

why am i still falling?

Posted by startingrecovery - 17 Jul 2013 12:52

Hello people! I don't post often but now that things are getting more serious Im trying to visit GYE more regularly.

(This may sound like im going off on a bit of a tangent, so bare with me.)

Over the last month or so, I have discovered so much (most of it down to the help of my sponsor), and I've learned a lot about myself. i.e. what is causing me to fall, the nature of it, how to react differently in situations, and picking myself up afterwards, etc. And i have been working on different things, such as being positively clean, as opposed to being negatively abstaining. Thanking Hashem regularly, and ask Him to help me, (my whole mindset has changed in that manner). Visiting the forums, etc.

All these things together have really helped me, I feel i have come so far from where i was two months ago, and that I'm so close to 'happiness', a big breakthrough, like a big long stretch clean that will help me prove to myself that I can do it. But now i face a different issue. Each time after about a week clean, the whole severity of acting out, all the things i told myself after last time i fell, about how its ruining my life etc, seems to fade away very fast. I'm sure people can relate to that, and your thinking 'yes my friend, join the club. That's called the Yetzer Hora'.

In other words what I mean is the actual desire to act out isn't so strong, i decide to fall only because 'why not?'. I made a sort of 'plan of action' for next time this arises, that was even when I'm clean to appreciate the benefits of it, positive programming so that when the need does arise, my subconscious thought is 'i can do this', and also, that in such a situation, i will visit GYE and give chizzuk to other people.

but this morning i fell, and I'm not going to cry about it, but it is really frustrating. After all this, I have become so much happier and whole as a person already, i feel like I'm on the borderline of a breakthrough, yet I'm still falling.

I'm trying to get in the habit of 'making friends' here at GYE. i have been reading about peoples struggles and successes a lot recently, (siyatadishmaya, great posts! I can relate to you) and so what I'm asking you guys if anyone could help me is, why am i still falling? and what works for you?

Thanks!!

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Re: why am i still falling?

Posted by syataDshmaya - 24 Jul 2013 06:36

Dear startingrecovery,

I am so happy to hear that you feel you can relate to my posts! It is very meaningful for me that we have connected:)

As far as falling or not falling, I've come to think of it as merely a symptom of a deeper disease. The symptoms need to be addressed at first. When you are stuck in the shmutz, the first thing you need is to find a way to come up for air!

But ultimately, we fall because we are unhealthy. Why else would we do something repeatedly which we find so abhorrent? And the whole question of "why not?" only comes up because the Yetzer hara always hits us where we are weak. If you are standing straight up, a little push won't do much, but if you are leaning way over to the side... Consider, for example, that the question of "why not" does not come up with regard to many other things that we have no underlying imbalance that pushes us in that direction. I have never asked my self, "why not eat the dog droppings on the sidewalk." If I did, I would first need to get far away from that sidewalk, and then try to reflect and figure out what is going on inside me that is making me ask such a question!

I wouldn't get too involved in that question anyway. The answer is *obvious*. Hashem says not to, it is destroying me spiritually, emotionally, physically. I feel terrible afterwards. It closes me off from those I love... Hence, finding a logical answer to that question is not the real problem...

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