

struggle continues

Posted by StrugglingGuy - 16 May 2010 14:39

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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 Yosef Hatzadik - 30 Jan 2011 22:36

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We know the feeling. :(

For a few years I couldn't 'afford' to nap in bed on Shabbos afternoon!

Even napping at a table with my forehead on my hands wasn't always OK!

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Re: struggle continues

Posted by silentbattle - 31 Jan 2011 04:55

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I like the fact that you learned something from your fall. If you use it as a way to grow, that's the best way forward!

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Re: struggle continues

Posted by Maccabee - 31 Jan 2011 05:21

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[Yosef Hatzadik wrote on 30 Jan 2011 22:36:](#)

Even napping at a table with my forehead on my hands wasn't always OK!

jk

KOT SG!!!

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Re: struggle continues

Posted by StrugglingGuy - 10 Feb 2011 21:29

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when i have clean nights i feel great. BH!

When I fall tho, I say- well all guys struggle with it. additionally, I am not married yet so what can I do?

thats where i am at

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Re: struggle continues

Posted by Rising Up - 10 Feb 2011 22:31

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Admit that you are powerless over your addiction, but Hashem is stronger than the addiction.

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Re: struggle continues

Posted by Dov - 10 Feb 2011 23:55

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That Hashem is stronger than lust is a *belief*, not *recovery*.

There is still recovery that is waiting in *some* shape, form, and derech, for everyone who needs it.

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Re: struggle continues

Posted by silentbattle - 13 Feb 2011 06:52

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Even if you're not married - *especially* if you 're not married - what you can do is to realize that you can survive, and even be happy, without acting out.

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Re: struggle continues

Posted by Eye.nonymous - 13 Feb 2011 20:18

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[StrugglingGuy wrote on 10 Feb 2011 21:29:](#)

when i have clean nights i feel great. BH!

When I fall tho, I say- well all guys struggle with it. additionally, I am not married yet so what can I do?

thats where i am at

This struggle is actually easier to figure out when you're not married. You're in a great place to get the right attitude.

Afterwards, it's really easy to confuse love with lust. Can get messy.

--Eye.

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Re: struggle continues

Posted by StrugglingGuy - 15 Feb 2011 17:15

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I cant stop m'ing every couple days.

I give up.

Hashem- I surrender to you the power of my lust.

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Re: struggle continues

Posted by Dov - 15 Feb 2011 18:11

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How about skipping the entire text of AA and just reading member stories written by drunks just to see if you see yourself as they are - but with your lust.

If you do not, that's great, get help with where you are.

If you do, that's great, get help with where you are.

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Re: struggle continues

Posted by StrugglingGuy - 20 Feb 2011 21:51

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Ok everyone--to put everything on table: engagement will be soon next couple of months i think.

i now we talk about working on ourselves before we marry and i want to commit to that, so i would appreciate if everyone could just give some chizik.

my good friend macabee and I have been speaking regularly about these issues and will continue to.

I am almost sure i am an addict- i look around for romance books even when i don't really want to- and so i am gonna continue my treatment to get well. i know that without Hashem i am done.

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Re: struggle continues

Posted by Dov - 21 Feb 2011 00:20

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Mazel Tov!!

Things can be OK, as long as you really don't believe that your wife will save you from machshovos ra'os and from tayvah. In other words, we can't expect a healthy marriage if we will use our wives to save us from ourselves. But as long as you keep doing what you say and maintain responsibility for your own "treatment to get well", all will be OK be"H.

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Re: struggle continues

Posted by StrugglingGuy - 21 Feb 2011 04:52

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Re: struggle continues

Posted by silentbattle - 21 Feb 2011 13:46

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All I can say is that after you're married, you'll be very, very glad of any effort you put in  
beforehand towards your recovery. As worthwhile as recovery is, once you're married, you'll be  
even happier that you got sober first.  
thx dov

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