

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 Kedusha - 22 Feb 2011 03:53

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I'll tell you what is even more precious than gold - someone who works on his recovery in advance of his marriage. There can be no greater gift to your future wife.

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Re: struggle continues

Posted by StrugglingGuy - 22 Feb 2011 20:40

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amen. HKBH should help us all in the recovery process.

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Re: struggle continues

Posted by StrugglingGuy - 24 Feb 2011 14:18

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went on YU computers yesterday and viewed innocent aol.com pics of celebrities with maldrobe malfunctions- my YH probab told me- "Dont worry, its not p\*\*\*!". but its an issue.

the truth is my computer (with k9) was with me but wasnt getting internet, which I thought I needed (altgho I needed to prinnt my paper out sdo eventually i needed the lib computers) so I just went staright for the YU comps

this is part of my addiction

ill keep posting

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Re: struggle continues

Posted by Dov - 24 Feb 2011 18:24

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Warning: Another annoying pitch for 12-steps recovery:

If you are just fighting to *not act out*, and not doing anything to think and live differently, then that is not recovery, it's just 'staying clean'. And it's doomed.

When they say 'one day at a time' they do not mean that we 'hang on for just one more 24 hrs w/o acting out'. They mean that we get used to living in reality, which is one day at a time. And that we work one day at a time on living more sanely *this* day.

Hatzlocha.

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Re: struggle continues

Posted by Dov - 24 Feb 2011 18:27

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But I gotta really hand it to you, sir. Your regular posts that are straight and honest about what you did and didn't do are refreshing! We all need more of that from all of us.

Kein yirbu.

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Re: struggle continues

Posted by StrugglingGuy - 28 Feb 2011 03:25

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sir? lol

what du u mean living differently? can u define that?

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Re: struggle continues

Posted by Dov - 28 Feb 2011 05:18

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I already posted the answer. Read the member stories about the drunks in the back of AA. Start at the beginning and read straight through. These are real people who were all well known in AA circles. Not pretty sights, but amazing and beautiful stories that will clarify exactly what I mean.

You don't need more dogma and hashkofah - it hasn't helped that much for the past 10+ years of your life. It's time to meet some real recovering people who will share with you what it was like, how they got here, and what it is like now.

Hatzlocha, chaver.

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Re: struggle continues

Posted by StrugglingGuy - 04 Mar 2011 17:51

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when i'm in a position to view p, i think for a second- Hashem help me

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Re: struggle continues

Posted by silentbattle - 04 Mar 2011 20:14

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How does that feel - and what happens?

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Re: struggle continues

Posted by StrugglingGuy - 06 Mar 2011 19:02

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makes me feel like - "ok, i wanna view and i am able to view, so Hashem you have to stop me".  
then miraculously, i dont have the urge anymore...

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Re: struggle continues

Posted by silentbattle - 06 Mar 2011 20:44

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That's beautiful - it's like letting ratzon hashem fill you up!

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Re: struggle continues

Posted by StrugglingGuy - 06 Mar 2011 23:13

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BH

BH and BAH it has helped

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Re: struggle continues

Posted by StrugglingGuy - 08 Mar 2011 21:03

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mstrbtd this morning first time in a week i think

then i had a decent learning seder, wasnt so great in shiur, then learned with another guy. said tehillim also.

i think i had a good week. my friend mac said to move on today so i have

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Re: struggle continues

Posted by StrugglingGuy - 09 Mar 2011 17:49

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a lot going on right now for me. im sure some people are under a lot more pressure and stress than I am as a college student, yet i still find myself under a little pressure nowadays for diff things

easy time for YH to step in.

need Hashem more than ever...