

When things are down

Posted by BirkasHachamah - 07 Nov 2010 14:06

Hi guys,

I decided a little over a month ago that I would start posting regularly but I haven't stuck to it unfortunately. Now I just had a few bad days so I decided that I really need to stick to what I told myself.

The truth is that I don't look at bad sites so often, but I feel that it is still a struggle even when I don't. One of my major problems is that when I feel down about other things, I can sometimes resort to looking at inappropriate material. Either I just don't have the emotional strength to put up the fight that I need to, or I think it's ok because I am kind of "angry" at Hashem anyway, so why should I put in the effort to do what I am supposed to. I have been going through a tough time lately, so the past few days I faltered and fell into looking at inappropriate materials.

I am happy to be part of this wonderful community and would like to hear what you guys think.

Thank you so much!

Birkas

=====
=====

Re: When things are down

Posted by frumfiend - 07 Nov 2010 14:28

stick with us.

Post.

Find all the good hashem does.

Listen to rav avigor miller tapes.

=====
=====

Re: When things are down

Posted by jewinpain - 07 Nov 2010 15:15

Hi bro! Using that as an escape from ur other problems is what makes us an addict, so stick

here with us u can learn how to handle the pain in more positive tapes, being angry at hashem was my favorite in the past, but hey it didn't help even a tiny bit, so I changed my attitude, and boy!! I'm just in love with hashem, he's my back bone nowadays, well he's always been I just didn't realize cuz I was too wrapped up in self pity, so I turned around and I'm working the other way b"h the results are showing up slowly, listening to tapes is a gr8 tool, I base my recovery on GYE and on some other magidim who just caught my attention, reb avigdor miller is a good start or I personally like reb moshe wolfson, shop around see who's speaking to ur heart and go with it

Hashem will help u, just make a strong commitment and he'll be with u all along the way

Ur friend Jip

=====