

Returning

Posted by Dust2Dust - 05 Sep 2021 11:22

---

For the past 6 years, I've had problems in this area and other areas, but I have gotten worse in the past couple of weeks, and I'm falling every two days. It usually happens after eating junk food or other fingers such as TV, or having a lot of stress. I am 20 years old, am somewhat isolated, and have a lot of screaming from my family. I've left Jewish high school after getting forced out in the middle of ninth grade, but have been doing thankfully well since Bh besides this area, and mental status. I feel really guilty over watching p and mzl, and sometimes scream and bang the doors of my house. I also beat my chest a lot and hit myself. I think there are more productive ways to win over this, so I'll try to be posting everyday until I reach 90, except on Jewish holidays.

=====

=====

Re: Returning

Posted by DavidT - 05 Sep 2021 14:53

---

Hi

My suggestion would be to try the positive approach for some time and see how it works...

We were born with various drives that we must overcome, and they are perfectly normal. Hashem created us this way because our goal in life is to overcome them and reach greatness. We must take the attitude that we are growing and gaining by doing the right thing. Life is our opportunity to transform ourselves into people we can be proud of, rather than an obligation to stay perfect with nothing to gain and only the ability to lose.

Each and every victory over the yetzer hara is priceless. Our obligation to avoid sin doesn't take away from the significance of our accomplishments; in fact, it even adds to their greatness (Kiddushin 31a). It also doesn't matter that we will not be perfect — though of course we must do whatever we can not to sin — because our goal is to accomplish and reach great heights, not to just avoid messing up. Taking this attitude changes our entire lives!

=====

=====

Re: Returning

Posted by Tomimtiyhah - 05 Sep 2021 15:41

---

---

Thanks for posting! Wishing you good luck on your journey to 90 days!!

=====

=====

Re: Returning

Posted by Captain - 06 Sep 2021 00:36

---

Hey there,

I agree with DavidT. It's a good idea to try the positive. It can really make a difference.

Please check out the great free resources in my signature below.

=====

=====