

when it rains it pours

Posted by strugglingandstrivngBT - 26 Apr 2010 22:13

Theres this pattern that leads to my cravings...

I keep seeing where something/someone questions my faith, I acknowledge that they have some validity to their statement, but are not righ entirely (this morning my parents referred to cultlike aspects of becoming baal teshuva. While they had points, their point doesnt acknowledge any legitimacy to Torah) and my midn begins to spin. Then I go into this spiral of "if it's not true, I can do ___ without a problem. But thats wrong because it cuts me off from Hashem. if it cuts me off from Hashem then there is validity. but they had a point. but Torah is truth..." and I go through this spiral for hours. usually, the spiral is accompanied by a desire to ___. Today that's the case. I'm doing good fighting it. I even was able to take a shower without caving B"H(thats usually where things go wrong)(I also know it was risky, but I really needed a shower). now I'm just kinda drained from the internal battle, and I have to go do school work that always leaves me feeling "secular". I cant explain it, just this feeling that I've returned to the old me, with desires for treif music, activities and ___. anyone got any good pick me ups?

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Re: when it rains it pours

Posted by strugglingandstrivngBT - 30 Apr 2010 12:37

thanks. I'm leaning towards the latter of the ideas (12), though I'm not sure how thatd work. Would that be something I can do here or find some other group? I also have a friend who sucessfully went through them, but I'm not sure thatd be the best match. i dunno. you input is greatly appreciated,

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Re: when it rains it pours

Posted by silentbattle - 30 Apr 2010 12:58

Why not see what works for you? If you have an interest in going to an SA meeting, you can try that - or if you prefer, you can try working the steps here, and seeing if that helps. Either way, though, if after a while you don't see improvement, you might want to see what you can do to enhance your program.

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