

Hashem, please open up the road for me!!!

Posted by pischoshelmachat - 12 Mar 2013 20:30

I started my 90 day journey last Shabbos and it feels great so far. I know that I will walk into an ambush any time and I daven that with my little hishtadlus in joining this wonderful community of GYE and with the chizuk from my new partner, I will be able to pass my first test.

In the mean time I thank the RBS"O for every day that I am able to stay clean.

What a breath of fresh air.

I am now almost 46 and I so badly want to be mesaken this while I am still in the young years so that my Teshuvah can be complete.

I don't like to talk or even think about what I have done in the past because it is too painful for me to face the horrible things that I did that are so not who I really am. I want this to be the beginning of my new life that is Tocho K'Baro.

I cry every day that my children should be pure and grow in Torah and Yiras Shomayim but how can I expect the RBS"O to give me ehrliche children if I don't fix myself. I just daven to the RBS"O that my children should always be Yirei Shamayim and not be punished for my weaknesses.

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Re: Hashem, please open up the road for me!!!

Posted by pischoshelmachat - 09 Jun 2015 22:00

hwhap@gmx.com wrote:

[stillgoing](#) wrote:

What will be with proper teshuva?

Wow that is an interesting question. I think you technically do tshuva when you stop acting out on the urge. When you give it up to G-d, or call somebody, or get involved in something else, that's tshuva, because the failing is to give in to the anxiety. Once you are an addict and you feel you can't stop, the failing is not to desire the sex - that's ancient history - it's not fighting the anxiety.

By the same token for an addict to employ the services of a prostitute is a much smaller averah than if a regular guy does it because the addict is facing a terrifying alternative, which is not to give in. He doesn't really care about the prostitute, he just wants the anxiety to stop.

That's how it seems to me anyway.

I try not to think about if my aveiros are bigger or worse than those of others. I got myself into this mess so I don't see how I can use it as an excuse. Regardless, thinking about it too much is damaging to me. I must focus strictly on the task at hand and that is staying safe today.

I already feel my thinking about what I did in the past is hurting me.

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Re: Hashem, please open up the road for me!!!
Posted by hwhap@gmx.com - 10 Jun 2015 00:27

[pischoshelmachat wrote:](#)

I try not to think about if my aveiros are bigger or worse than those of others. I got myself into this mess so I don't see how I can use it as an excuse. Regardless, thinking about it too much is damaging to me. I must focus strictly on the task at hand and that is staying safe today.

I already feel my thinking about what I did in the past is hurting me.

You are right, it's academic.

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Re: Hashem, please open up the road for me!!!
Posted by serenity - 10 Jun 2015 04:09

Thanks for your shares.

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Re: Hashem, please open up the road for me!!!
Posted by pischoshelmachat - 10 Jun 2015 18:14

Hello Friends.

I am starting to get worried.

Firstly, I am starting to feel a subtle urge, itch, temptation.

Secondly, I am not focusing as I should.

I am quite afraid that the Y"H is planning an ambush to prevent me from reaching 90 days. I am davening and crying to HKB"H, I am on the phone conference with Dov, and I am speaking to people.

I am doing all that I was taught and it is working but I am uneasy about what might be lurking around the corner.

Deep inside, I miss my lust, the images, the fantasy and I am still afraid to say Good Bye forever but I am begging HKB"H to free me of them or protect me from them.

Please daven for me.

I never want to go back to my old ways.

NEVER NEVER NEVER!!!

I love my new and old friends from GYE who are really mechazek me. I feel really good after speaking with GYE friends unlike the bad feelings I have after playing with my lust friends. So why do I have to force myself to call my GYE friends and have to force myself not to play with my internet lust friends?

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Re: Hashem, please open up the road for me!!!

Posted by hwhap@gmx.com - 10 Jun 2015 19:22

Maybe you like two things. You like porn and you also like feeling like a tzadik on GYE.

I think in 12-step parlance you need to revise your step one. Something has been overlooked (the normal case I think) so you need to go over it again.

You might be trying to ignore how porn and masturbation "helps" you. If you can write that down the list will be like armor plate for your step one and you'll lose the fear and go on to 90 days and more. Send me an email if you want to talk.

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Re: Hashem, please open up the road for me!!!
Posted by pischoshelmachat - 10 Jun 2015 19:32

What is your email?

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Re: Hashem, please open up the road for me!!!
Posted by hwhap@gmx.com - 10 Jun 2015 20:21

it's my user name here

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Re: Hashem, please open up the road for me!!!
Posted by cordnoy - 10 Jun 2015 20:32

The yetzer hara couldn't give one damn if you reach 90 day's or not. ... he is concerned with right now.

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Re: Hashem, please open up the road for me!!!
Posted by pischoshelmachat - 10 Jun 2015 21:14

[cordnoy wrote:](#)

The yetzer hara couldn't give one damn if you reach 90 day's or not. ... he is concerned with right now.

I beg to differ. I think he knows how to time his attacks to when I am most vulnerable.

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Re: Hashem, please open up the road for me!!!
Posted by cordnoy - 10 Jun 2015 21:34

I will not spew my kefirah on this site, but i will simply say this: the y"h cares about one thin', and that is to make you sad. if you decide 90 days makes you happy, he will work on that. if you decide today makes you happy, he will counter that.

bhatzlachah

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Re: Hashem, please open up the road for me!!!
Posted by gibbor120 - 10 Jun 2015 21:35

[pischoshelmachat wrote:](#)

[gibbor120 wrote:](#)

[pischoshelmachat wrote:](#)

Do you still get lust cravings?

Yes, I still get cravings occasionally. But not as often, and generally not as intense. I try to remind myself, that acting out is hell, and I don't want to be in hell (I don't mean hell after this world, I mean "living" in this world in hell.) I cannot afford it. It's too painful.

How long does it take until the cravings start to dull?

If I would engage in fantasy, they would come back full force this very minute. Don't worry about it. Worry about taking recovery actions.

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Re: Hashem, please open up the road for me!!!

Posted by pischoshelmachat - 10 Jun 2015 21:44

[gibbor120 wrote:](#)

How long does it take until the cravings start to dull?

If I would engage in fantasy, they would come back full force this very minute. Don't worry about it. Worry about taking recovery actions.[/quote]

I am doing everything prescribed besides going to SA meetings. With your chizzuk and that from all the wonderful folks here, i hope to stay sober each day.

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Re: Hashem, please open up the road for me!!!

Posted by lomed - 11 Jun 2015 21:32

I go nuts for this thread. PSM you are the man. I read many of the posts here. You are determined to get over the challenges. Keep it up and strong. TOGETHER WE WILL WIN BS"D.

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Re: Hashem, please open up the road for me!!!
Posted by serenity - 11 Jun 2015 21:48

My yetzer hara retired a long time ago. I did a much better job of messing things up on my own.
I didn't need him anymore.

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