

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 Dov - 07 Apr 2011 21:37

Yeah, write for just a few minutes about how you feel tonight while you are going to bed - or whenever the dangerous time typically is, for you. No particular topic and not to convince yourself to "be good". Just write your guts down b'ezras Hashem - and do not wait for perfection - and do not share it on the forum or with anybody else, for now. Maybe a month later. But not now.

And do it by hand, not on a computer. There is something magical in a pen on paper. Try it and let me know.

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Re: struggle continues

Posted by StrugglingGuy - 08 Apr 2011 16:11

k thx. good shabbos.

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Re: struggle continues

Posted by Eye.nonymous - 09 Apr 2011 20:55

[StrugglingGuy wrote on 07 Apr 2011 21:32:](#)

eye- i dont know. im not gonna act like i know everything about this- im more humble than that. however, i think that i lust for the pleasure of lusting and not to cover any fears or anxieties up.

The question is, what is happening BEFORE acting out.

I very rarely decided, "Life is great, everything's fine, I think I'll just turn on my computer and look at some porn now. Yeah, that's just what I'll do!"

Rather, I'd turn on the computer... have to do some work... but not quite feeling like working... just had an unpleasant discussion with someone.... maybe my wife.... maybe something work related... okay, I'm going to work... but I don't feel like working... I'll just check my E-mail... okay... now there was something interesting I wanted to look up on the internet, something really work-related... and I remembered something else, maybe about home-improvements, maybe about some hobby, or may be some interesting current-events... ... hmmm...

And after about a half hour or hour of this, I'd be checking the room that nobody was around and then start looking at things a bit more questionable, a bit more... and bit more...

That's just my experience, though, and you might not relate to it at all.

--Eye.

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Re: struggle continues

Posted by Dov - 10 Apr 2011 02:21

Reb Eye is right. We have all manner of pots cooking on the stove-top of our lives that we are not even aware of. We only become aware of them after they boil over.

That is what the 4th step is about. Addicts, say the AA's, are not like normal people - we cannot afford to harbor very much righteous indignation, resentment, fear, and other garbage. Normal people can suffer with these things and manage. We, on the other hand, tend to drink/*act out* over them, eventually.

So once a person has been sober for a while and is ready to seriously work the 2nd and 3rd steps, he sets out at clearing out his garbage in his 4th in order that he can maintain a spiritual condition that will keep allowing Hashem to help him stay sober.

Our simmering pots (and some of us have many) block Hashem completely. They make us sit ourselves in the driver's seat.

"Block Hashem!?" - sounds like apikorsus, no?

Well, Chaza"l (referring to *normal* people, not just *addicts*) mean exactly that, when they say that Hashem says about a ba'al gayvoh, "*ein ani v'hu ycholim ladur yachad*" and they call such a person a "*docheik raglei haSh'chinah*". The Kotzker used to say that Hashem only comes in "where people let Him in" - same thing. The steps are only, *only* about learning to live in a way that *lets Hashem in*. It's about getting ourselves enough out of His way so that He can really help us out.

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Re: struggle continues

Posted by StrugglingGuy - 11 Apr 2011 02:52

eye- ok. I hear. i definitely experience that sometimes.

I am trying to live life, concentrate on life and nothing else, stay out of Hashem's way, and let Him help me out. God willing, I can continue to do so.

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Re: struggle continues

Posted by Eye.nonymous - 11 Apr 2011 12:47

Sounds good. Good luck.

--Eye.

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Re: struggle continues

Posted by StrugglingGuy - 11 Apr 2011 16:35

thx guys

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Re: struggle continues

Posted by Eye.nonymous - 12 Apr 2011 06:37

wlcm

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Re: struggle continues
Posted by StrugglingGuy - 29 Apr 2011 18:35

I'm engaged! BH...

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Re: struggle continues
Posted by ur-a-jew - 29 Apr 2011 18:41

Mazel Tov. You should be zoche to build a bayis neeman b'yisroel.

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Re: struggle continues
Posted by Dov - 29 Apr 2011 18:49

Mazel tubes!

really, i had the feeling...

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Re: struggle continues
Posted by StrugglingGuy - 01 May 2011 14:57

Thank you both! Amen!

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Re: struggle continues

Posted by StrugglingGuy - 02 May 2011 16:07

I think that Master***** is tougher to deal with than p, bec. by p- if you have a k9 you are protected even if you want to watch p.

But by m, you have to sleep in your bed. It is harder than p to think of ways to combat

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Re: struggle continues

Posted by Dov - 02 May 2011 19:45

I believe a good method is just to leave one's penis alone. If I look at or touch myself for pleasure, I will completely fail, guaranteed. Of course, being successful at doing this requires integrity, cuz no one is around, right?

Integrity is learned, not earned. We learn it from being open and honest on a regular and continuous basis with other **people** *first*, then with G-d and ourselves second.

Hatzlocha.

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