

My Story - Reallygettingthere

Posted by reallygettingthere - 11 Oct 2012 00:34

I

=====

=====

Re: My Story - Reallygettingthere

Posted by mifatfait - 11 Oct 2012 08:19

Nice story. My story is pretty similar, getting so stuck in "I" that I'm now dreadfully addicted to lust in general and masturbation in particular.

=====

=====

Re: My Story - Reallygettingthere

Posted by Machshovo Tova - 11 Oct 2012 14:21

I, I, I.

Hatzlacha

MT

=====

=====

Re: My Story - Reallygettingthere

Posted by reallygettingthere - 11 Oct 2012 22:03

Thanks.

I've been struggling with these taavos since before my bar mitzva.

Whenever i would leave a situation the YH would present me with something else.

L'maaseh, I'm a bit scared what the next nisayon will be...

=====

Re: My Story - Reallygettingthere

Posted by Machshovo Tova - 11 Oct 2012 22:15

Being scared does not help. You need a plan, with a commitment to follow through, and keep fine-tuning your tactics. Read the GYE handbook for great chizzuk and great ideas. Reach out to the chevra for advice and encouragement. Form a relationship with Hashem, by talking to Him daily and asking for His help. Make gedarim which will help you avoid triggering situations.

Hatzlacha & take it one day at a time.

MT

=====

Re: My Story - Reallygettingthere

Posted by reallygettingthere - 11 Oct 2012 22:26

funny, you cant plan for the unknown. Just gotta be a zahir and a "brother in trickery" to the YH you have to think like a thief to catch one

If I was the YH what would I want me to be doing now...?

=====

Re: My Story - Reallygettingthere

Posted by reallygettingthere - 12 Oct 2012 03:04

BH finishing day 12 but I had a crazy case of the munchies. Is this normal? Unrelated? Its not like I eat pound of jelly beans but I ate a lot more nosh than I normally would and felt at one point that I couldn't stop.

Yes it's not like I went on a pornography binge but I normally don't do things like this

=====

Re: My Story - Reallygettingthere

Posted by reallygettingthere - 12 Oct 2012 18:41

day 13 woo hoo!

=====

Re: My Story - Reallygettingthere

Posted by dont give up - 13 Oct 2012 19:51

keep on trucking!!!

=====

Re: My Story - Reallygettingthere

Posted by reallygettingthere - 14 Oct 2012 02:46

Thanks DGU

Day 14

overcame a very minor nisayon that I suspect was a covert operation by the YH to trip me up down the line

BH!

=====

Re: My Story - Reallygettingthere

Posted by reallygettingthere - 15 Oct 2012 22:32

WOAH! not sure what triggered it but I'm feeling really anxious and feels like the YH is trying to get me to fall.

Dear Hashem,

Please help me get past this. I can't do it without you

Love,

Eli

=====

Re: My Story - Reallygettingthere

Posted by reallygettingthere - 15 Oct 2012 22:49

this is helping www.chabad.info/images/notimage/28413_en_1.mp3

the anxiousness isn't going away yet, but now now it's encountering a fight from another

emotion

=====
=====

Re: My Story - Reallygettingthere

Posted by reallygettingthere - 15 Oct 2012 23:32

My mistake, I'm on day 17.

DAY SEVENTEEN!!!

=====
=====

Re: My Story - Reallygettingthere

Posted by reallygettingthere - 16 Oct 2012 01:59

Still singing the niggun... (hands waving in the air)

=====
=====

Re: My Story - Reallygettingthere

Posted by reallygettingthere - 18 Oct 2012 03:56

Day 19.

It's amazing. I now that I am actively looking away from sghts that will trigger my addiction, I am only starting to realize how out of control my lack of shmiras eynaim is. My instinctive reaction is to look and only after I look do I catch myself and turn away.

=====
=====