

ADVICE NEEDED

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 Captain - 17 Aug 2021 03:53

Is there a way to be on guard instead of being overconfident, and to be prepared just in case but without feeling that a fall is inevitable? Because if you feel it's inevitable then it will actually be inevitable. Maybe you can take the maalos of being cautious and planning and not being reckless without the chisronos of self-bashing and self-fulfilling-prophecies.

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Re: ADVICE NEEDED

Posted by jack123 - 17 Aug 2021 23:38

4 days,

im starting to wonder why its even a ????, even from a purely physical perspective i feel much better, alert and focused, after only a few days. its amazing how fleeting pleasure overpowers basic pleasure of life.

jack

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Re: ADVICE NEEDED

Posted by jack123 - 20 Aug 2021 13:19

7 days

i made it to a week

and now i fell.

last time i promised to stay and after 2 days i gave up. im gonna really try hard to start over properly, this time.

send me chizzuk please!!

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Re: ADVICE NEEDED

Posted by Captain - 20 Aug 2021 13:28

You view it as:

I fell. I'm a mess/ sinner. And it doesn't matter what else happened. This act I just did defines me.

The real view is:

For 7 days, you were challenged with small challenges and possibly big ones and you fought back many times. Each effort you put in is priceless.

(And if we want to get even more real, it doesn't really matter how many days it was, only how many times you fought. But we'll use your numbers.)

And your identity from all this should be that you are a fighter, not a sinner.

Get back up! It's a big struggle but no one asked you to be clean or perfect or to be a "tzaddik," just to try! (And then you're a true tzaddik!)

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Re: ADVICE NEEDED

Posted by wilnevergiveup - 22 Aug 2021 04:42

Jack you did great!

We fall when we are not properly prepared for the situation that led to it (if you were, you would not have fallen). Take this fall as a learning experience, see what can change to make sure you are better prepared next time.

Take it and grow from it, then it becomes part of your recovery.

I don't know why you are here and fighting but you keep on coming back so you obviously have a good reason. do those reasons still apply?

Use that as motivation, use what brought you back to keep you going.

We are here for each other.

Wilnevergiveup

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