intro
Posted by needhelp28 - 05 Apr 2017 14:18

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Hi

Thanks for taking the time to read...

I have been suffering with this addiction since i was around 11 years old. Thats 19 yars of constant shame.

In yeshiva i opened up to my mashgiach about my troubles but after an initial chizuk i was too embarassed to keep telling him i failed. I have been through periods of my life when i am mechazek myself often during ellul or soemtimes when things go wrong in my life. The chizuk lasts varying amounts of time but always when im nichshal i return to being oiver these aveiros on a regular basis. In yeshiva i once went 7 weeks, last ellul until erev succos i managed to abstain and just recently it was 4 weeks. However it never lasts.

I have by nature an addictive personality, when im in a routine i can continue but as soon as i veer away i spiral out of control.

I have 2 grogeous kids and an amazing wife KNH (who knows nothing of these struggles) and i feel like such a hypocrite. I have made good advances in other areas of my ruchnius but somehow everyhting seems to revolve around this. When things are going well im learning before shachris not missing a tefilla and trying my best to be shomer torah umitzvos and when im in the grips of this aveirah im waking up late missing davening/chavrusa and generally depressed with life.

I know what i could achieve without this hovering over me and yet i still cant rid myself of said aveiros. Im at a loss! Im aware of what it does to my neshomo, i know the punishments i deserve but i just cant stop. I feel that one day when i go to Shomayim any good things i did in my life will pale into insignificance when compared with the amount of times i have committed these aveiros.

I always thought the reason i keep failing is becasue of a lack of emunah. I spent the last year working on that, i have finished shaar bitochon a few times and heard loads of droshos about

emunah but to no avail. I am a slave to my addiction. Its like my yetzer hora is toying with me and i am yet to find any answers.

Binyomin

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