

advice

Posted by mr.clean - 15 Feb 2015 19:11

Ok full recap. Been on porn for 4 yrs. I'm 23 now, I really abuse it, although have had clean periods of a month spread out throughout the past four years and one 4 month stretch. I really feel like my control over my impulses are close to nil and that if I was approached by a women regardless of the severity of the averiah I wouldn't be able to control myself. This scares me the most. I have tried Sa and have tried numerous other things none seemed to have helped. The one thing that did work was the taphsic method but after the shevua was over, and I mean RIGHT AFTER, I binged like mad. So I need advice for how to go forward, tell me what worked for you, thx a million guys!

=====

Re: advice

Posted by long breaths long days - 19 Feb 2015 17:07

End of the rainbow...pot of gold...what?? Someone's seen too many Lucky Charms cereal commercials...Last I checked, that stuff's treif.

Principle 14 "It's never all or nothing". No pot of gold.

Principle 13 "Every Little Bit Counts". Somewhere in the handbook there's a story of someone who didn't have bechira with regard to one thing they were doing, and the rav said to say tikkunim for a while and that that would help. Remember also "schar mitzva mitzva"...the goal is a relationship with the creator of everything. Pretty cool thing to have.

OH, which is what yiraishamayim said!

Although we certainly don't want this Tayva, at the end of the day it forces us to get close to Hashem and that will ultimately bring us much Bracha.

Cool beans. I don't really know what bracha is, but the first part about getting close to Hashem kinda makes sense.

Idunno, I've been lonely enough that being close to the feller (kevayachol) who's always there for us seems the better reward. :/ in principle...just gotta realize that in practice

=====
=====

Re: advice

Posted by Bigmoish - 19 Feb 2015 17:20

[long breaths long days wrote:](#)

Last Edit: 19 Feb 2015 12:17 by long breaths long days. Reason: (Please allow fifteen minutes for posts to ferment and bake.)

LBLD, you are a panic

=====
=====