GYE - Guard Your Eyes

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Posted by jack123 - 30 Nov 2020 11:37

ok, so ive been here a few time in the past couple of years, had some meaningful chats etc. but it never lasted more than a couple of weeks, upto a month maybe.

the problem is not that i fall, everyone does, the problem is i CANT GET BACK UP, as soon as i fall i immediately shut gye out and ignore any sort of help, as if im focused only on bad..

basically my sense of failure is very very bad,

i know it has to do with holding myself to a high standard and therefore giving up but i need advice quick, cos im sick and tired of this

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Re: ADVICE NEEDED

Posted by OivedElokim - 01 Dec 2020 21:04

Doing one productive thing, as small as it may be, usually motivates you to do more.

Success breeds success.

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Re: ADVICE NEEDED

Posted by Captain - 02 Dec 2020 02:48

Try to do the smallest thing possible that you can do out of the productive things you want to do. Like the smallest part of the smallest thing.

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Re: ADVICE NEEDED

Posted by 90dys - 02 Dec 2020 07:43

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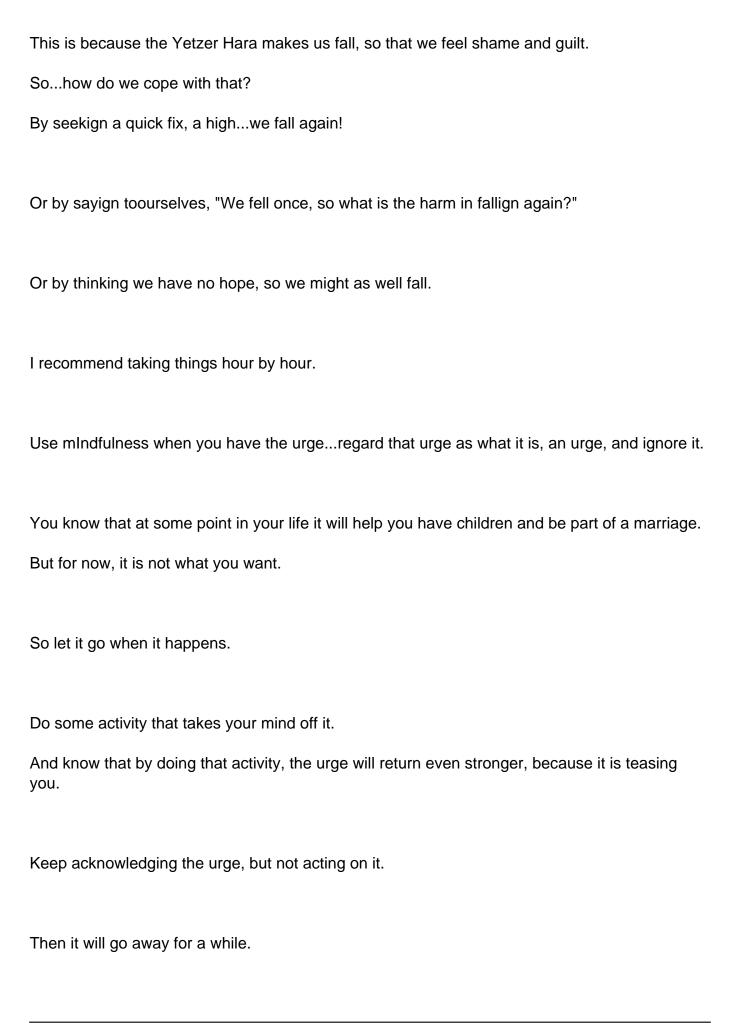
I totally relate to the "guilty-cuz-no-childhood-trauma-excuse" phenomenon. But it is sooooooo irrelevant, as your nisayon reflects the simple fact that you have a healthy body.

I have a promise (bracha?) from Hashem Help Me that I can stay clean this time....even after 100's of cycles. Although I am nothing in comparison to him, I humbly give you the very same bracha....

An optimistic attitude can will make all the difference!							
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Re: ADVICE NEEDED Posted by wilnevergiveup - 02 Dec 2020 07:49							
Check out this thread I started recently, let me know if you can relate.							
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Re: ADVICE NEEDED Posted by ColinColin - 02 Dec 2020 18:48							
Jack							
You are confronted by a sexual urge.							
There is nothing to say that one has to have trauma to make one want to fall.							
The urge is natural.							
Put there by Hashem to make you have children.							

It is very common to fall once then fall again just after.



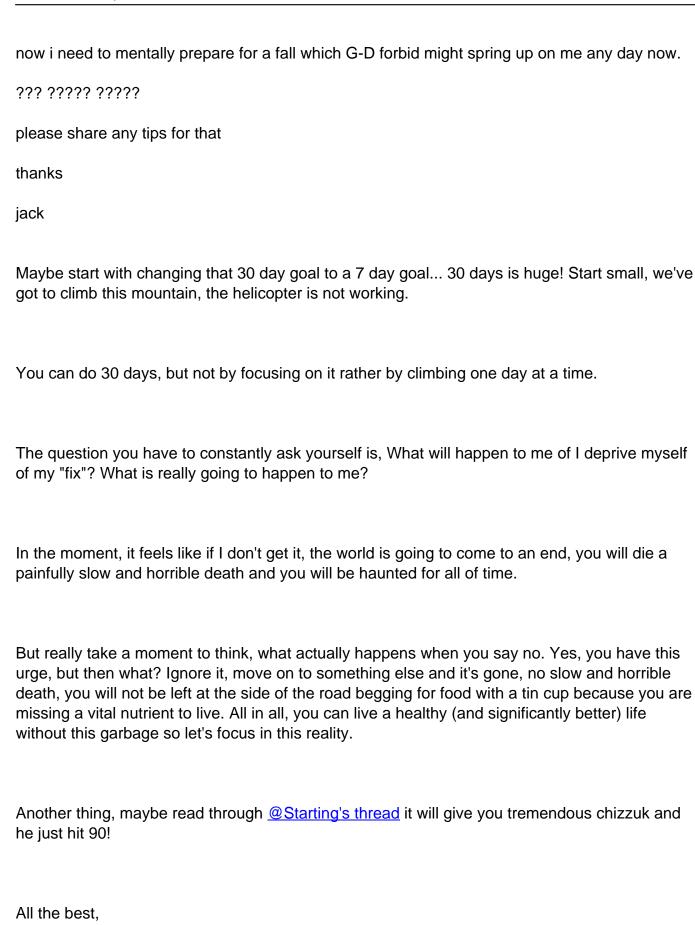


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Amazing! Remember, one big goal of a month, but it's comprised of many small goals or ODAAT. (One day at a time).

Hatzlacha!
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Re: ADVICE NEEDED Posted by Hashem Help Me - 04 Dec 2020 00:48
jack, of course it is monumental. When i started out, i didn't believe it was humanly possible to hold back from acting out more than 2 days Be very proud of yourself. Keep reminding yourself "I don't need this!"
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Re: ADVICE NEEDED Posted by jack123 - 05 Dec 2020 21:12
5 days, pretty decent, feeling good about it.
now i need to mentally prepare for a fall which G-D forbid might spring up on me any day now.
??? ?????
please share any tips for that
thanks
jack
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Re: ADVICE NEEDED Posted by wilnevergiveup - 06 Dec 2020 04:50
jack123 wrote on 05 Dec 2020 21:12:
5 days, pretty decent, feeling good about it.

Wilnevergiveup



Generated: 19 April, 2024, 14:17 Re: ADVICE NEEDED Posted by Hashem Help Me - 06 Dec 2020 12:30 jack123 wrote on 05 Dec 2020 21:12: 5 days, pretty decent, feeling good about it. now i need to mentally prepare for a fall which G-D forbid might spring up on me any day now. Let's change that word "fall" to urge or nisayon. In response I would just say, there do not seem to be statistics of anyone dying from lack of sexual stimulation or activity. When an urge comes, accept it. "This is the way Hashem made me that from time to time I will have these desires, but I will not b'ezras Hashem act on them". In the beginning whenever I had an "overwhelming" urge, I picked up the phone and had a GYE chaver help me bust it. After a awhile BH I was able to do it myself. Re: ADVICE NEEDED Posted by jack123 - 07 Dec 2020 08:27 7 days, one whole week! lets keep on pushing! Re: ADVICE NEEDED Posted by Hashem Help Me - 07 Dec 2020 23:37 jack123 wrote on 07 Dec 2020 08:27:

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Re: ADVICE NEEDED
Posted by jack123 - 10 Dec 2020 14:47

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10 days going strongl haven't been able to chat or post bcoz I don't have my device at the moment, using someone else's and can't be too longBut I'll be backJack

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