

In moment I always make the wrong choice

Posted by Levy1 - 27 May 2021 05:59

Even after the whole day telling myself don't do it and wishing I can make though the night the moment has arrived to screw up once again somehow my brain has took a vacation and engaged the autopilot you know the rest of the story. How do I miss the flight????

Any ideas what to do thanks brothers??

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Re: In moment I always make the wrong choice

Posted by Zedj - 27 May 2021 06:26

Hi Levy,

Mind sharing abit of your background and alittle more of what exactly you struggle with (of course don't share sensitive info that may identify you) ?

Do you have filters on available devices?

Have you spoken to anyone concerning your situation?

Being aware of your triggers can give you a chance to adequately prepare yourself and catch yourself red handed when auto pilot kicks in.

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Re: In moment I always make the wrong choice

Posted by Snowflake - 27 May 2021 10:22

Hi there!

Ever seen Rabbi Shafier's the fight series? Your shayla seems to be answered there in the pink elephant episode.

I highly suggest you watch the whole series, but be kitzur, you seem to be saying that the dilemma was on your mind for the whole day.

For me at least, I would probably fall too if I was engaging in these thoughts the whole day. The trick for me at least is not to even entertain such thoughts and adopt a zero tolerance to lust. No extra looks at forbidden stuff and treating some lust thought the same as bacon was put in front of you R'L.

When an urge comes, all the more so I try to get busy and think other stuff. Heck I've been even leaving home for a walk or a ride if things start to get worse.

Still, like our friend Zedj said above, it helps if you share us more about your background.

All the best!

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Re: In moment I always make the wrong choice
Posted by Hashem Help Me - 27 May 2021 11:14

Welcome. Keep posting/staying connected is something that has BH helped many of us.

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Re: In moment I always make the wrong choice
Posted by DavidT - 27 May 2021 14:41

[Levy1 wrote on 27 May 2021 05:59:](#)

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Here are 2 points that helped many many people...

1- Take the struggle only “one day at a time.” Try never to focus on the future or wonder how we will manage. We must learn to live in the present only, focusing on staying "clean" or "sober" right NOW. When we focus on the future, we can easily fall. It's like someone walking a tightrope; if he looks down, it becomes so much harder not to fall. Therefore, when feeling weak we can tell ourselves, “just for today, I will stay clean.” “Just for this moment, I will stay clean.” The past and the future are out of our hands and belong only to Hashem. When we feel that we are about to fall, we may even tell ourselves that we reserve the right to act out tomorrow. We are not making a decision now for life. However, just for today we will do whatever we can to stay clean.

2- Break the Cycle: We must realize that the Yetzer Hara/addiction wants our soul, not the pleasure. Otherwise, why is a thousand times never enough? Keep this saying in mind: "Just once is too much; a thousand times is never enough." We cannot bargain with the addiction. Half measures ultimately amount to nothing. Isolated incidents of control are not significant when dealing with addiction, it's the overall pattern. Staying stopped is the issue. We must realize that we were acting insane. It's not sane to repeat self-destructive behaviors. This is, in the most literal sense, a life and death struggle for our souls.

Keep Strong - at the end you'll win !

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Re: In moment I always make the wrong choice
Posted by Captain - 28 May 2021 13:50

If you want a link to The Fight: see below in my signature. Also there is a link to The Battle of the Generation, which I also highly recommend. It deals with this point.

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Re: In moment I always make the wrong choice
Posted by Levy1 - 30 May 2021 19:51

I am happily married and BH I have a Beautiful baby girl

I have gentech on my phone and on the laptop there is techloq

the problem I'm I am good at figuring out how things work so neither filter presents much of a challenge To find a crack in it also on top of that my wife has a laptop from work that has no filter so when she goes to sleep I could use it

so pretty much it's all up to me to figure out how to not get myself in trouble.

that's why I was reaching out to you guys I really appreciate all the input

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