

the first step....

Posted by helfinsshoin - 18 Jun 2013 02:11

hello my dear friends....

i am already quite long on gye but have never written anything....

i tried so many times to stay clean but i think that my record is at 32 days.

the problem is every time i fall i get so down that i dont care about nothing anymore(my jiddishkeit) and fall more and more...dont daven etc...and feel that everything is going against me!

now i was clean for 17days was a very long time that i controlled myself for so long and fell again,i am so dissapointed with myself because i really want to stop with all those 'shmutz' but just dont manage.

ps:before the 17days i said if i fall this time i ll have to introduce myself on this forum,so here i am....

i really want to stop because i know i will be so much better without it the problem is it takes 5min when i m tired or in bad mood to lose control...

i hope that with you guys chizzuk we will all get out of it!!!!

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Re: the first step....

Posted by George999 - 18 Jun 2013 04:43

Well done for joining here.

I am new here too.

Do not be angry at yourself for falling.

Be happy that you had 17 good days.

The Yetzer Hara wants you to be low for the one "fall".

So be happy for the 17 days.

Take one day at a time.

Just take each day and each hour and each minute at a time and be calm.

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Re: the first step....

Posted by skeptical - 18 Jun 2013 08:51

In most instances, the underlying cause of acting out has to do with anger, resentment, feeling down or disappointment about one thing or another. The Yetzer Harah loves when we're in this state more than anything because then we eat right out of his hand when he suggests a little treat to make us feel all better. But it's a lie, a terrible lie. What happens after we follow his "helpful" suggestion? We feel more disappointment, anger and frustration, which of course leads to more....

Don't fall for it!

We need to learn how to deal with the issues that are bringing us down in a healthy way so that they don't bring us down in the future. If we're happy, the YH stands no chance.

Ivdu es Hashem b'simcha! It's a great mitzvah and it's truly the only way.

Please take a look at

www.guardyoureyes.com/forum/19-Introduce-Yourself/203927-Life-is-a-Game-of-Super-Mario-Bros

and www.guardyoureyes.com/forum/1-Break-Free/202082-Dear-Yetzer-Tov##202088

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Re: the first step....

Posted by guy - 18 Jun 2013 13:28

Hi helfinsshoin,

I too only joined 7 days ago,

but having done that, I feel it

helping already.

Behatzlacha!

Dear skeptical

I LOVED the mashal about the Mario game!

Thanks for the chizuk!

Another Interesting insight I got from the second link, is that in over 15 years of fighting porn addiction, I never truly celebrated my victories.

I'm sure that that has had an effect on my struggle.

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Re: the first step....

Posted by gibbor120 - 18 Jun 2013 18:14

[skeptical wrote:](#)

Don't fall for it!

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Re: the first step....

Posted by gibbor120 - 18 Jun 2013 18:15

WELCOME helfinsshoin, and MAZAL TOV on joining! Have you read the handbook? What tools have you tried? Keep posting and telling us about yourself and your struggles.

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Re: the first step....

Posted by Pidaini - 23 Feb 2014 10:22

Hi helfinshoin!!

Just saw you on the chat thingy (as Dov calls it).

How are you?

How's things going?

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