

I am back.

Posted by R76 - 06 Mar 2016 00:54

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I am back. I was here in 2013 -- 14. I tried to quit my sin in 2013 -- 14. Although I did not quit, I have reduced my sin to an average of one time per week. I am not sure if I am addicted.

I am partially observant -- I observe some Kosher, Sabbaths, Holidays, Fasts, I listen to audio lectures on average 5 hr/week. I say Shema every day and some other prayers.

I am struggling with many issues. I do not know where to concentrate my energy.

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Re: I am back.

Posted by cordnoy - 06 Mar 2016 01:43

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Welcome back.

I'm still here.

Can you remind us what you have tried in the past?

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Re: I am back.

Posted by R76 - 06 Mar 2016 01:59

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Can you remind us what you have tried in the past?

Nothing specific really. I was clean from the sin from October '13 to October '14. Now I sin less -- about once a week. I do not look at any adult materials -- except for books with 19th century picture reproductions.

I do not think I am addicted.

I do have very many struggles in my life -- both in terms of sin and in terms of my goals in this life like career. I am not sure what should I work on first.

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Re: I am back.

Posted by cordnoy - 06 Mar 2016 04:01

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I do not care about the "sin" part, and I probably can't help you with your other struggles.

If the actin' out bothers you, you should read the handbook or the white book, probably both.

I wish you well in all of the above.

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Re: I am back.

Posted by BenTorah.BaalHabayis - 06 Mar 2016 04:12

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[cordnoy wrote on 06 Mar 2016 04:01:](#)

I do not care about the "sin" part...

Hi there. I can't welcome you back as I wasn't here in '13-'14 (though I wish I was...)

I don't know if this is what Cords meant, but the way I would phrase it is - Do you want to stop

because you realize it's messing up your life or do you just feel guilty because it's a "sin"?

If it's the latter it will be very difficult to stop.

That being said, you did stop for a whole year. How'd you do that?

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Re: I am back.

Posted by Yesod - 06 Mar 2016 05:41

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Welcome pal, good coming back, what happened last time you were here.

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Re: I am back.

Posted by markz - 06 Mar 2016 05:56

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[R76 wrote:](#)

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I am struggling with many issues. I do not know where to concentrate my energy.

Welcome

I assume you still are in therapy which is great

I heard you're worried about gehinnom

The thing is there's Gan Eden after that

IMHO getting advice from a local orthodox rabbi will clarify to you where to put your focus

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Re: I am back.

Posted by yiraishamaim - 06 Mar 2016 12:42

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[R76 wrote on 06 Mar 2016 01:59:](#)

Can you remind us what you have tried in the past?

I was clean from the sin from October '13 to October '14.

You mentioned you have several struggles. You also said you were able to be clean for a year. My friend the first thing you should realize that since you could accomplish a full year of sobriety you can surely be successful in your struggles. As for prioritizing your targets, you need to sit down with an experienced Rabbi or orthodox therapist in your area to help you with a proper game plan.

The fact that you reached out means you are ready to start a program of real recovery. The fact you have had significant success in the past should give you additional confidence.

Hatzlacha!

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Re: I am back.  
Posted by R76 - 06 Mar 2016 20:31

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I don't know if this is what Cords meant, but the way I would phrase it is - Do you want to stop because you realize it's messing up your life or do you just feel guilty because it's a "sin"?

Perhaps you are right 100%. I will continue working on minimizing and stopping.

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Re: I am back.  
Posted by R76 - 06 Mar 2016 20:32

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IMHO getting advice from a local orthodox rabbi will clarify to you where to put your focus

Thank G-d I have an Orthodox Jewish therapist!

I am partially observant -- thus I do have many many problems.

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Re: I am back.  
Posted by cordnoy - 06 Mar 2016 21:09

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[BenTorah.BaalHabayis wrote on 06 Mar 2016 04:12:](#)

[cordnoy wrote on 06 Mar 2016 04:01:](#)

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If it's the latter it will be very difficult to stop.

That being said, you did stop for a whole year. How'd you do that?

yes.

Thanks.

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