

This time will be better

Posted by joetyh - 14 Jan 2022 10:58

hey people!!! just had a fall 2 nights in a row after building my streak to 5 days... but you know what, 5 days, that was pretty impressive. I have made myself sort of reliant on videos to entertain myself during bein hasedarim and after night seder which means i occasionally need to access youtube which is a killer because it starts with downloading just some fun vlogs and/or product reviews and it goes downhill from there. I need to find a way to be able to get some videos (I dont think i can quit cold turkey from watching and 613tube isnt an option) but not falling down that terrible rabbit hole of the "How bad of a video can i find on YouTube). besides for youtube theres the plain urges that come and I just feel powerless against them. I try to beat them but its so so hard to. even the smallest trigger (i.e. seeing a random pretty girl in the street) can just set me off on a bad day. I really want to be clean!!! I really do!!!! But I feel like as soon as the urge comes I just decide that "it's just this time" and I'll find an excuse to justify it.

I'm on day 1 now. My goal right now is 1 week. I think I can do it and I know it will be very painful but I'm ready.

any suggestions or if you can relate hop on to this topic

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Re: This time will be better

Posted by DavidT - 18 Jan 2022 20:36

Dear joetyh, if you had yet another fall, don't despair!

Trust that Hashem had much *Nachas Ruach* from your spiritual successes, but he wanted you to take it **to the next level** and therefore he gave you these pitfalls, even though he knew you would fall. What makes a person great is his ability to get back up, despite his falls. And *davka* by having to renew our determination from the ground up, we are rocketed into a much closer *Kesher* with Hashem than we ever had before!

Instead of getting down on ourselves after a fall, let us reflect back on how many times we *did* manage to say "no" to the *Yetzer Hara* before he won us over now! Let's recall the many tens - if not hundreds - of times during the past clean-streak that we didn't give in to him! You definitely have **the upper hand** in this war. He is determined to make us feel down so that we should continue to slip. But let us focus on the overall picture. Even though we may have lost a

battle now, we are still winning the war. Let's rejoice about our successes and get right back up for the next round, where B'Ezras Hashem, we will do even better!

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Re: This time will be better

Posted by joetyh - 18 Jan 2022 20:44

thanks. bh i did not have a fall since yesterday but im just feeling pained

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Re: This time will be better

Posted by sleepy - 18 Jan 2022 21:18

[wilnevergiveup wrote on 18 Jan 2022 12:11:](#)

[sleepy wrote on 18 Jan 2022 07:00:](#)

[wilnevergiveup wrote on 18 Jan 2022 06:17:](#)

Hi Sleepy, I couldn't get through your whole post, already in the beginning I think you missed the entire point.

There is no connection between an addict not focusing on the religious reasons to quit and not having goals in life.

An addict can have goals and accomplishments in many areas of *avodas Hashem* and often are far more successful than "regular guys" because they actually put in the work of becoming closer to Hashem. Addicts who work the 12 steps are often in a much better place in their Yiddishkeit than the average Yeshiva guy.

It's in the addiction that they cannot feel controlled or forced by any outside source, everything has to come from within. Addicts don't have control, the only "self control" they know is "controlling life" by Drinking/smoking/watching etc. the whole idea of control is toxic.

When a person stays clean because it helps their lives be manageable, they can live life without feeling controlled. When someone fights in order to live the life that they want to live (which may be following a life of Torah, just not because the addiction is *assur*) while accepting that life may not always go the way they want, they can stay clean without trying to control or manipulate life.

This may not be across the board, just an idea.

i said that my post was NOT for addicts, i wasnt bashing them ,just wasnt posting for them ,i missed your point as well it seems.

p.s. i definitely acknowledge that many addicts are way above my level of avodas Hashem and relationship with Hashem , **i dont know what i wrote that would infer otherwise**.if i offended anyone ,i apologize.

"i would just ask Trouble what are his goals in life ,does he have an ambition to finish shas?no?why not? and if he does do daf yomi and has finished shas, does he have an ambition to really know it ?to review it?does he enjoy it"

Seems clear and specific to me who you were referring to.

And sorry for hijacking this thread, @Joetyh, please forgive me.

i was just asking trouble a few honest questions, do you have a problem with that? was it inappropriate of me ? i wasnt belittleing him,was i?(that certainly wasnt my intention)

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Re: This time will be better

Posted by sleepy - 18 Jan 2022 21:35

[joetyh wrote on 18 Jan 2022 20:18:](#)

I was just thinking what could I have done differently when I was younger not to have gotten into this. I can't point to a stupid decision I made that got me here. Why did I get into this? I was just a dumb stupid kid who was curious and now I'm here. Why?!?!?! If only I would have known that the little peak in the magazine to see some cute girls would send me here.... I would burnt those stupid magazines!!!!!! I never would've taken them to the bathroom so no-one should know... I never would've gone thru the trash cuz someone threw them out before I got to see....

Gosh, why did I do this to myself....

Why did my future wife (whenever Hashem decides is the right time) deserve this?

Why did I deserve this?

But now I'm here and it's so so hard to get out (and stupid summer magazines aint the problem....)

I am going to get thru this

I wish I can cry a little...

wow! i have asked myself those very same questions.

i dont know if this answers your situation , but for me, it takes away the frustration a little, and it goes as following, yes i was just a curios little boy BUT at the same time there was this feeling inside that this is wrong,and that feeling of doing something wrong is where i failed ,that was my (or was supposed to be)my guide, even though no one taught me specifcily,but Hashem has given a person a conscience /yetzer tov /Neshama that was sending messages dont do this ,looking at inappropriate stuff in newspapers ,tv, or doing stuff.and thats where i failed by not listening to that little voice,and now that little second peek has snowballed and avalanched into a gigantic runaway snowball rolling down a mountain at a crazy speed and i have to deal with it now ,as hard as it may seem.

I am grateful to Hashem that He has woken me up now , when i have the chance , and not let me sleep into porn/lust oblivion. may i (and all of us) be matzliach!

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Re: This time will be better

Posted by joetyh - 18 Jan 2022 21:47

wow that is well put

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Re: This time will be better

Posted by Human being - 19 Jan 2022 07:36

You can cry. Its ok to cry.

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Re: This time will be better

Posted by joetyh - 19 Jan 2022 08:44

Thanks!! but the tears dont wanna come out.....

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Re: This time will be better

Posted by joetyh - 19 Jan 2022 10:46

ok we here on day 2!!! Thanks to one of the guys I've been shmoozing with I'm writing a contract today BezH. listen here mr. Yetzer Hara go find some non jew to mess with I am going to put up a fight... they wont

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Re: This time will be better

Posted by Shmuel - 19 Jan 2022 11:20

[joetyh wrote on 19 Jan 2022 10:46:](#)

ok we here on day 2!!! Thanks to one of the guys I've been shmoozing with I'm writing a contract today BezH. listen here mr. Yetzer Hara go find some non jew to mess with I am going to put up

a fight... they wont

Not that it actually matters but what makes you think this is exclusively a Jewish issue?

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Re: This time will be better

Posted by joetyh - 19 Jan 2022 12:04

well it isnt only a jewish issue because I have warped my system that Hashem gave me but most hardships in the battle do come from a yetzer Hara.

Now there are 2 yetzer Hara

1) The Satan, he was given a shlichus from Hashem to test our abilities

2) is the inner Yetzer Hara which is also known as the Nefesh Bahami (the animalistic part of our being)

so yes it is a jewish issue because I am a Jew and I have gone against Hashem and went from following my Nefesh Sichli (my neshama the clear thinking ruchnius part of our being) to my nefesh bahami and now when I get an urge I am following my inner yetzer hara that has control on me now....

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Re: This time will be better

Posted by Vehkam - 19 Jan 2022 13:52

[joetyh wrote on 18 Jan 2022 20:18:](#)

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From yesterday's boost- excerpt from The Battle Of The Generation

Quick Recap:

- The further we have fallen, the greater we can become, even if the difficulty came about from our own actions.
- Not only can we accomplish greater achievements due to the challenge, we can even reach incredible heights in this world by using our failures to spur us on to reach for the stars.

that said, I find the need to cry at times too.

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Re: This time will be better

Posted by joetyh - 19 Jan 2022 14:52

i need to learn how to let myself let go so I can cry

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Re: This time will be better

Posted by Shmuel - 19 Jan 2022 14:57

[joetyh wrote on 19 Jan 2022 14:52:](#)

i need to learn how to let myself let go so I can cry

The mindfulness tracks on the new hotline might be helpful in allowing yourself to really feel

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Re: This time will be better

Posted by DavidT - 19 Jan 2022 15:09

[Shmuel wrote on 19 Jan 2022 14:57:](#)

[joetyh wrote on 19 Jan 2022 14:52:](#)

i need to learn how to let myself let go so I can cry

The mindfulness tracks on the new hotline might be helpful in allowing yourself to really feel

646-GYE-6600 (646-493-6600)

Press 2 *For help with addictive behaviors*

Press 2 *If you're struggling with an urge right now* We added there many great "mindfulness" & "urge surfing" recordings...

The hotline now has a new section with many "Jewish Mindfulness" recordings by Dr. Yoni Feiner, author of the fantastic book **Mindfulness: A Jewish Approach**.

Shortcuts:

To access this new collection dial 646-GYE-6600 ext. 19.

To access the regular Mindfulness collection, use ext. 18 (for info on the general collection see [this post](#).)

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