

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 - 11 Oct 2010 04:43

Hashem sent someone to sit down next to me by the computer. Besides for him, no one else is here and it is late at night. The school computers have no blockers whatsoever :-\

I would have moved on to 'p' for the first time in a long while. dealing with tests and stuff, I would have justified it. chasdei Hashem.

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Re: struggle continues

Posted by kutan - 11 Oct 2010 21:16

Better get some first aid... reach out and speak to someone safe.

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Re: struggle continues

Posted by yedidya aleph - 12 Oct 2010 23:23

oye vey! maybe someone should suggest that the school put in some type of filter?? how r u doing?

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Re: struggle continues

Posted by StrugglingGuy - 14 Oct 2010 22:41

hey YA- BH pretty good. good day of learning today.

I know! they have no filters; someone once suggested they put one in, but idk...

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Re: struggle continues

Posted by frumfiend - 17 Oct 2010 03:30

Hashem loves you. He doesnt want you to fall.

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Re: struggle continues

Posted by worthless - 17 Oct 2010 04:42

Ha shem loves you soooooo much. Those paper women don;t even know you exist. don't destroy your reality for a fantasy that will only attack you

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Re: struggle continues

Posted by StrugglingGuy - 20 Oct 2010 00:20

Steady improvement...that is what I am looking for... Only with Hashem's help.

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Re: struggle continues

Posted by kutan - 20 Oct 2010 17:32

Way to go!

Two baby steps forward, one baby step back .

Even one baby step forward, two back will do... as long as you are still facing forward!

Best wishes!

ktn

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Re: struggle continues

Posted by StrugglingGuy - 21 Oct 2010 16:38

thx for the support ktn....

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Re: struggle continues

Posted by kutan - 22 Oct 2010 12:46

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Re: struggle continues

Posted by StrugglingGuy - 12 Nov 2010 17:39

Hi Everyone- weeks of midterms finally over.... very challenging.

Right now the plan is for me to start heading off on my own from my advisor here at school. We want to see how I do if I just check in with him over the phone or email. Of course, I can always go back to him.

Keep treking everyone!

good shbs

sg

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Re: struggle continues

Posted by StrugglingGuy - 14 Nov 2010 00:12

fell on shabbos afternoon. it was after sleeping with my suit pants on so that it would not happen but I woke up and took them off and put on shorts. it was at the moment that the YH told me to mstrbt, and i listened.

while i failed to hit my 5 minute mark of putting off my ureg when the YH comes calling, but i think my descions to sleep with my suit pants was a sacrifice in and of itself and served to put off the urge til i woke up the next time. i specifically wore my suit pants so that i would not mstrbt and i followed thru with that.

lemme know what u think: can battles still be won in a period even when we end up mstrbtng?

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Re: struggle continues

Posted by frumfiend - 14 Nov 2010 03:25

Of course battles can be won even with your pants down. You are doing amazing you took the fight to the end. You showed th yh that he cant take you with out a fight. You fought and won the war. The war is will you give up and throw in the towel. You kept up the fight. GREAT JOB! Next time will be better. Hashem loves you

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Re: struggle continues

Posted by StrugglingGuy - 15 Nov 2010 04:14

thx fts :D :D

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