

Needtochange Log(please read i need ur input and chizuk)

Posted by needtochange - 17 May 2012 14:20

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Hi guys i discovered this site sometime ago but never really gave an effort to try to change. Last week i just got fed up. I wanted to change because i just couldn't continue living a double life to my wife and especially to myself. I've been fooling myself for over 10 years that "I'll just grow out of this *habit*". Well lemme tell you something, its NOT just a habit and I didnt grow out of it. Bh bli ayin hara i've been clean for a full week now, and I'm feeling stronger everyday. I have an accountability partner who I call daily, and I'm reading the chizuk emails. But I know that i can't get complacent, I have to constantly be on guard and ready to battle. I know from a lot of years of experience that if you dont put in a full effort to fight this, it just wont work. The urge to act out is too overpowering, and even with the strongest will its still very hard to overcome it. I feel like i need to build up a consistent streak of staying clean, knowing that for every minute I overcome my nisyonos its another step in the right direction. The main reason that i'm writing this is because it feels sooooo good to finally get this terrible horrific secret off my chest, and actually put into words what i've been going through. I just hope that this isn't all just talk, and i'm actually able to keep this up. Please respond with input and chizuk, i would really appreciate it!!

Thanks in advance

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Re: Needtochange Log(please read i need ur input and chizuk)

Posted by obormottel - 05 Jul 2012 07:42

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Get up, don't wallow in the mud, keep on trucking.

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Re: Needtochange Log(please read i need ur input and chizuk)

Posted by Machshovo Tova - 05 Jul 2012 14:30

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... and let it not be in vain. Analyze what brought it about and think of ways to prevent it in the future.

Hatzlacha

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Re: Needtochange Log(please read i need ur input and chizuk)

Posted by needtochange - 05 Jul 2012 19:25

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thanks guys

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Re: Needtochange Log(please read i need ur input and chizuk)

Posted by mifatfait - 10 Jul 2012 06:31

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When I fall I try to ponder how powerless I really am, how much I am dependent on Hashem for any true recovery - and that's the first of the 12 steps to sobriety!

BTW, I'm serious, 8 years I haven't beaten this thing with my own effort, why now all of a sudden will I succeed?

Not by myself, that's for sure.

Hatzlochoh Rabba.

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