

interesting how quick things change

Posted by strugglingandstrivngBT - 08 Aug 2010 16:31

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I dont know if it's because I got too confident or what but I'm feeling a bit at risk. I dont know why but I just decided to type in random not at all appropriate words into google and came across something that was very intriguing and I was curious what it meant. I clicked it. first time in a long time I did something so dangerous. I havent acted on anything else and felt what I was doing was wrong as soon I as I got to the site, which I really almost didnt go to. I'm a bit worried. I usually have more issue with the m as opposed to the p, but when I go to p I usually cant control m. I just dwell on it until I cave. thats why I went to the site. I saw it, looked but got a to a 18 only page, left, got too curious, went again, peeked, saw and left. I'm afraid I wont be able to get it out of my mind, and get the craving feeling to go away. I'm trying really hard and I'm about to go learn and try to snap myself back into where I belong. ugh. just needed a vent. anyone got any good motivation?

hope all your days are going stronger!

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Re: interesting how quick things change

Posted by silentbattle - 08 Aug 2010 17:24

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Call someone up and talk it out. I found that once I spoke with someone, and went through all the reasons I needed to stay clean, and just hopw much I didn't want to do this, it was easier to stay away. Talking to someone else is so much more powerful than talking to myself.

Have a support network.

Feel good about staying clean. Realize just how amazing an accomplishment you've made.

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Re: interesting how quick things change

Posted by Holy Yid - 09 Aug 2010 01:19

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1. go to the "I am about to fall" thread here

[www.guardyoureyes.org/forum/index.php?topic=763.msg75441#new](http://www.guardyoureyes.org/forum/index.php?topic=763.msg75441#new)

it is a place to call for help.

2. don't think about it, gently move your mind to something else that you find engaging. If you come back to it gently move your mind back.

Don't worry about it don't get streded about it, just thinka bout something else.

3. Take a cold shower, go for a jog, hang out with a friend, go to bais medresh.

4. If you still feel a strong urge tell yourself to wait 15 minutes and then you can do what you want. While waiting do something else.

5. Also, I recently saw a thought from Rav Yisroel Elya Weintraub ZTL. Right after we we do a mitzva it is an ?? ???? for tefilla. For this reason we say a ?? ???? after someone is called to the Torah. He has just finished the mitzva of reading the Torah so he can daven and Hashem will listen. This is also why we say ????? after "benchin". we have just fullfilled the mitzva of ????? and we can now daven to Hashem for help in our lives.

If we see a woman who excites us we should remember that if we don't look then we will have preformed a mitzva and it will be an ais ratzon to do daven, and it is more likely we will get what we want. So we should tell ourselves that if we don't look then we will have a specail merit and we will be able to ask Hashem for something we need. Don't look and then daven a short prayer in English. I have tried this and found it to be very helpfull.

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Re: interesting how quick things change  
Posted by ToAdd - 11 Aug 2010 06:37

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The y"h doing good old reverse-psychology.

Strengthen the victim, make him over-confident, put a stumbling block in front of the blind and lead him straight into it, full steam ahead.

Move on to something else and keep your guard up for small things.

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Re: interesting how quick things change  
Posted by truth929 - 11 Aug 2010 16:32

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Hey, just decided to join this thread. I have similar stories to most here. Just ended a month streak of clean days. Fell hard last night, feel worthless. But just upset at myself that I let my guard down. I was really trying to daven and "let go" but it didn't work. Staying home with TV and COmputer's without filters is dangerous. Admitting I am addicted is so hard. sorry for the spewing, just need to get out my frustration

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Re: interesting how quick things change  
Posted by strugglingandstrivngBT - 12 Aug 2010 02:06

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thanks for all the support. unfortunately, m though I lasted longer than I ever have before, 2 mornings ago I couldn't take the feelings anymore and caved. Felt awful and I don't intend to do it again. I feel that while I have a way to go, I have made strides B"H. I also intend to take it in a different direction, and try to look at women as Holy Souls as opposed to objects of lust I need to avoid. This is not just for SA issues, or women, but I feel it will help all. Thanks again and all of you stay strong!!!!!!!

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Re: interesting how quick things change  
Posted by ToAdd - 12 Aug 2010 06:50

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Don't look at the fall - rather look at all those clean days. Each one was a victory and you can build on those victories.

After you've been clean for a month, you know you can do it again.

Struggling: you're on the right path there.

It will really help if you change your image of women from one that builds your lust to something neutral. Identify the thought that is the trigger e.g. "wow, thats a sexy xyz" and replace it with "It's nice, but it's not for me". You can practice this every morning or before you walk out the door. Visualize the trigger thought in your mind, make it smaller until it disappears, replace it with the positive thought. Maybe even practice the positive thought on people that aren't tiggers.

Truth: The truth is that you're an addict. TV's and unfiltered computers are a problem for us.

Even the most innocent tv shows have adverts that can drive us nuts. TV and the internet is no cure for boredom, its a stepping stone to feeling terrible.

Dust yourself off, you're at the start of a clean streak that's going to set a new record for you.

You've managed to go one day clean before, remember that day, you can do it again.

Reward yourself for the good days - your body likes rewards and will repeat behaviour to get rewards.

When you wake up after a clean day, affirm, tell yourself "well done!"

Don't lose the good stuff by focusing on the bad stuff.

Have a happy day.

ToAdd

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Re: interesting how quick things change  
Posted by truth929 - 13 Aug 2010 15:23

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that's a good point. Thank you. I'm ready to go.

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