

hello again

Posted by s4nh - 12 Apr 2013 18:44

I have not been here in a long time....

seems i had to re-register.

Well anyhow I b"H have been pretty good....mostly

I came here a long time ago when I was having problems.

I guess i should say I was able to overcome the 90 day thing!

I read a lot about emunah and talking to G-d everyday privately and going over all my problems -not just lust.

But I stopped doing that...life got hectic...I know thats not a good excuse.

But after about day 112 I fell. I guess I thought that was it and I was done, but even after 90 days you CANNOT lose your guard!

Since then its been slightly intermittent.

I do it once a month or every other month or sometimes every 3 months.

But this month I did it twice, which scares me.

so I want to stop it once and for all!

I stopped coming here because it made me feel uncomfortable, talking to people who I have no clue who they are or if they are right or if I am similar in my background and my beliefs and how far my problem is.

I also did get into a fight with a few people here once, who were saying things about the 12 steps and how it was Christian ideals.

"ask Hashem to help you because you cant succeed on your own"

really? thats a Christian ideal?

But its sad that people are learning jewish esoteric thought first-hand from a non jewish source....

Well what can I do to finally stamp this garbage out of my life.

its hard when your in your 20's and single and do not have a full time job.

And every time you come home from a failed date you feel miserable and hopeless...thats when I am most vulnerable.

ad i used to fall apart when I did it. lately I dont fall apart because some voice says "well your much better than you used to be and its just once..."

but i need to fall apart if im to stop!

=====

Re: hello again

Posted by tehillimzugger - 12 Apr 2013 19:10

Welcome to the community:

Our Rebbe says: "Winning means staying in the game!"

=====

Re: hello again

Posted by Machshovo Tova - 12 Apr 2013 19:13

yeah - progress, not perfection

Hatzlacha

MT

=====
=====

Re: hello again

Posted by skeptical - 12 Apr 2013 19:26

s4nh

Well what can I do to finally stamp this garbage out of my life.

its hard when your in your 20's and single and do not have a full time job.

And every time you come home from a failed date you feel miserable and hopeless...thats when I am most vulnerable.

You need to work on these feelings and the things that cause them in order for you to be able to succeed. When you feel the world is stacked against you, you are more susceptible to try to escape the world and make yourself feel good. Work on your attitude and how you deal with situations and you'll feel good without it.

=====
=====