

Today's struggle

Posted by Asher - 13 Jun 2014 01:45

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This is my first time posting on GYU.

Today I am experiencing a victory of sorts. I encountered a major trigger and didn't act out. In the past, after encountering this trigger I would have immediately acted out. Instead I told my wife about the trigger, and immediately went to this site. I know that I have to Daven to Hashem from the bottom of my heart asking for help. In the meantime, I know that I must battle each occurrence one at a time, victory over lust leads to victory over lust. Every day is a challenge. every day I am faced with Nisyonos. I'm proud to have managed today's Nisoyon properly.

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Re: Today's struggle

Posted by skeptical - 29 Sep 2014 19:55

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The 12 step program talks about aveiros and olam haboh?

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Re: Today's struggle

Posted by Asher - 29 Sep 2014 20:00

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No it doesn't. Those are different methods that I use:

A) 12 step

Considering the long term ramifications of my actions

C) Talking out loud to Hashem

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Re: Today's struggle

Posted by dms1234 - 29 Sep 2014 20:07

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Those are very good but they still aren't the 12 steps,

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They may be skeps tips though!