ADVICE NEEDED
Posted by jack123 - 30 Nov 2020 11:37

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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 Shnitzel and kugel - 13 Dec 2020 05:32

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Keep it up!

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Re: ADVICE NEEDED
Posted by jack123 - 16 Dec 2020 14:06

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16 days in. Today was groundbreaking. I was holding a hairbreadth away from acting out basically going that way, and for the first time ever, so close to falling, I snapped out of it and stopped myself. A public pat on my back!!!!! Let's keep fighting!!!!!!

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Re: ADVICE NEEDED
Posted by Grant400 - 16 Dec 2020 14:11

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jack123 wrote on 16 Dec 2020 14:06**:**

16 days in. Today was groundbreaking. I was holding a hairbreadth away from acting out basically going that way, and for the first time ever, so close to falling, I snapped out of it and stopped myself. A public pat on my back!!!!! Let's keep fighting!!!!!!

Amazing! Thanks for sharing!

If I may ask, what exactly helped you?

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Re: ADVICE NEEDED
Posted by jack123 - 16 Dec 2020 20:54

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Im not entirely sure but there definitely was a thought that I'm going to have to post that I fell. Thanks for asking, bcoz I never thought about it myself.

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Re: ADVICE NEEDED
Posted by Grant400 - 16 Dec 2020 21:11

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jack123 wrote on 16 Dec 2020 20:54**:**

Im not entirely sure but there definitely was a thought that I'm going to have to post that I fell. Thanks for asking, bcoz I never thought about it myself.

Yup! That thought helps me too!

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Re: ADVICE NEEDED
Posted by Zedj - 16 Dec 2020 21:18

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[spoiler][/spoiler]When you held yourself back, you may not have realized it but your nefesh

elokus was shining bright.

It's really amazing, although I'm in a mess myself, Im in the front lines of a battle that alot of people don't see. The shine of the G-dly soul is magnified on this site.

Keep it up!

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Re: ADVICE NEEDED
Posted by jack123 - 22 Dec 2020 22:13

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Three weeks +. Lately I've been attacked with strong urges and twice I almost fell, if anyone felt the same at 3 weeks please let me know how long it lasts. The dangerous thing is that since I controlled myself even after going close it give a false sense of security as if I am in control, when the reality is the opposite. Thanks, jack

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Re: ADVICE NEEDED
Posted by Zedj - 22 Dec 2020 23:58

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Yes, 3 weeks is in the margin for withdrawal symptoms..that's what they say.

It gets tough but it will pass eventually.

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Re: ADVICE NEEDED
Posted by Hashem Help Me - 23 Dec 2020 01:58

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Each time you successfully ride the waves of a withdrawal attack, you are sending your brain a message that the urge really has no power. It is like cotton candy. It looks big but it can be crushed into a miniscule nothingness. So the answer to your question - The sooner you learn to simply not panic when hit with an urge, and accept that these urges will come and go, but really have no power that is when they will iyh greatly subside.

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Re: ADVICE NEEDED
Posted by jack123 - 24 Dec 2020 01:54

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BAD NEWS I fell:cry: but 2 silver linings here. Firstly I didnt do porn. Second for the first time I'm admitting I fell and accepting that falling doesnt mean failure. So this time I headed straight here to report it, and I won't run away for 6months!!!!!!! I'm still proud of 23days. Thanks jack

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Re: ADVICE NEEDED
Posted by Captain - 24 Dec 2020 01:59

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One day when you hit 230 days you'll look back at this great decision. Thanks for not running away! Don't give up!

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Re: ADVICE NEEDED
Posted by Youngster - 24 Dec 2020 02:05

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Hey Jack!

STOP! Dont think about it..

we all fall, it's part of the process...

Tomorrow is a brand new day!

just use the fall to learn more about yourself and your struggle, what lead you to the fall, what measures could you take to prevent it from happening again etc

Pick yourself up dust off and back on the road!!!

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Re: ADVICE NEEDED
Posted by Hashem Help Me - 24 Dec 2020 02:14

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jack123 wrote on 24 Dec 2020 01:54**:**

BAD NEWS I fell:cry: but 2 silver linings here. Firstly I didnt do porn. Second for the first time I'm admitting I fell and accepting that falling doesnt mean failure. So this time I headed straight here to report it, and I won't run away for 6months!!!!!!! I'm still proud of 23days. Thanks jack

Good news: 1. Your eyes stayed clean. Eyes staying clean keeps the mind clear and helps us rewire our thoughts about sexuality. 2. You stopped after acting out once. A mountain climber upon stumling into a ditch has a choice - either to roll down the mountain or to rather bandage his wounds and enjoy the view. Jack - you decided to enjoy the view! Keep climbing with your clean eyes, healing brain, and self confidence intact. And on your way up, send down a rope to those below (by posting on this thread) so others can follow.

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Re: ADVICE NEEDED
Posted by Ish MiGrodno - 24 Dec 2020 03:28

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Jack,

I had 30+ years of not reaching your madraiga of coming clean and dusting myself off.

?The GYE oilam is 100% behind you and are no less proud of your achievement of: (1) stopping in your tracks AND (2) keeping your heilige eyes clean

Chin up, dear friend

I.M.G.

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Re: ADVICE NEEDED
Posted by Grant400 - 24 Dec 2020 04:14

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jack123 wrote on 24 Dec 2020 01:54**:**

BAD NEWS I fell:cry: but 2 silver linings here. Firstly I didnt do porn. **Second for the first time I'm admitting I fell and accepting that falling doesnt mean failure. So this time I headed straight here to report it, and I won't run away for 6months!!!!!!!** I'm still proud of 23days. Thanks jack

This is key. By having this attitude, it cannot be counted as a fall. When a person falls, he must start his journey over to regain his former position. But when one uses a fall as a stepping stone to a higher plateau, he is even closer to complete success now, than he was before.

If you use this fall as an educational experience and file it away for further reference, you only become smarter and stronger.

Don't run away! We will just have to run after you!

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