

hi

Posted by ted - 02 Dec 2014 19:54

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I'm just joining gye forums now although I should have a long time ago. I'm an addict (I have finally admitted that reality) for many years, and have tried stopping soooo many times. I'm clean now 2 weeks and with the help of Hashem and gye and all my new found friends on this forum I'm going to keep going and hopefully be who I truly could be. and be an honest unselfish husband and father. I always appreciate getting Chizuk from other people on this forum and hopefully together we can overcome this great challenge. I really feel a deep connection to everyone that is going through this same Rollercoaster that I am going through even though I may not know you I feel a deep connection. So perhaps I will not only take Chizuk from these forums but maybe I can give something also (although let's face it an addict is selfish! He's constantly focused on himself).

Lchaim, brothers.

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Re: hi

Posted by AlexEliezer - 07 Dec 2014 22:02

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[ted wrote:](#)

AE you have a good point. The problem always starts with the first drink or in my case the first lust. Because once we start lusting we trigger the allergy and then we always fall (I have been listening to the big book with charlie and Joe it's really great. You can find the link on gye) Im finding that the shmiras ainayim is hard but controlling my thoughts and fantasies is much harder. Not to lust in my mind which is obviously a trigger is extremely difficult, my mind is always racing and always wandering.

any tips? Tia.

You are off to a good start by admitting that once you start lusting, you are powerless to stop.

The place to start is where lust starts -- your eyes and your mind's eye.

Guard your eyes against looking at all women unless absolutely necessary. Real women, women in pictures, even just her face.

Work on not letting mental images and fantasies take a seat in your mind. What works for me here is to verbally surrender the images to Hashem, asking him to take them. I've turned it into a little bakasha:

Ribono Shel Olam, I am powerless over lust and my life has become unmanageable.

Only You can restore me to sanity.

I turn my life and my lust over to Your care and ask You to please heal me from this illness of lust. I don't want to lust. I only want You and a relationship with You and Your Torah. I surrender my lust to You. Please take my lust.

I say it every time a fantasy tries to take hold of my mind. Dozens of times a day if necessary. AS SOON as it starts, not after I've played with it.

The beginning is very difficult. Murder, actually. But it can be done. And it gets easier as it becomes automatic to look away when presented with tempting (or boring) women or pictures, and it becomes habit to deflect mental images and fantasies with prayer.

Hope that helps you get started.

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Re: hi

Posted by pischoshelmachat - 08 Dec 2014 02:36

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Welcome Ted,

How your struggles are so much like mine and others here. At GYE, we are embraced by tzaddikim who just want to get better together with us.

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Re: hi

Posted by ted - 08 Dec 2014 06:25

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Thank you everyone for your help and support. Bh I ha e been clean 19 days and have learnt alot about addiction, I am working on my perspectives and iyh will continue this journey forward one day at a time.

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Re: hi

Posted by cordnoy - 08 Dec 2014 14:59

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[ted wrote:](#)

Thank you everyone for your help and support. Bh I ha e been clean 19 days and have learnt alot about addiction, I am working on my perspectives and iyh will continue this journey forward one day at a time.

KOT!

That sounds great!

We'd like to hear what it is you have learned....especially perspectives.

Great attitude!

b'hatzlachah

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Re: hi

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Posted by ted - 09 Dec 2014 07:27

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One thing I've learnt is that sobriety is FULL TIME job.

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Re: hi

Posted by cordnoy - 09 Dec 2014 19:13

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And one we cannot become complacent in.

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