

Got to start DOING

Posted by doingtshuva - 12 May 2020 23:48

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Hi,

Joined 6+ years ago and have made some progress but no major changes.

Never joined a call or a group, nor did I attend a meeting.

The struggle is still a struggle, just that I learned to delay or push off the urge a little.

Today I cried to Rebbe Shimon he should Daven for me that I should have the strength to treat myself.

The shame is what is killing me. I have to start Doing Tachlis, its over with all those putzy mutzy on the forums.

I have to break my fear and shame, and to learn to build trust in others.

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Re: Got to start DOING

Posted by yosef10 - 13 May 2020 01:36

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Wow, to be a part of GYE for so long (and to be struggling that long) I'm sure you've been through a lot. You just have to know that it's always certain meedos that help keep us feeling bad about ourselves.

Although Boosha is a great meeda to have, especially within this Inyan, to much of anything is, well, too much. It is that shame that you may have to break through to have a more long lasting practice. The goal isn't only to defeat this Yetzer hard, it's to come out a better person for it, whatever that may mean to you personally. It's forums like these that keep me going personally, SO KEEP POSTING.

Also, one if maybe the biggest steps in my battles (not that I'm "there yet" but then again who ever is), was speaking to someone personally about my struggles. For me it was a Rebbe, but anyone who you know who cares about you will do WONDERS.

life you haven't done this yet it's highly suggested. If you don't want to (because of that beautiful Busha you have) think hard and long about what your willing to give up to beat this. A couple of

seconds of embarrassing you're,Ed in front of your rebbe or anyone else that can help you will be beneficial and bring you to heights.

Much hatzlacha on your travels

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