

me

Posted by Imperfection - 25 Dec 2013 01:36

I have decided to call myself "Imperfection".

Many people around me seem to believe that I am near perfect. They do not know about this dark secret of mine.

On the other hand, this weakness of mine has brought to my attention that I am really very imperfect. With all the patience, tolerance kindness that I exhibit to others, I am really just suppressing the anger, hatred and selfishness boiling inside.

I thought that my main problem was internet. The GYE site has brought it home that I need to work on my whole self, and also that by working on the Lust problem then all my good Midos can be genuine.

It took a lot for me to join this forum. I have been receiving GYE mails for a number of months, getting Chizuk but still not breaking free.

55 days ago I had a breakthrough. I realised that I was totally incapable of beating this Lust, but that I could resist it, with Hashem's help, for ten minutes.

So that is what I did. Using the GYE concepts, I was then "clean" for 55 days.

The problem was, that I seemed to exchange one problem for another. Instead of looking at the internet, everything in the street seemed to be a trigger. Worse still, all the old fantasies came back with a vengeance.

Yesterday, I fell again. My Yetzer Horo convinced me that if I look at sites without images, then that is not "acting out"

In a way, I don't feel so unhappy. I was brushing these fantasies under the carpet, looking forward to declaring myself 90 days "clean" when I was not clean at all.

SO Hashem wants me to start counting again. But I am not at the same place as I was.

I do need some reassurance, though. The thoughts and impulses were getting incessant. Does it get easier after 90 days?

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Re: me

Posted by pischoshelmachat - 08 Jan 2014 03:01

Hi Imperfection,

I am currently right behind you at 10 days on the 90 day ladder. I am almost exactly in the same situation as you falling whenever I am alone with my internet. Let's work together and beat this thing. I find the most potent weapon in my arsenal is this exchange of ideas and sharing of challenges with my friends on GYE. I have collected telephone numbers of several friends and try to call them regularly. I strongly recommend calling, emailing in addition to posting. I use these forums to "pick up" the right type of friends who understand my struggle and help me overcome my challenges.

I would be happy to share my number with you or communicate regularly whether anonymous or not. You can email me at pischoshelmachat@gmail.com

Best of all to you my dear friend.

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