

Old Familiar Challenges begin to Reappear  
Posted by yiraishamaim - 27 Oct 2016 03:13

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Its been a while since I have simply posted and shared my personal challenges. Its a privilege and honor to be able to participate with you guys. This Forum is a such a breathe of fresh air in a world full of sheker and narcissism.

So here's the story. Been doin' pretty well - especially compared to those dark depressive days.

Living life following a simple program that works for me.

Then came Erev Sukkos. There were a number of heavy duty pressures coming at me in different directions. You know - I forgot how connected anxiety is to this compulsion - at least in my case. As I was driving I felt the old familiar tingling. Boruch Hashem it was not any where near the intensity of the "worst of times."

However, I know all too well if these thoughts are simply allowed to linger the end result aint too pretty.

Again I am reminded that "The Challenge" is still there, is always there, recovering we can be, but cured? not during our lifetime -

The pull always seems just under the surface, ready to gather strength and courage - to pounce and once again take charge and make my life unmanageable and a living H\_\_\_\_\_.

Regardless of the fact I am in my fifties and my testosterone must be down accordingly.

Hey didn't Bill Clinton have his fling with Monica Lewinsky in his fifties? Isn't Bill Cosby accused of things he allegedly did well into his sixties?

Gotta be aware. Tweek my gedarim, connect to G-d appropriately and hold strong before the currents build up to the point of high resistance.

Thanks for listening.

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Re: Old Familiar Challenges begin to Reappear  
Posted by yiraishamaim - 03 Nov 2016 09:21

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Bless you Shlomo24 and all those that are like you. people need to feel compassion and validation for their plight. Once that is done there must be some form of action/program implemented. If all they get is a warm shoulder to lean on, then the forum turns from being a chaburah of united growth to a group of enablers.

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Re: Old Familiar Challenges begin to Reappear  
Posted by yiraishamaim - 11 Nov 2016 04:08

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Dun Lekaf Zechus, When Your an Addict It's Easy

Hey, I really try not to be judgemental. In general its not my nature to look down on someone in an arrogant sort of way. But there are some exceptions.

Tonight I went to one of those large kosher supermarkets that has a take out section as well. So this guy is just eating heavy saucy take out food with his fingers, hands very oily, talking loudly with his mouth full all while handling the produce. I thought you know a little dignity and class wouldn't hurt. Right?

Then I thought of myself. I pretended I had a bird's eye view of myself while acting out as I have in the past. (oh how I pray it stays only in the past) just sitting by a computer like a hungry animal, needing some kind of fix by my filthy drug of choice. What a pathetic sight!

Hey you know that guy in the supermarket? He doesn't look so bad after all.

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