

A journey to Hashem

Posted by zvi - 20 Mar 2013 23:54

I am a teenager, aged 16 years old. Since I was 12, I have had lust-related problems. As I have got older, the problems have got worse. It started off with the odd thing, here and there- I was only 12, so I didn't really know what I was doing. I vaguely knew I shouldn't be doing what I was, but it didn't interfere with my life much. As I got older, and I started to find out what I was doing, and the severity of the Aveiros, my 'little problem' developed into an addiction. For the past 2 1/2 years, I have been acting out on a regular basis (at least once a week). Then, finally, I had a clean streak. A proper clean streak. For 66 days. But then it came back. I didn't even see it coming. All I knew was that I was on the computer, doing some school work, and then suddenly I was looking at images that I shouldn't be looking at, and before I could stop myself, I had been motzei zera levatala. Again. That was two months ago. After that, I lasted 14 days, but then it was over. I was doing the aveiros again, but on a much greater level than before. As it stands now, I'm only keeping myself clean for between 1-3 days at a time. Two nights ago, I acted out twice. I was depressed, angry with myself, and- unfortunately- angry with Hashem. How could He do this to me? Didn't he see that I wanted to stop? That I wanted to be close to Him? Anyway, the next day (i.e yesterday), I joined GYE. I'm currently on my second day clean, B'chasdei Hashem. But it's not going to be easy...

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Re: A journey to Hashem

Posted by zvi - 04 Jul 2013 20:19

A massive thank you to all of you. B'H I'm a lot happier now, all without the music. Though I texted my Rebbe, and he said I could break my acapella chumra. Now I don't need to though

Though if I c'v need it in the future, I can listen to it now...

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Re: A journey to Hashem

Posted by gibbor120 - 04 Jul 2013 20:28

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Re: A journey to Hashem

Posted by Gevura Shebyesod - 04 Jul 2013 22:18

Pas Besalo always helps. KOMT!!!

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Re: A journey to Hashem

Posted by nitzotzeloki - 05 Jul 2013 10:23

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Re: A journey to Hashem

Posted by Dov - 05 Jul 2013 16:58

Even though you have a psak from your Rebbe - if in your heart you are so attached to your 'chumrah' that deep down inside you feel like a loser by 'being meikil' and listening to acapella...then it *will* backfire and lead you to worse, not better.

Just a thought from the field, friend.

glad to hear that you are feeling better!

Shalom!

PS. I am filled with joy when I can feel sad, broken-hearted, and cry over the Churban, or over anything else that is a *true* loss. Sadness over the churban and our tzaros on Tish'a b'Av is a mitzvah just like any other mitzvah is. That's important for me to remember.

But depression or feeling like a piece of garbage has nothing to do with sadness over the churban, at all.

May Hashem continue to help us make that distinction and be so happy that we can be truly sad over the right things and in the right way.

And some of us are totally unable to do that and - until they are more healthy - **for now, Hashem surely wants those folks to run away from mourning of any kind whatsoever!** May Hashem help us recognize and *admit* when we are in that category, and do the right thing by not being sad at all!

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Re: A journey to Hashem
Posted by zvi - 07 Jul 2013 23:40

Just to let you all know, I fell again last night...

B'H I'm not depressed about it- it was right before I went to bed, so I didn't really have much time to think about it and get all depressed.

I think the fact that it's the middle of a heat wave here in the UK doesn't help.

a) The streets are full of pritzus.

b) I get very agitated in the hot weather, and I become much more susceptible to falling...

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Re: A journey to Hashem
Posted by cordnoy - 07 Jul 2013 23:52

sorry to hear about you falling

good that you didn't get depressed

today is a new day and start again, moment by moment

I was havin a rough day here in usa, and the brothers here willed me out of it

I think im better now

they say that I know that im better now

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Re: A journey to Hashem

Posted by Pidaini - 08 Jul 2013 00:01

Fell Schmell!!! KOT!!

and about the second thing, ask skeptical for some "deprogramming" tips, all of us have some negative programing, one of mine is "when i'm tired", but we aren't really bound to it, we can overcome it.

Take it by the moment, Hatzlacha

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Re: A journey to Hashem

Posted by zvi - 09 Jul 2013 01:01

On I struggle/limp... Bechasdei Hashem I haven't fallen since Motzei Shabbos, but I slipped not long ago...

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Re: A journey to Hashem

Posted by cordnoy - 09 Jul 2013 01:56

if youre moving on, you are not limping along!

that is full throttle ahead

keep your head up high and concentrate on the moment

chazak!

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Re: A journey to Hashem

Posted by zvi - 09 Jul 2013 02:16

I've just taken a decision: I'm taking a break from GYE for a while, till the 6th of August (there's a reason for that date, it's not random). I'm spending waaaaaaay too much time on here, and I think it's making me too preoccupied with it.

So it's bye bye from me for the time being, I'll see you all in just under a month...

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Re: A journey to Hashem

Posted by Gevura Shebyesod - 09 Jul 2013 02:22

As long as you're moving in the right direction. No matter how slow, bumpy, or difficult.

Stay strong, keep climbing and KOMT!

We'll miss you. Hope to see you I'YH in a month.

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Re: A journey to Hashem

Posted by yehoshua - 10 Jul 2013 17:45

Uf chavrusa zvi, don't isolate yourself. I am talking to myself of course here. But isolation is not good. Isolation is a bad bad thing.

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Re: A journey to Hashem
Posted by Dov - 15 Jul 2013 02:19

By Zviki!!

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