

My 15th Day

Posted by Yidazaddik - 17 Mar 2016 21:52

Hello,

I am on day 15th, and i feel its getting harder. Living without lust that is. The way I understand it is when you drive through the city and I see people all dolled up (summer and all) I should allow my self to enjoy the site. just move on without rethinking what i saw and without giving another look because this constitutes Lust, and once we take a drink of lust there is no way for us to stop without some damage.

It might be the warmer weather or i am starting to push against habit...

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Re: My 15th Day

Posted by cordnoy - 17 Mar 2016 22:07

Welcome,

What positive action did you do today for recovery?

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Re: My 15th Day

Posted by markz - 17 Mar 2016 22:09

The city is a challenge

I personally keep away

Gd gives each his own test

If I'd have yours, Gd would help me

We will all be Yidzaddiks if we choose to allow the help and it's all here

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Re: My 15th Day

Posted by pischoshelmachat - 17 Mar 2016 22:48

Try doing a favor for someone else like your wife that is very inconvenient for you. It will take you out of yourself. I find this dulls my lust.

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Re: My 15th Day

Posted by Yidazaddik - 17 Mar 2016 22:59

In answer to Cordnoy,

I reached out to people her online and on the forums.

I asked Hasham and tried surrendering...

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Re: My 15th Day

Posted by Yidazaddik - 17 Mar 2016 23:03

[cordnoy wrote on 17 Mar 2016 22:07:](#)

Welcome,

What positive action did you do today for recovery?

I reached to Hasham, and asked him to keep me from falling into lust.

I tired not looking again.

and I reached to people in chat and on forums.

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