

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 than 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 even though 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 - 05 May 2025 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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Re: falling and staying down

Posted by chancyhk - 05 May 2025 15:17

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[yankyneu wrote on 27 Apr 2025 06:02:](#)

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Dear Yanky,

It's completely understandable that you stay in bed after falling.

You feel like a loser, you are very disappointed in yourself, you are in a lot of pain because you feel like a rasha. So how can you get out of bed?

Of course you want to disconnect and be in a fantasy world of TV. I was there many many times., It feels better than dealing with the real world. So understand yourself and give yourself compassion..

The trick to be real and honest,. So what if you fell? are you alive? Yes BH! Can you do Tshuva? a billion percent yes!!! So why not do that? You can be fully honest with Hashem and tell Him how you feel, (He knows, but He wants you to talk to Him like a child) And tell Him everything, Ask for Help getting clean, and ask for help getting out of bed.

As long as you are alive you can fix what you broke. So rather than wallowing in your own filth, get clean and pure by doing tshuva!

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