

Starting again, please help me
Posted by Jew - 31 Jul 2011 03:40

I feel so bad, so guilty. :(:(

My story is that I easily did 90 days about a month ago and since then I cant get a week together. Same patterns are seeing things on the street which triggers but I dont realise until a few days later. Saturday night is when it hits, usually cant sleep and start thinking. It happened twice tonight. its now 4.30am in UK and I dont know what to do with myself. just feel sick. :(I so badly want to change. I printed out some of the e books but forget to read them! - im sure they would help. My computer is safe, no access only allowed list access but my wife has a phone with internet I sometimes use. That catches me out.

Please can someone just give me some chizuk? :(

I want to change myself, not just nit look at things.

Thank you for the opporutity to get my feelings out. Last time I did this it worked but I didnt really stick with the forum. once I was on the way I stopped posting.

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Re: Starting again, please help me
Posted by Jew - 08 Aug 2011 17:40

[alexeliezer wrote on 07 Aug 2011 12:29:](#)

Awesome! You're a steamroller now!

I really hope so. its great to get a week under my belt!

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Re: Starting again, please help me
Posted by alexeliezer - 08 Aug 2011 18:44

Never ever let your guard down.

Not even for a minute.

Momentum works best in a straight line.

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Re: Starting again, please help me
Posted by Jew - 14 Aug 2011 22:10

Thanks Hashem im still clean but have had slips! shmiras einayim. thankfully its now the end of a day and if I start well i can usually contionue. its when I slip, very hard tio get back up and then hope not to fall!

But am just celebrating that im still clean! ;D

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Re: Starting again, please help me
Posted by shteighecher - 15 Aug 2011 20:42

Good for you. Keep it up and remember that before you begin to sleep, when YH says just one look, rember, how difficult it will be to stop.

Keep on trucking. One day at a time.

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Re: Starting again, please help me
Posted by obormottel - 15 Aug 2011 21:46

Alex truly is a sage. And daat... and most folks here.

Definitely, turning away the entire head is what's required for me. Sometimes, my shoulders and upper body follow in the turn, too, so strong is the desire to fix the gaze on someone. Sometimes I feel I'm straining my neck...but G-d save me if I don't turn!

I had to run out of a store recently, 'cause there was nowhere to turn away to. I was sick for two days with stuff that entered my periferal vision.

Jew, you've done 90 days! You are my hero. [alexeliezer wrote on 08 Aug 2011 18:44:](#)

Never ever let your guard down.

Not even for a minute.

Momentum works best in a straight line.

And stick with the forum and reading books and chizzuk emails etc ad infinitum...ad noseum

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Re: Starting again, please help me
Posted by JackAbbey - 15 Aug 2011 21:55

and you know what?

yosef hatzidik ran out of poitifar's house into the street, left his dress inside

didnt care on anything, just ran for his life

and you are following his footsteps

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Re: Starting again, please help me
Posted by obormottel - 15 Aug 2011 22:26

[JackInShteeble wrote on 15 Aug 2011 21:55:](#)

and you know what?

yosef hatzidik ran out of poitifar's house into the street, left his dress inside

didnt care on anything, just ran for his life

and you are following his footsteps

I told you, most people here are SAGES! that is a great analogy, too bad I can't boast to anyone

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Re: Starting again, please help me
Posted by JackAbbey - 16 Aug 2011 11:41

i didnt get that, can you please explain yourself

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Re: Starting again, please help me
Posted by obormottel - 16 Aug 2011 16:32

[JackInShteeble wrote on 16 Aug 2011 11:41:](#)

i didnt get that, can you please explain yourself

Sure:

Your analogy of me running out of the store to Yosef Hatzaddik running out on mrs. poitifar is well taken.

That's why I think you're a sage. This is not a back -handed compliment, it's how I think about you and people on this forum.

And I wish I could tell someone in the real world that I did something akin to my Hero of Heros, Yosef Hatzaddik (who is my favorite Bible character, if we were to play this game).

The end.

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Re: Starting again, please help me
Posted by JackAbbey - 16 Aug 2011 22:55

you are as strong as most of us here, i personally think you are really strong, look at your goals, will power, clarity, honesty

the yetzer hora can make someone imagine that he is a total faliure, while he is a real hero!

you are nothing less then any jew, anywhere in the entire globe

hashem loves you with a unconditional love

(i think that because i was brought in a real frum way of life, therefore my sins are far worse then others,

and my only courage to do tshuva is, because i see that hashem loves me, whenever i call him he helps me)

so if we can do it, for sure you can do it

by the way, we are all ??? ????? SAGES

therefore we can read kreyas shma until 3 hours in the day

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Re: Starting again, please help me
Posted by alexeliezer - 17 Aug 2011 16:44

Been away from the forum for a few days.

Glad to see you're still rockin!

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Re: Starting again, please help me
Posted by Jew - 19 Aug 2011 07:08

[alexeliezer wrote on 17 Aug 2011 16:44:](#)

Been away from the forum for a few days.

Glad to see you're still rockin!

Me too, however, I slipped and regretfully fell.

One main observation is tha I couldnt controal my eyes oout on the street. it just built up and up until, well, I guess, I popped. One week of supression and frustration came out. but it sjhouldnt be like that. however, Im back at the wheel, at 3 days clean agaion and learning at every fall - somethign ive never done before. Another positive is that usually when I fall, I fall another 3 or 4 times in the same week. Boruch Hashem, that hasnt happened.

A main issue i've had is the pressure I put on myself. I had visision of being clean from T'sha B'av to Rosh Hashanna. wow what a achievement that would have been. but those thoughts allowed my yetzer to come on in and start on me! I dont take it one day at a time and I should.

Thanks for everyone being here and listening to me. it really helps to know you're there.

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Re: Starting again, please help me
Posted by alexeliezer - 19 Aug 2011 17:17

You're on the right track. And not re-slipping is a sign of huge progress.

The streets are ***murder*** these days. It's unbelievable what they're (not) wearing out there. Something I learned from a chizuk email is to go outside with the attitude that really I shouldn't be out here altogether, it's too dangerous for me. But nu, I have places I need to go. But I only have the right to be out here if I can guard my eyes. I only have the right to look exactly where I need to so I get where I'm going without bumping into something or crashing. (A stark contrast to the old "woohoo it's flesh season" attitude I used to have.)

And yes, it's one day at a time, one nisayon at a time.

Work the steps. They really work!

Good Shabbos,

Alex

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Re: Starting again, please help me
Posted by Eye.nonymous - 22 Aug 2011 19:18

[Jew wrote on 19 Aug 2011 07:08:](#)

One main observation is tha I couldnt controal my eyes oout on the street. it just built up and up until, well, I guess, I popped. One week of supression and frustration came out.

OH, I LOVE THIS! YOU SET ME UP FOR MY FAVORITE COMMENT:

Try to pay attention to your perceptions and motives. You may find there is pressure building up, but there's probably a lot more there than repressed s*xual urges. It's pressure of life, restlessness, irritability, discontent. Perhaps the fear that things in life aren't going to turn out as you expect, and resentment when things didn't turn out as you hoped.

The lust part of it is often just a cover-up. It's a symptom, not the REAL problem.

You're on the right track. Good luck.

--Elyah

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