

**GUILT GUILT GUILT**

Posted by fightforminute - 08 Oct 2015 18:06

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My whole life is filled with feelings of guilt. Guilt to my family and myself. I read all those optamisstic articles and posts, but still feeling guilty. I can't live with myself until this whole thing is over. Maybe Hashem expects me to fight guilt not this. Besides how can i resist this if never resisted anything in life?

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**Re: GUILT GUILT GUILT**

Posted by waydown - 08 Oct 2015 18:16

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For many of us addicts it will never be over. The addiction is here for life. But we can learn to live with it.

Re guilt very similar to my point above. I don't know your details but if its an addiction there is no reason for guilt. Should a diabetic feel guilty re his sickness. Lust is a sickness as well.

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**Re: GUILT GUILT GUILT**

Posted by markz - 08 Oct 2015 19:00

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Guilt is a great thing. It's there get us off Glitzy.com to Gye.com. But now that you're here, if you manage to take one or 2 baby steps your guilt will dissipate 4 sure.

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**Re: GUILT GUILT GUILT**

Posted by AlexEliezer - 08 Oct 2015 19:44

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[fightforminute wrote:](#)

Besides how can i resist this if never resisted anything in life?

You never resisted anything in life?

You grab every woman (or man) that passes by?

You call out that the Rov's speech is going too long and you'd like to eat your cholent before it's burnt?

You drive right through red lights?

You eat treif pizza?

You pass gas out loud in the elevator?

Or maybe your guilt is a nice tool to make sure you can keep having your drug?

I can't tell you what to do, but I can say this:

*DO SOMETHING.*

Do something today. Resist looking at a woman today.

Resist playing with that fantasy today.

See that it doesn't kill you.

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Re: GUILT GUILT GUILT

Posted by Mesayin - 08 Oct 2015 20:04

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The road to recovery looks harder than it is.

This is exactly what the yetzer harah wants, for us to just give up.

Every human being that was ever created who looked at dirty stuff whether on purpose or by accident had problems afterward, its just human nature, and for us it's the same it's human nature not because we are bad people.

Since we have a huge test to fight this thing our reward is greater than imaginable.

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Re: GUILT GUILT GUILT

Posted by AlexEliezer - 08 Oct 2015 20:11

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Mesayin I don't know who you are but I just love your avatar!

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Re: GUILT GUILT GUILT

Posted by markz - 08 Oct 2015 20:23

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AE I don't know who you are but I love your posts!

I wish there was a way I could read all yours in one string

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Re: GUILT GUILT GUILT

Posted by gibbor120 - 08 Oct 2015 21:14

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Welcome! Why don't you tell us some more. Sharing is a powerful way to get help.

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Re: GUILT GUILT GUILT

Posted by xyxorwa - 08 Oct 2015 21:30

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fightforminute--

Here is a thought, nothing new, but it helped me.

On an occasion that I discussed some of my shmiras enayim challenges with my rav-- and expressed some feelings of guilt-- he pointed out that the Shema says

... asher atem **zonim** achareihem

HaKadosh Baruch Hu himself told us that we are *zonim*-- let's translate as "lustful"-- apparently by nature. That's where He expects us to start from when we need to aim for our goals.

Don't feel overwhelmed by guilt when those are the ground rules.

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Re: GUILT GUILT GUILT

Posted by fightforminute - 09 Oct 2015 04:20

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Thanks for the warm response. AE is awesome! I probably have a weaker and less frequent addiction than most people here, yet being generally undisciplined and giving up very quickly will make this harder than what it really is. I guess small steps should work for now.

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Re: GUILT GUILT GUILT

Posted by LearningNoahide - 09 Oct 2015 06:57

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I am constantly learning that yetzer hara has more than one voice. Temptation is one, then guilt is another. Listen to either and you will feel terrible. I have had "self esteem issues" but I have

learnt that these are just lies of the yetzer hara. I will probably hear them for the rest of my life.  
However listening and hearing are different. Don't listen to the guilt.

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