

struggle continues

Posted by StrugglingGuy - 16 May 2010 14:39

from a high to a low-

So after a shabbos where I made harchakos from mstrbtion and erotic lit as well as davened what i felt were good tefillos, i fell twice in a short span; once last night and once this morning. Right after the falls, i felt that since the urge and the yh were so immensely powerful, i felt powerless and concluded there is nothing i could have done this time other than ms**bt... I didnt have remorse basically; I chalked it up to the YH.

the yezter hara seems to have so much patience that even if i go a week clean (which is what i had) the urge can come at any moment...

help appreciated...thanks guys.

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Re: struggle continues

Posted by StrugglingGuy - 29 Dec 2010 21:16

ur right- im not saying that once it is there-i will just go ahead and indulge bec i dont care anymore

im saying that to be honest with myself- i cannot resisit these books and i will fall as a result of them. it is just a fact not an attitude.

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Re: struggle continues

Posted by yedidya aleph - 29 Dec 2010 23:18

I think i hear ur frustration. Yes,we r powerless over lust meaning we can not win the battle on our own. We have to reach out for help...to program chaverim.... to Hashem ect.

imho,i think we need to take actions to avoid temptations i.e. minimize the confrontation. Like an alcoholic should not be working in a beer factory....

of course as we grow in recovery,the threshold may shift

i hope this helps.

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Re: struggle continues

Posted by Ineedhelp!! - 30 Dec 2010 00:05

[StrugglingGuy wrote on 29 Dec 2010 21:16:](#)

ur right- im not saying that once it is there-i will just go ahead and indulge bec i dont care anymore

im saying that to be honest with myself- i cannot resisit these books and i will fall as a result of them. it is just a fact not an attitude.

How is it a fact? Just curious....

Is it a fact because you tell yourself you cant?? (if so thats an attitude..)

Is it a fact because thats what you believe?? (if so thats just a belief..)

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Re: struggle continues

Posted by StrugglingGuy - 30 Dec 2010 00:33

when im at my grandmothers house i throw these books away before i lokk at them bec i know they are pois BECAUSE I HAVE FELL WITH TEM BEFORE. so yes yiddle it becomes a fact after a while.

but the other day i was satying at someones room for the foirst time and once i saw the books i knew i was done- i just flip to the juicy parts no matter how long it takes.

i used to think i could muscle my way out of things but not anymore. there is no point.now i just give up the fight to Hashem BEFORE i even see the books. why try to fight a losing battle? just ask Hashem to take it away in the first place

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Re: struggle continues

Posted by StrugglingGuy - 30 Dec 2010 00:38

with finals here and stuff- i wanted to look at some stuff today but k9 and Hashem helped stop me.

thank You.

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Re: struggle continues

Posted by yedidya aleph - 30 Dec 2010 00:59

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Re: struggle continues

Posted by briut - 30 Dec 2010 18:01

[StrugglingGuy wrote on 30 Dec 2010 00:38:](#)

i wanted to look at some stuff today but k9 and Hashem helped stop me.
Not necessarily in that order, of course . May you continue to be gebentsched!

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Re: struggle continues

Posted by yedidya aleph - 30 Dec 2010 20:07

[StrugglingGuy wrote on 30 Dec 2010 00:33:](#)

when im at my grandmothers house i throw these books away before i lakk

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S.G. ,do i understand correctly,that u would not act out at your grandmother's house?

if so, u have identified a strength which could help u the next time your Y.H. comes knocking.
Just imagine that u r at gm's and act accordingly. Each of us have momements of strength.

btw how r the exams going?

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Re: struggle continues

Posted by Eye.nonymous - 30 Dec 2010 20:56

It's unlikely that someone is teleporting you into a room with these books.

(Speaking of teleporting, did you ever see "The Fly"? How come that never happened on Star Trek every so often--it's basically the same technology, isn't it?)

Anyways... what happened before? And before that? And before that?

There's quite a few stages we go through before we fall. Before we end up in that room with all

those books. Or, whatever the case may be. Start paying attention to this. We can't resist when the books are in front of us. But when the whole situation really started, when it was a tiny little kernal of a temptation, minutes before, hours before, days before, sometimes weeks before, THAT'S when we can catch ourselves, change something, change direction.

--Eye.

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Re: struggle continues

Posted by StrugglingGuy - 31 Dec 2010 03:13

thanks everyone for your posts

exams are going ok, i have 3 more to go

i have fallen at my grandmother's house many times because of these books. now i take them and put them far away when i step into the room (wher i am staying)

but the other night was different- i had to crash somewhere because of the new york blizzard and he happened to have a couple books there. i didnt have the strength to put them away although if i did i would have been ok

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Re: struggle continues

Posted by installed - 01 Jan 2011 20:41

Glad your exams are going well. Hope you had a pleasant shabbos.

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Re: struggle continues

Posted by Dov - 02 Jan 2011 01:29

The schmutzy books at my Mom's house have been a horrible challenge for me basically all my life. I acted out with them hundreds and hundreds of times. Sometimes I still want to.

Whenever I go to my Mother's, I have a simple rule: I **am not able to look at the books at all. They are just like looking at a woman, for me.**

And be"H, I don't.

And I use the same rule I use for women: *Seeing* them is not the problem. My problem is staring at them or looking again - it will neam that I will think about them and desire them - my very body will change my desires and they will look desireable to me, if I stare at them and think about them. In other words: "The first look is on G-d, the second look is on me."

Easy does it.

At the very least, even if I **am** trying to depend on Hashem to help me, **the battle-lines must be drawn back**. I cannot keep having the same struggle. If I do, then "the struggle continues", and thanks to all the humiliation I have endured already at my own hands, I choose to have the humility to admit that *I will eventually lose that battle*. It is not a battle for this Dov.

Can you admit that yet, or not?

I think it is a matter of humility, period. It is surrender. Without it, the struggle will continue forever.

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Re: struggle continues

Posted by StrugglingGuy - 02 Jan 2011 01:47

yes it is surrender at this point- like u said i cannot allow myself to get near these books. the case i was writing about was when i was caught off guard and found myself with those books, alone in the room for the night. a similiar thing happened to me a couple months ago also.

i dont go to the reg libarary that often but it is a slight challenege for me- i try to get what i need and get out

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Re: struggle continues

Posted by Dov - 02 Jan 2011 06:30

I relate. Hatzlocha!

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