

need chizuk please

Posted by Chasdei Avos - 09 Aug 2010 21:33

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THIS SIGHT HAS BECOME SO HUGE SINCE ITS BEGINING (WHEN I was on 2 years ago)  
that I dont know where to write.

Although i have been almost totally clean for close to 2 years bchasdei Hashem and i owe it to GUE, I have almost fell completely and i have been messing around too much with myself even though I dont completely go for it. In fact, i spilled some seed twice recently?:"&^%\$. I really need chizuk.. And maybe someone I can call when under the spelll. This rosh chodesh I think would make it 2 years, although not free completely.

Any chizuk pleeeaaase.

thnks

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Re: need chizuk please

Posted by ur-a-jew - 09 Aug 2010 22:04

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Two years that's phenomenal.

If your looking for some chizuk, you may want to re-read a post that you wrote just around this time, two years ago:

[Chasdei Avos wrote on 22 Sep 2008 20:43:](#)

WOW, do I have chills right now. I just read this blog from start to finish and to say it is giving me chizuk is a huge understatement. I am flying high emotionally. This is the best preperation for the Yomim Noraim, a time when all of us are trying extra hard to succeed. I am no prophet,

but I can say with certainty that Hakadosh Baruch Hu is looking down at everyone on this sight and kvelling with unbelievable simcha and nachas. All we ever try to do is the ratzon Hashem, and right now, right here, on this websight, you guys are smashing the samech mem (evil inclination) to pieces and spreading the glory of Hashem's malchus in the world, precisely the point of Rosh Hashana. Thank you and let this be the reason you are all written in the book of Bracha, simcha, Parnassa, and all good things.

I have set a goal of going streight from Rosh Chodesh Elul until after Yom Kippur without ...

Jack: Your kabballa is giving me the strength (I hope) to succeed. There is nothing harder than seeing all the junk in the street. That is the hardest thing for me. I thank Hashem that I do not work in Manhattan, as I find that to be the killer.

Hatzlacha Rabba.

Chasdei Avos

As you noted then and what is still true today, reading through the posts is one of the best sorts of chizuk. Moreover, while you've been on for two years, it appears that you have not posted that often (which could be because you have limited internet access). If you do have the time, another source of chizuk is giving others on the site chizuk. I am sure that alot of people starting out here would find comfort from you that they can succeed in gaining some control in this area, and someone like you who has been clean (or relatively clean) for two years can certainly give that over. Good luck and hatzlacha rabba.

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Re: need chizuk please

Posted by david712 - 09 Aug 2010 22:07

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Welcome Back.

2 Years is amazing!

There is a famous saying in avodas Ha'shem- we are either going up or down. there is no standing still.

If we start feeling weak that's a sign we are not going up. We need to take some time and look at what's going on and restart our strategy. From being around on the forum and from the big book I've learned there is no such thing as "recovered" as we see for our self and as I mentioned it's up or down. Our focus should be on being **"in recovery"**. (that will mean going up)

The virtual 12 step phone conference I've found to be a great anchor and an unbelievable tool (I guess it's something new since you've been here last). It's an unbelievable chevra of guys on a daily call trying to change and refocus their daily living to a more meaningful and fulfilling life through focusing on the 12 steps.

you can find info about the call here [www.guardyoureyes.org/forum/index.php?topic=1219.0](http://www.guardyoureyes.org/forum/index.php?topic=1219.0)

Stick around and Keep us posted.

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Re: need chizuk please

Posted by Chasdei Avos - 09 Aug 2010 23:24

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Thanks for your words of encouragement. I think the biggest problem is my not having strong learning sedarim. Although I have a morning seder, we have been extremely negligent and not showing up too often. The summer is precisely the time to be michazek in learning to have more to fight the yetzer horrahh with. It's not surprising then that since learning is shvach, the yetzer horah has more room.

David712: I am going to check out the link you sent me thanks.

Since I Baruch hashem dont struggle daily bli ayin horah, thats probably why I am not on too often anymore. But theres no question that its healthy to stay connected. Just blabbing as I am doing now is hopefully giving me extra strength.

Thanks

Chasdei

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Re: need chizuk please

Posted by Holy Yid - 10 Aug 2010 02:08

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Are you a dry drunk or are you growing in recovery?

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