

seeking advice

Posted by bar84 - 21 Jul 2025 02:39

Hi, I am somewhat new here. I am posting partially cause I see that it is recommended. I have been struggling for years with these issues and i really wanna beat this thing. I did the motivational part by writing reasons for change, mission statement and goodbye letter. I see there are many strategies do deal with urges but i am not sure which one i should use and then i end up doing none so if anyone has advice would appreciate. Also wondering if anybody did the shavuah tool cause I feel like i get depressed or stressed or get a desire and then i just end up sinning and my reasons for change do not come to mind then? I hope everyone has siyata deshmaya in beating this. I feel like this issue has already taken away part of my life, and I wanna get my life back and life in oilam haba. I started learning mesillas yescharim I hope that helps me as well. Thank you gye for this platform!

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Re: seeking advice

Posted by goldwings - 21 Jul 2025 05:47

First of all, A BIG WARM WELCOME!!

The biggest siyata deshmaya is that we got here in the first place!

I also found when I first joined that there is an overwhelming lot of stuff going on here.

the best idea is to get one of the malachim here as a mentor.

If you find that to be difficult [as I did in the beginning], I would suggest you slowly try out different methods [without ANY anxiety] and see what works for you, no two people are the same.

bezh you WILL get your life back and SURELY your oilam habah

Thanks for the courageous move of posting, it gives us all chizuk!

WE ARE ROOTING FOR YOU!

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Re: seeking advice

Posted by lamaazavtuni - 21 Jul 2025 13:27

Welcome my dear brother!! seems like you've done and are constantly doing new stuff to try to get the yh under control, ASHRECHA !!!

Ikur zach by me that helped was the chavershaft of freinds .

Hazlachah !!!!

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Re: seeking advice

Posted by mesayinoso - 21 Jul 2025 15:07

Welcome to this amazing **Beis Medrash of Warriors!**

Just posting here and being part of the Oilam definitely helps me.

Knowing that I have a huge group of Bnei Torah, going through similar struggles is amazing.

We celebrate each other's successes and give Chizuk when needed, it's incredible!

The videos and courses also help a lot.

But for me, the **biggest help** was when I got my Malach of a **Mentor**.

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And he's always there to help me get up from a fall and keep going.

But not just with Chizuk, with figuring out what led to/caused the fall and how to avoid it in future.

Hatzlocha Rabbah, excited to go through this journey with another tzaddik on board!

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Re: seeking advice

Posted by eerie - 21 Jul 2025 21:25

Welcome to the most amazing family on earth!

My friend, having a person to talk to is absolutely amazing. **BUT**, you might not be ready for that, **and that's ok**. Take things slowly, at your pace. Ask the oilam here some questions, post, listen, share, and learn about the power of connection. BeH you'll get there. Oh, and one more thing: KEEP ON SMILING!

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