

falling and staying down

Posted by yankyneu - 27 Apr 2025 06:02

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I don't struggle with porn usage on a daily basis. However I fall every couple of months. When I fall I can't get back up. Rath. If I stay in bed watching television. Other then when I fall, I don't watch television because I know it is below me. However after I fall and am already feeling low I can watch tv. This leads me to stay in bed the next 2-3 days just watching tv barely davening (including fully missing tefilos and krias shema). It seems that I also have a tv addiction. Eventually I have to get out of bed. Firstly, I want to know what people think about getting up after staying down from a fall for so long. Additionally, I want to hear some dvrei chizuk about how to stay away from television eventhough it may be clean.

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Re: falling and staying down

Posted by iwillkeepmybrith - 28 Apr 2025 18:03

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Hi, I'd like to say on the first point the fact of getting up after 2 or 3 days of being down, I think it's your strength and you should value it. I'm telling you honestly that such an ordeal couldn't happen to me because I wouldn't have the strength to get up again afterwards, whereas you do and I think you're getting too flustered when you should be aware of your strength. I read in a book of moussar that the strength of the yetser is after the fault to make you feel bad. What you have to do is say to yourself, I fell anyway, it was G who wanted me to fall, He wanted me to fall, and if I stayed low for three days, it's because G wanted me to stay low for three days. But after three days, G held out his hand for you to get up, and you grabbed it. If G had held out his hand earlier, I'm sure you would have gotten up sooner. Then, if you want my opinion on watching television, it's a waste of time but it shouldn't be demonized either. Ideally, not watching it would be the best thing but I think that if you are watching it now, it's okay, as long as you're careful not to watch anything forbidden that you tell yourself is only for a few days, maybe it could help you choose your shows and even watch something that could help you in your life. If you want to talk more about it, I can give you my e-mail.

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Re: falling and staying down

Posted by barackobama - Today 03:31

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I can totally relate to your struggle, about staying down. It can be very difficult sometimes to get back up after falling.

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