, and I wasn't attracted to the girl even though she was relatively pretty. Is this something that will stay with me? Can I change the way I see women?

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Re: Things will only get better!

Posted by Markz - 01 Dec 2017 04:55

Hey bro, How's things been since your last post that you wrote at guardyoureyes.com/forum/23-Just-Having-Fun/260899 ?

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Re: Things will only get better!

Posted by Hashem Help Me - 03 Dec 2017 05:44

[hashemyeracheim613 wrote on 01 Dec 2017 04:34:](#)

I just fell. I have a smartphone and I'm really sick of it, but it's hard for me to get rid of it. I recently started dating, and I wasn't attracted to the girl even though she was relatively pretty. Is this something that will stay with me? Can I change the way I see women?

Those of us that have seen pornography have trained ourselves to objectify women. They are objects of pleasure, not people - someone's wife/sister/daughter/mother/friend. We have to undo that in order to have a human relationship with a wife. Start by davening for all those people who you objectified. Pray that they have a nice day, that they have enough food, feel well etc. Secondly, if you don't need the smartphone, get rid of it. Decide that its more important

to inconvenience yourself a bit and lessen the nisayon. Thirdly, get on the phone with some people here. Block caller id if you want, but connect. Hatzlocha.

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