

V'kum

Posted by Gibor - 01 Sep 2014 04:19

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I have tried to use this site to help me in my battle, but every time I fall I get so upset with myself that I stop coming back. From here on out, the focus is only on the positive. I once asked someone that I was close with in Yeshiva, how can I be more consistent in doing the right thing. He said that it says Sheva Yipol Tzaddik, **V'kum**! He said stop emphasizing the yipol (fall) and start working on the V'kum (getting up). He said everyone falls, but the challenge is to get back up again.

So far it's been 4 days, and I hope to continue to rise without interruption.

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Re: V'kum

Posted by dms1234 - 08 Sep 2014 23:53

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Chill, take a deep breath. Just concentrate on today even right now!

If you don't have much time to read check out these quick tips: Check out: [Skep's tips](#)

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Re: V'kum

Posted by newaction - 09 Sep 2014 00:46

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gibor wrote (which scares me a bit, because that only means the YH is gathering his forces and waiting for the best time to attack).

Hi Gibor i have been reading your forum . Wish you Hatzlacha on your journey.

I don't think that fearing the YH is productive. you may be giving him much power than what it really has. making changes in how you will handle your life from now on is very productive . by staying calm while trusting Hashem to dismantle the YH while you give Him your worries, stresses , and all that hurts. By accepting calmly whatever life throws at you and releasing it to

Hashems care. Moshe Rabenu said :? ???? ??? ???? ???????? Bene Yisrael were in a state of horror when they saw Paraoh approaching by Yam Suf . and he said you keep quite and calm while Hashem will take care of those bad forces . If you are fighting by yourself , there is what to fear from the YH . but you are staying still and quite and Letting G.od. Behatzlacha !! and welcome to this wonderful site

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Re: V'kum

Posted by newaction - 09 Sep 2014 00:50

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oops i meant Hi Vkum and welcome

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Re: V'kum

Posted by Gibor - 16 Sep 2014 01:41

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thanks everyone for your support and for the links. I appreciate it. I have been so busy lately that I haven't even had time to come here and answer. But, please keep on writing it really helps alot!

newaction, it's a great attitude. But it's easier said than done. I get how that works before going to battle. But, once your in the heat of battle, I don't see how I could possibly do that...

Anyway, BH so far so good. I've matched my previous streak without too many challenges. G-d willing, it will continue this way. Forever, one day at a time.

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Re: V'kum

Posted by dms1234 - 16 Sep 2014 02:22

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**Gibor**

newaction, it's a great attitude. But it's easier said than done. I get how that works before going to battle. But, once your in the heat of battle, I don't see how I could possibly do that... And thats exactly why we take it a day at a time. You're right. Looking at recovery as a massive entity is REALLY overwhelming but we don't need to. One day at a time works great!

IF you practise staying calm throughout the day, when times are good, then what times are not as good, it is easier to stay calm because that is your natural reaction!

Stop underestimating yourself. You have incredible potential. Take a deep breath and concentrate on what you can do NOW!

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Re: V'kum

Posted by Gibor - 21 Sep 2014 05:38

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BH day 24!! I can't remember the last time, I've been clean for this long! I can only chalk it up to all of your support and help. (being busy with the pre-Rosh Hashonah rush doesn't hurt either:) ) All of your support and advice has been a big help, more than you know.

What are some tips to stay motivated? Right now, it isn't an issue, but I am worried that with time, the old mantras become stale.

- I'm staying clean forever, one day at a time.

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Re: V'kum

Posted by cordnoy - 21 Sep 2014 06:52

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[Gibor wrote:](#)

cordnoy, stuff in sleep really gets to me. It's a real momentum killer. I feel like if I were better at controlling my thoughts during the day, it wouldn't happen at night... It isn't so easy to dismiss, for me anyway.

Sorry I never responded back, but Big Moish (above) said what I was gonna say.

I wouldn't mess with him if I were you.

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Re: V'kum

Posted by WhenZaidyWasYoung - 21 Sep 2014 06:57

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[Gibor wrote:](#)

whenzaidywasyoung,

I like the way you put it. Clear and simple. What if I take (selfish) pleasure in giving her what she wants? How does that fit into the equation?

Thanks

It's probably some sort of lusting as well, but if your focus is on her and not yourself, let us chalk up that 'selfish pleasure' as enjoyment and bonding and love, etc., and we will not be too concerned about it.

Keep up the good work and may God bless you with continued success....one day at a time.

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Re: V'kum

Posted by Gibor - 28 Sep 2014 06:24

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B"H I can't believe it's been a month already. It was a little tough on Shabbos, I think I slipped a little in terms of looking at my wife with lust. Plus, I was walking in the street and there some not-so-tznius ladies... But it stopped there, so BH I am still clean.

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Re: V'kum

30 days and counting!!  
Posted by dd - 28 Sep 2014 10:55

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KEEP UP THE GOOD WORK AND KOMT!!!!

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Re: V'kum

Posted by Gibor - 28 Sep 2014 22:04

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HEEEEEEEELLLLLLLLLPPPPPPPPP! I almost slipped just now. I had a big fight with the wife today about ... (it's only been almost two weeks, am I really asking too much? but she's not in the mood and would rather spend time on her phone)

I figured out a way to get around my internet filter and typed in.... and as it was loading I closed it and came here. What should I do??? I know the YH is coming back (even on a fast day, that bastard has no limits!)... I don't want to ruin everything (again). Any advice is welcome on how to keep him away

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Re: V'kum

Posted by dms1234 - 28 Sep 2014 22:14

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WHOAHHHHHHHHHHHHHHHHH!

DEEEEEEEEP BREEEAAATHHH!!!! IN AND OUT!

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Re: V'kum

Posted by Gibor - 28 Sep 2014 22:19

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thanks, but I don't think breathing is going to help

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Re: V'kum

Posted by dms1234 - 28 Sep 2014 22:26

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It sure will! Because it calms you down! Right now you are on a high, a lust high. And you are going crazy! Your mind is twirling right now!

You need to take a chill pill! No, not drugs. But a good ole deep breath!

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