

Ridiculous!

Posted by Capricorn - 07 Mar 2020 17:56

How am I supposed to deal with this struggle & move forward?

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Re: Ridiculous!

Posted by 360gye - 08 Mar 2020 00:55

This struggle is hard and like any obstacle it takes time and effort to overcome, but have hope. You are able to accomplish that goal and get to a stage where you overcome this obstacle.

like any obstacle, you must learn from your mistakes, understand what situations you fall and try preventing those situations from repeating themselves. It's important to connect yourself to a friend or two, or a group of people for support and help. Another tip I think is useful is to try understanding if there is an underlying cause for this struggle.

just remember you are not alone in this and we are all here for you

if you want to have a further conversation about this I am more than happy to do so and please email me 360gye@gmail.com

your friend,

360gye

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Re: Ridiculous!

Posted by Captain - 15 Mar 2020 00:47

Please check out this amazing ebook:

Check out this great ebook: <https://guardyoureyes.com/ebooks/item/the-battle-of-the-generation>. It has been helpful for me and many others on GYE. It's encouraging, but not in a way that feels fake.

Here are some ideas from the book:

Hashem granted us an unprecedented opportunity to reach greatness by creating this intense battle against desire.

By telling us we are missing out on the best thing in life, the *yetzer hara* tries to make us miserable in an attempt to destroy us. But in reality, we will only miss out on the most amazing experience in life if we give in instead of fighting back.

It is vital that we celebrate every victory over the *yetzer hara* and realize what an incredible accomplishment each second of effort is. This will bring us profound success and make our lives thrilling and fulfilling.

Feeling that **“I don’t do those things”** gives us the strength not to give in no matter how tempting the desire.

It also has a whole section on stopping guilt from ruining your life. (Appendix A.)

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