

first time

Posted by readytochange60 - 27 Apr 2017 17:34

Hi-

First, thank you for having such a service/site. I have been dealing with my addiction since I was 6. I have found much of the advice offered on the site very helpful, realistic and hopefully will help me.

My issue relates to an item of clothing so my trigger is almost constantly in my field of view. I have been battling my addiction for many years. I have been able to make some progress on my own over the years but I have never been able to gain proper control of my actions. Hearing the diverei Torah on this site is very powerful since it is so focused on the issues I am dealing with. One point of advice that I read on the site that hit home is that trying to control myself takes an enormous amount of energy and thought process that could be used for such better things...I look forward to delving into all the resources the site offers in hope of finally being able to apply all my energies on positive actions.

I am not sure what else to say at this time but thank you for reading my intro.

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Re: first time

Posted by Chaimel - 27 Apr 2017 18:11

Thanks for joining and posting!

that must be tough, self control is a challenge!

much success on the new direction of your journey iyh!!

Care to share what tools or methods you've been trying?

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Re: first time

Posted by readytochange60 - 27 Apr 2017 18:19

One tool I picked up was from aseret yemei teshuvah-during this period of time, we are only looking out 10 days-that is a reasonable amount of time I can control myself. I then kept extending the time and thought process for additional 10 day periods. Similar to the advice on the site of taking just one day at a time.

The piece of the puzzle I did not have is the shevuah that needs to accompany the thought process. I hope to implement this idea shortly.

Thanks.

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Re: first time

Posted by cordnoy - 27 Apr 2017 18:29

Welcome,

Recovery should be with hatzlachah

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Re: first time

Posted by Chaimel - 27 Apr 2017 18:30

[readytochange60 wrote on 27 Apr 2017 18:19:](#)

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Thanks.

Amazing! I found that one day at a time works wonders for me, in my last fall I was surprised that my response was excitement to move on to another day and a new clean count.

(R Z Wallerstein spoke about the parsha and was focused on potential, really put a new light on things. I can get excited and look forward to today being clean regardless of what happened yesterday! www.torahanytime.com/#/lectures?a=41777)

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Re: first time
Posted by readytochange60 - 27 Apr 2017 18:35

Thank you for the link!

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Re: first time
Posted by GrowStrong - 27 Apr 2017 19:53

[readytochange60 wrote on 27 Apr 2017 17:34:](#)

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One point of advice that I read on the site that hit home is that trying to **control** myself takes an enormous amount of energy and thought process that could be used for such better things...

Hi and welcome!

I just spoke with someone who explained exactly the issues here.

Here is the suggestion he gave me.

Every time you see that triggering vision, instead of trying to control it you should pray for it.

Hashem, Whatever it is I am looking for in that _____, may I find it in you.

I am going to try it, because I need to speak to God more.

Welcome to the forum, make sure you go through the [handbooks](#) and stick around... You are in

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Re: first time
Posted by Hashem Help Me - 27 Apr 2017 20:22

Welcome and keep posting. The camaraderie and chizuk here are outstanding. Also you will feel you are part of this movement, part of a tzibbur of wonderful people. Continued hatzlocha.

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Re: first time
Posted by cordnoy - 28 Apr 2017 02:05

[Chaimel wrote on 27 Apr 2017 18:30:](#)

good company

[readytochange60 wrote on 27 Apr 2017 18:19:](#)

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Me like this.

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Re: first time
Posted by gibbor120 - 01 May 2017 18:30

Welcome! It's nice to have you with us. Check out the "dov quotes" link in my signature. Keep posting.

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