

Struggling to restart my journey.

Posted by chochmasOdom - 17 Oct 2011 15:49

I have just had my 2nd fall since Motzoei Shabbos after an approx 18 day clean streak! im frustrated!! but not depressed because i know thats what the yetzer hora wants, has anyone any advice as to how i can kick start again, I REALLY dont want to go on a "shmutz" streak again coz I will find it really hard to get out and it will effect my family life.....

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Re: Struggling to restart my journey.

Posted by Gevura Shebyesod - 17 Oct 2011 16:15

Gut Moed and welcome aboard!

Around here we say "Fell Shmell!!" that means that a fall does not negate all the hard work and accomplishment that came before. You did 18 days clean, that's an amazing achievement! Those 18 days are waiting for you in Olam Haba and nothing can take them away.

You already have the right attitude, Atzvus is one of the YH's strongest weapons. So let go of the falls, they are in the past, the future is what counts. Just concentrate on being clean today, and every day is a new today.

Keep On Trucking!!! (do you know what that means yet?)

Gevura!

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Re: Struggling to restart my journey.

Posted by Blind Beggar - 17 Oct 2011 17:43

Keep on Trucking ("KUT") literally means Carry on driving your lorry, which means carry on

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A GIT KVITTLE.

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Re: Struggling to restart my journey.
Posted by tehillimzugger - 19 Oct 2011 00:47

[chochmasOdom wrote on 18 Oct 2011 23:49:](#)

Thanks for all your tips ppl. i fell AGAIN!! (grrrrr) its frustrating coz i know that I dont want to but I have made up my mind that I wont do it again this week (thats how the last run started) I know I will succeed I"YH!

Another thing that seemed to work was telling the YH come back tomorrow, come back next week, we'll talk then... I will keep trucking!!

A GIT KVITTLE.

if he insists that it's very important and can't wait 'til next week-- send him to me, and say some tehillim

RAT

GUITAR

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Re: Struggling to restart my journey.

Posted by yehoshua - 19 Oct 2011 11:50

Keep trucking, keep trucking. Baby steps count too!!!

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Re: Struggling to restart my journey.

Posted by ur-a-jew - 19 Oct 2011 17:07

[chochmasOdom wrote on 17 Oct 2011 15:49:](#)

has anyone any advice as to how i can kick start again, I REALLY dont want to go on a "shmutz" streak again coz I will find it really hard to get out and it will effect my family life.....

[chochmasOdom wrote on 18 Oct 2011 23:49:](#)

Thanks forall your tips ppl. i fell AGAIN!! (grrrrr)

Well let's take a step back and see if we can assess the situation. This shmutz is ruining your family life and whatever you've been doing until now doesn't seem to be working. What is it exactly that you've been doing? Is it just the desire to stop? So you have a filter and accountability software? If no, why not? If yes, than obviously you need something more. Have you read through the GYE handbook? Do you read the daily chizzuk emails? Signed up for an accountability partner? These are all constructive steps that you can do right away and which will enhance your recovery. Tried them all and still not working then join one of the 12 step calls. And of course post here when you get the urge to act out come here instead.

Much hatzlacha and welcome.

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Re: Struggling to restart my journey.
Posted by segway613 - 19 Oct 2011 21:27

hey does anyone know if ones looking on a clothing site and gets carried away for a couple of minutes looking at ladies trying on clothing not so tznus pictures counts as a fall/ or it has to be real provocative 'meant for porn' type pics???

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