

Skeptical

Posted by yossichaim - 07 Oct 2010 07:11

I'm starting out today. I'm skeptical about how effective this will be and that I'll manage to stay 'on the wagon'. I suppose I'll see how it goes. It's great to know that I'm not alone and the best advice I've read is one day at a time. I heard an encouraging thought: Failure is not about falling down, rather, failure is not getting up once you've fallen.

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Re: Skeptical

Posted by 1daat - 22 Oct 2010 21:12

Thanks aa1977. Amen. Thanks for the brocho. clean again. 1daat

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Re: Skeptical

Posted by john.watson4181 - 24 Oct 2010 04:11

Hi yossichaim,

I just want to say welcome. I'm also new here but if you want to have a friend to share your thoughts you can count on me.

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Re: Skeptical

Posted by ieeyc - 14 Jan 2018 18:37

[kosher wrote on 10 Oct 2010 17:01:](#)

R' Yossi Chaim,

I can very much relate to your skepticism.

A number of years ago I spoke to my Rebbi/Rosh Yeshiva (will remain unnamed in this post, but is world famous...) and I told him that I feel like I am being controlled from the outside and I have no physical control over my body and ability to control my actions in my area of weakness. He gave me some ideas, which while helpful, did not 100% solve my problem. Once I failed even after taking the advice of one of the gedolei hador, I was really despondent of success.

B"H, I can relate (from personal experience) that we can succeed.

Many people on this forum found success through SA/12 step programs. For me personally, it was a combination of:

1. A realization that lust related activities aren't what **I** want and **will not** make me happy
2. Realization that I can find what I want and happiness from other areas in my life (but that this is only really practical once stopping the lusting type behavior).
3. A personal incentive program to break out of the bad habits developed and reinforced over many years.
4. Recognition that I have a problem and therefore need constant vigilance and work to continue improving and not relapse.

wow such beautiful things , as far as I know , there very common in torah /musar sefarim , that ive learnt, and unfortunately that's not a lot ,imagine s/o who knows a lot how many more sources they can quote to back up these ideas. ive been wondering what is this magic power that when these words are heard from goyim we get so inspired but , what weve been hearing all along ,it was like water off a ducks back ,just wondering .I *think* i have an answer , but ill leave it for another time.

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