

I hope this works

Posted by Amlsrael - 19 Apr 2016 07:13

---

I've actually had this website bookmarked for over a year now and this is the first time I'm looking at it. I've been so addicted to this world since I was 13, and it's definitely taken over my life a few times in the past. I became a Baal Teshuva about 2 years ago, and I stopped everything cold turkey, but I've slipped back into the darkness. To be honest it doesn't make sense to me sometimes how I can know Hashem is real is His Torah is emet, yet I still do things I know I shouldn't, even with those thoughts in mind during the act. I'm really hoping I can once and for all get over these desires and live a life of holiness, and serve Hashem properly with love and joy!

=====  
=====

Re: I hope this works

Posted by markz - 19 Apr 2016 10:32

---

Hi :-)

In my experience, this works

=====  
=====

Re: I hope this works

Posted by Aryeh821 - 19 Apr 2016 15:08

---

Welcome stick Around and keep on trucking

=====  
=====

Re: I hope this works

Posted by cordnoy - 19 Apr 2016 15:39

---

Welcome,

Good move.

Any specific plan in mind? (Not that you need one at first.....just wondering)

Recovery should be with hatzlachah.

=====  
=====

Re: I hope this works  
Posted by Shlomo24 - 19 Apr 2016 17:13

---

Welcome! This is a good place, if I say so myself.

=====  
=====

Re: I hope this works  
Posted by inastruggle - 19 Apr 2016 17:31

---

Welcome,

The Gemara says that a person doesn't sin unless a ruach shtus (loosely translated as a spirit of foolishness) goes into him.

I think at least part of the meaning is that we only sin when the urge overwhelms us so much that we don't care about Hashem and going to hell. Even though we can be thinking of it at the same time we sin.

Stick around. KOP (keep on posting)

=====  
=====

Re: I hope this works  
Posted by Amlsrael - 20 Apr 2016 03:38

---

I don't... But I guess I need one.

=====  
=====

Re: I hope this works  
Posted by Amlsrael - 20 Apr 2016 03:39

---

[cordnoy wrote:](#)

Welcome,

Good move.

Any specific plan in mind? (Not that you need one at first.....just wondering)

Recovery should be with hatzlachah.

I don't... But I guess I need one.

=====  
=====

Re: I hope this works  
Posted by Aryeh821 - 20 Apr 2016 03:42

---

[Amlsrael wrote:](#)

[cordnoy wrote:](#)

Welcome,

Good move.

Any specific plan in mind? (Not that you need one at first.....just wondering)

Recovery should be with hatzlachah.

I don't... But I guess I need one.

Why not try

join the 90 day chart

commit to posting here daily

try the taphsic method

=====  
=====

Re: I hope this works

Posted by Amlsrael - 20 Apr 2016 03:44

---

Update: 1 day in and I already fell...

It's crazy because in the morning I had the urge and during it I thought about this website and I said to myself "if you stop right now I'll count it as a slip and not a fall" and in a matter of seconds I stopped. Then comes night time after the gym with many girls I tried not to look at, and one picture on Facebook, nothing could stop me. I even used this site as an excuse saying "remember on the site it said that if you have an addiction that you do 10 times but you only do it 9... That's progress!" And so I decided why not once a week and just fell instantly. It's as if it's

impossible for me to win this war if I can turn anything into an excuse to continue this bad habit.

Any advice would help me a lot right now.

=====  
=====

Re: I hope this works  
Posted by Aryeh821 - 20 Apr 2016 04:30

---

The forum says you posted am but I can't see anything

=====  
=====

Re: I hope this works  
Posted by inastruggle - 20 Apr 2016 16:22

---

He updated in the original post.

@amisrael, it's probably better to post a new post than update your old one. You can do it by clicking the reply button or the reply topic button.

About your fall, there used to be a member here who would say that falls don't happen in a vaccum. You clearly demonstrated that in your post. The fall didn't start when you typed in a porn site. It started with the morning and built up throughout the day.

What can you change to avoid this happening again?

=====  
=====

Re: I hope this works  
Posted by Amlsrael - 20 Apr 2016 18:58

---

Update: 1 day in and I already fell...

It's crazy because in the morning I had the urge and during it I thought about this website and I said to myself "if you stop right now I'll count it as a slip and not a fall" and in a matter of seconds I stopped. Then comes night time after the gym with many girls I tried not to look at, and one picture on Facebook, nothing could stop me. I even used this site as an excuse saying "remember on the site it said that if you have an addiction that you do 10 times but you only do it 9... That's progress!" And so I decided why not once a week and just fell instantly. It's as if it's impossible for me to win this war if I can turn anything into an excuse to continue this bad habit.

=====  
=====

Re: I hope this works  
Posted by Amlsrael - 20 Apr 2016 18:59

---

I really don't know what I can change I feel like I've tried everything. The only thing I feel that works is just simply not doing it, but it's easier said than done....

=====  
=====

Re: I hope this works  
Posted by realsimcha - 20 Apr 2016 19:01

---

With all due respect, going to a gym with girls, and looking at a picture on facebook is not called that you tried everything. Why dont you try not going to the gym and not going onto facebook? Among other things.

=====  
=====