

Lets try again

Posted by aderuce123 - 09 Jan 2013 17:14

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This is my second try with GYE.

My first, a few years back, I used the title allaloneontop. I still feel lonely, especially in my new home but I chose a diff screen name this time so as not to focus on me, nut my addiction.

This was the code name I used during my addiction growing years in Yeshiva. I got to 8 days just now (really 10, took two days to have the courage to sign up again). I was doing great, but I fell last night. Terrible. I knew this would happen. I'm in a hotel. By myself. I went into "that zone" and couldn't get out until I masterbated. I even had relations with my wife prior to leaving home...what do I need to do in these situations? I've had enough of this already.

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Re: Lets try again

Posted by moish u.k. - 10 Jan 2013 16:46

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Welcome back.

I work a 12 step program for my addiction. That is my hishtadlus. Hashem does the rest.

I like the title of this topic, because i try again every morning.

Its one day at a time, buddy!

Hatslocho

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Re: Lets try again

Posted by avrahamyeyagel4853 - 16 Jan 2013 20:58

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Kudos for coming back! I also recently changed my screen name b/c of account trouble, but hischadshus is usually a good thing.

I often suffer from loneliness, and over the years, I have tried to identify what causes me to feel lonely. For me, low self-esteem, poor self-confidence, anxiety, etc. are all factors. I am currently trying to rectify my shortcomings one by one.

Hopefully, you'll find yourself improving by doing the same.

Hatzlacha Rabbah!

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