

Starting Again...

Posted by Lou - 21 Dec 2020 22:15

Hi, I have posted in other threads but just wanted to start this new one to get this of my chest. I guess i am venting more than anything else. To make a long story short, I have been a struggler for years with these issues. This includes watching and also chatting with online relationships etc. BH over the past few years due a variety of reasons things have ~~greatly~~ improved in this area. Don't get me wrong. It wasn't fixed but the issues were less serious (trying to avoid triggering {embarrassing} details. As it still was certainly an issue eventually I recently joined GYE and working on the 90 days etc. I have started and failed more than once but I understand that is part of the process. What is really getting to me and is actually confusing to me is that my most recent fall was to a level worse than I have had in a few years! In other words, when I was working on the issues less officially i was staying away from that level. Now that I am working on really cleaning up my act I have stooped back to my really low levels Why?? It definitely was some Hashgacha Pratis in this as I was faced with a nisayon I have avoided in the past. Is Hashem telling me that now that I am stronger I should be able to deal with nisayon?? Well, I didn't...

Any feedback is welcome!

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Re: Starting Again...

Posted by Lou - 03 May 2021 20:35

Thank you to all for the outpouring of support (wrath from some?). It means alot to me. I just want to clarify that I posted very briefly because it was in middle of the night and I just wanted to post for accountability immediately.

Thank you Sapy and No strings for your thoughts. Although what you both say could be depressing, I will choose to look at it as reaching a new level in the battle and that is a good thing.

Thank you

Lou

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Re: Starting Again...

Posted by Lou - 03 May 2021 20:39

A special note of thanks to IMG for just being IMG!

Don't change and keep strong my friend!

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Re: Starting Again...

Posted by ihadstringsbutnowimfree - 03 May 2021 21:14

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Re: Starting Again...

Posted by Captain - 04 May 2021 13:17

It could be that you are not ready to make all these plans, if you are in middle of a rough patch. Maybe you could try to make a very short goal, like 5 or 7 days, and then when you've created a bit of distance you can try to figure out what to improve and make a new plan.

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Re: Starting Again...

Posted by Lou - 06 May 2021 04:21

It seems like recently whenever i post that things are BH going well, I have a fall soon afterwards.

So,just sayin Hi.....

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Re: Starting Again...

Posted by Striving Avreich - 06 May 2021 08:13

I have had the same thing previously in my life. I couldn't take a compliment and would sometimes masturbate afterwards. I would ask my parents to not compliment me as much.

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Re: Starting Again...

Posted by Shteeble - 06 May 2021 12:40

[Lou wrote on 06 May 2021 04:21:](#)

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So,just sayin Hi.....

Here's a great thread for saying "Hi!". It's got 157 pages worth of His so far...

[Just wanted to say HI!!!](#)

Oh, and Hi!

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Re: Starting Again...

Posted by Lou - 06 May 2021 22:30

[Striving Avreich wrote on 06 May 2021 08:13:](#)

I have had the same thing previously in my life. I couldn't take a compliment and would sometimes masturbate afterwards. I would ask my parents to not compliment me as much.

Thank you for your comment,however I don't think it has anything at all to do with that. I think it is just a complacency that all is good and then Wham!

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Re: Starting Again...

Posted by Striving Avreich - 07 May 2021 08:27

[Lou wrote on 06 May 2021 22:30:](#)

[Striving Avreich wrote on 06 May 2021 08:13:](#)

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Then is there a connection between saying everything is good and acting out?

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Re: Starting Again...

Posted by Lou - 09 May 2021 06:54

[Striving Avreich wrote on 07 May 2021 08:27:](#)

[Lou wrote on 06 May 2021 22:30:](#)

[Striving Avreich wrote on 06 May 2021 08:13:](#)

I have had the same thing previously in my life. I couldn't take a compliment and would sometimes masturbate afterwards. I would ask my parents to not compliment me as much.

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No, sorry I guess it wasn't such a well thought out and meaningful post. I don't really see a connection that you were referring to. I meant more in jest. Just disregard the whole thing.

Thanks

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Re: Starting Again...

Posted by Lou - 09 May 2021 15:49

Short term goal is to make it to Kabalas haTorah bitahara beH.

?In general, working on various personal strategies, but I am finding that currently I am having more success beH, when I post less details and a bit less involved in the public forums. This could change at any point, but for now that is my feeling.

Hatzlocha to all!

Biahava,

Lou

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Re: Starting Again...

Posted by ihadstringsbutnowimfree - 10 May 2021 21:37

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Re: Starting Again...

Posted by Lou - 11 May 2021 02:48

Just as a disclaimer, I myself don't usually go for these kinda stories but this is what happened to me today.

I was feeling very down today in the morning (I wonder why?). I asked Hashem to please give me a sign or send me an idea to show me that I am still in the game,if you know what I mean. I was in a Seforim store that sells used seforim at a discount price,and right in front of me was a copy of the Hebrew Sefer Zos Brisi in great shape and for a very cheap price. It mamesh felt like a hug from Hashem saying I am with you!

Before people start commenting...yes I know a sefer is not the solution.

Thank you

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Re: Starting Again...

Posted by Lou - 13 May 2021 21:06

I was mekabel bln over in the challenge accepted thread to do one thing daily to improve in this area. In other words to be alive!

Day 1: Not to use computer (when connected to internet) for any reason after 1:30 AM

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Re: Starting Again...

Posted by Lou - 14 May 2021 17:37

Day 2

To communicate with a minimum of one person at every Tefillah.

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