

help!!

Posted by YSB - 17 Aug 2011 16:33

Im starting to feel like im never going be able to be tottally clean. doing great for weeks and then all of a sudden... please forward any thoughts or eitzas

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Re: help!!

Posted by gibbor120 - 17 Aug 2011 16:48

Calm down, stick around, and keep on trucking. As you can see from this forum, many people have the same problem, we're all trying to move in the same direction... UP. You will too!

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Re: help!!

Posted by bardichev - 17 Aug 2011 16:48

eat lunch!!!

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Re: help!!

Posted by tehylimzugger - 17 Aug 2011 17:35

this is the holiest place in the world

kkk [kadosh kadosh kadosh]

STAY HERE

rock and truck!

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Re: help!!

Posted by mechazek - 17 Aug 2011 18:09

that thought crossed my mind today allso.I appreciate you posting it.

I think that since I really dont want this thoughts or actions and I did such hard work to stop lusting it should go away allready I mean dont you see that I am dtermined not to lust so stop.What in the earth more can I do.T hese thoughts are ecause I thilnk I am in charge so if I do such hard work and am so committed it should go away.The reality is that as far as I can see these sex issues are here to stay so stop keeping track of my urges and start living the solution.

I hope that this is helpful for you it has been helpful for me.

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Re: help!!

Posted by obormottel - 17 Aug 2011 18:45

Just to jump in on a chizuk bandwagon: I wanted to copy and paste every single of the responses to your plight, YSB, just so I can get a bit of this chizuk myself. Stay around, keep on trucking, keep posting, and eat lunch. I find the latter to be especially valuable, since a lot of our emotional turmoil comes on an empty stomach:)

You're as special as everyone else here, so stay with us and we'll get through this. JUST TODAY!

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Re: help!!

Posted by shteighecher - 17 Aug 2011 19:01

May i diagnose you as not focusing enough at "one day at a time" ?

Who cares how you will act tomorrow ? or next week ? in the long run ? forever ?

I dont care, today is by me 96 and i only care that i should make it through today. Today is pretty easy as for the moment, if its get diifficult, i would only do it at 1 hour at a time and even

only 10 minutes at a time.

I will worry about tomorrow, tomorrow iy"h. Right now, i might act out tomorrow once and maybe 96 times to back for the last 96 days. i really dont care what will ahppen. TODAY i will NOT with the help from Hoshem.

So, drop the worry and keep on trucking. it will be much easier.

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