

Just tryin to get stronger

Posted by truth929 - 21 Apr 2010 03:04

---

Since I am a newcomer on this site, (but certainly not with these struggles) I figured that I should introduce myself. Too make a long story short, It's only very recently that I realized that I was trapped and enslaved to some of my desires. When I finally came to this point, I looked back in retrospect and realized that for the past four years or so, my life has been leading this circle of acting out, guilt, regret, swear I will never even think about doing it again, then falling again and round and around we go. For some reason, I could go a few weeks clean but then out of nowhere I would suddenly become overwhelmed and the clean streak ends. For so long I figured I needed some more mussar or more effort in my avodas Hashem. For so long I tried so many different tactics in order to cut it out, but somehow down the line my mood would get down and back to the ol' habits. Having these drives and seemingly uncontrollable and demanding needs put me in the worst mental states. I found myself depressed and anxious which just made everything worse. A few weeks ago, I told myself that "I want out of this" – I just can't handle going through this all the time and I need to get help. Ironically, just saying that to myself, giving up in my own mind helped me out a lot as I felt relieved. Almost for the first time in so long I was being honest to someone, ended up being myself. For the past two weeks I have been doing a lot of reading with the handbooks, forum threads, 90 day charts etc... And I honestly feel better just by being able to associate with people who understand and who have gone through similar challenges. I am trying to take things day to day but I am desperately seeking advice on how to proceed slowly but diligently. I have been trying to take the chizuk e-mails seriously and am trying to make connections here to discuss things with people on this site. I still feel as if any day now I will feel overwhelmed and then I will act out, but I know I can't think that way. I'm trying to "surrender" and let go but it's tough. Anyways, just wanted to get out there and say hey.

=====

=====