

triggers

Posted by ovadia - 03 Dec 2009 13:48

Hi everyone,

I am very new to the family, and I just started the 90 days yesterday. Today I suddenly got "the feeling" which I know is the beginning of a fall c"v. Since i joined the forum I am trying very hard not to just give up and give in, so I think a lot about what triggers off the "attacks". So I thought that if at the beginning I immedeatly identify what triggered it and I post that feeling here, then maybe someone will identify with it and help me out.

I also hope that this will be benificial to anyone else who is trying to pinpoint the triggers.

Now what happened just before, is that for some reason (Satan!) after I opened my 90 days account I did not receive the email confirming it, and when I logged in I got the message that there had been an error. After trying clicking here and there I emailed Guard who replied but I still wasn't able to.

At that point I felt **the feeling** and I could hear that voice saying "What the...its just too complicated !" frustration ! and then I realized what happens: I lose focus. All the Chizuk emails, all the posting just begins to fade and I disorientate. You know the feeling when sometimes you stare at something and after a while you become glassy eyed - that is the feeling inside me - I lose touch with everything ...and then I let go.

Wel,I first of all just writing this has put me back in touch for the time being. And also I suppose that the stuggle is to keep the Seychel ahead of the Laiv, and this causes me to lose my head.

Does anyone out there know what I am talking about ?

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Re: triggers

Posted by ovadia - 03 Jan 2010 11:49

I appreciate everyone's insights. I am putting them on hold for the next time that I have a spiritual conflict.

I just experienced a "trigger" which is really so trivial that I feel embarrassed with myself, yet I felt the power of it, so I am posting it to get it out of my system and hopefully to benefit others from pointing it out.

Since I started the 90 days I have been extremely careful not to browse the internet. I know that it takes almost anything to set me off. Today I tried to go in to the site of Kol Halashon. For some reason I was told that I had the wrong address. I was presented with various options by Google. I started clicking, and at that moment I felt **that thrill!!** I had a really valid reason for searching the internet!! What could be better than trying to get Kol HaLashon !! It is hard to describe the exact feeling but I am sure that everyone knows it in their own way. B"H and thanks to GYE I recognized the symptoms and I literally forced myself to close up the Internet.

[silentbattle wrote on 30 Dec 2009 16:33:](#)

our job is not to listen to him, even when he poses as a tzaddik with a long beard

Yes, the Y"H won't stop at anything.

Thank you GYE. I am indebted to you all.

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Re: triggers

Posted by Eye.nonymous - 03 Jan 2010 13:25

[ovadia wrote on 03 Jan 2010 11:49:](#)

B"H and thanks to GYE I recognized the symptoms and I literally forced myself to close up the Internet.

SHKOYACH!

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Re: triggers

Posted by Kollel Guy - 03 Jan 2010 14:25

I started clicking, and at that moment I felt that thrill!! I had a really valid reason for searching the internet!! What could be better than trying to get Kol HaLashon !! It is hard to describe the exact feeling but I am sure that everyone knows it in their own way

Yeah, that's a regular. By now I already acknowledge my true intentions - even when I'm only checking out the "innocent stuff" with "kosher intentions". It doesn't help me anymore to recognize it, I still continue.

I wish you hatzlacha though.

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Re: triggers

Posted by silentbattle - 03 Jan 2010 14:51

By the way - I'm sure you already know this, but the time to put in effort and thought is before you feel the conflict...

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Re: triggers

Posted by imtrying25 - 03 Jan 2010 18:46

Ovadia you rock the house. And good for you that you caught yourself. Keep on rockin' bro. hatzlacha.

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Re: triggers

Posted by ovadia - 04 Jan 2010 12:40

[imtrying25 wrote on 03 Jan 2010 18:46:](#)

Ovadia you rock the house. And good for you that you caught yourself. Keep on rockin' bro. hatzlacha.

correction: you rock the house. I am just trying. Excuse the pun ! Thanks for the thumbs up.

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Re: triggers

Posted by imtrying25 - 04 Jan 2010 19:32

Ok ok ill give into you this time. Were both rockin and were both tryin!! :D :D :D :D :D :D :D

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Re: triggers

Posted by silentbattle - 06 Jan 2010 02:10

Deal! Sold to the highest bidder, for a grand total of an effort to do what hashem wants!

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