

just fell

Posted by Joegarder - 03 Aug 2016 15:55

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just fell after a 4 weeks and 2 days clean. i had a laptop in my room and fought off urge last night but today i was shopping and then i went on youtube which had one or two things that wernt appropriate even without watching the video and i clicked on it and within 10 minutes i went to a garbage website. im trying to push it out of my head and stay positive that the percentage is way way down and remember that i had and still do have that month and just because its not a streak anymore besides that now i have the chance to try and beat that that i won my yetzer hara for that month and that doesnt go away. i learned many methods and skills for steering my thoughts of lust away. if anyone has any chizuk and info to add id love to hear it thanks so much!! Hashem is my help

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Re: just fell

Posted by serenity - 03 Aug 2016 17:13

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Thank you for sharing. Focus on your success and build from there. That's what works for me anyway. Maybe it will work for you. It's not easy to beat your yetzer hara for 30 days. I can't beat mine for 30 minutes. I gave up on fighting my yetzer a while ago.

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Re: just fell

Posted by inastruggle - 04 Aug 2016 02:57

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Just learn from the fall and forget about it. Perfection was never our goal or an option. We want progress and like you wrote, you definitely progressed.

KOT!

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Re: just fell

Posted by gibbor120 - 04 Aug 2016 14:53

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Mazal tov on your success. I found that focusing on "winning" or "beating the Y"H" never yielded long-term results. Have you checked out the dov quotes (link is in my signature). He has a lot of eye opening posts (no pun intended).

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Re: just fell

Posted by serenity - 04 Aug 2016 17:44

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Are you referring to the saying from AA that we seek progress rather than perfection?

The entirety of that quote is from the AA Big Book is as follows "No one among us has been able to maintain anything like perfect adherence to these principles. We are not saints. The point is, that we are willing to grow along spiritual lines. The principles we have set down are guides to progress. We claim spiritual progress rather than spiritual perfection."

The saying is referring to our life long pursuit of spiritual growth and practicing the principles of the program in all our affairs. No one is able to behave perfectly all the time and no one even has the wisdom to always do the right thing. We are human beings and are therefore imperfect by definition.

That's what the saying means in a nut shell. What it does not mean is that no one can have complete sobriety. Please be assured that just as alcoholic can abstain from alcohol for life, sexaholics can and do abstain from porn and masturbation for life.

All the praise to anyone who stays sober for any period of time and they should definitely focus on their accomplishments, but they should also know that they, as many before them, can stay sexually sober one day at a time by the Chesed of Hashem for the rest of their life. There is no requirement to fall as imperfect as they may be.

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Re: just fell

Posted by serenity - 04 Aug 2016 17:55

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Just a short part of the The Solution from SA. "We discovered that we *could* stop, that not feeding the hunger didn't kill us, that sex was indeed optional! There was hope for freedom, and we began to feel alive. Encouraged to continue, we turned more and more away from our isolating obsession with sex and self and turned to God and others."

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Re: just fell

Posted by Mikveh - 04 Aug 2016 18:32

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I happened to fall last night too after 18 days which was a long time for me and I was having a hard time with it this morning.

We were having a talk on the mini community chat and here is what I came up with that helped me (someone in the group asked me to post this in the forums).

"I want to point out something very interesting that R Akiva Tatz writes, he says that this whole world works on 3 stages (the whole world spiritually and physically) amazing inspirational beginnings that have amazing feeling and a lot of positivity then it goes to the work stage where the amazing feeling is GONE and it's time for hard work and then when the work is done that's when you achieve the final destination which is shlamus (or done in the perfect way). If you think about it it can't be done any other way, if you don't have the beginning amazing push you will never begin fighting, if you don't have the middle hard work and everything is good and easy then it's not called you working in it. So the only way of getting to that end where you fought and won is by going through those 2 stages and getting to the third. So this is me answering my own q. Getting through that amazing feeling of I'm gonna do this I'm gonna manage and I'm going to win is simple and easy we all pretty much can get there, when the time comes where it gets hard you know that it's time now to fight and time to push forward to get to that end point of winning. And to point out one more thing if I fell yesterday it does not mean I lost (though I am starting the 90 days challenge from the beginning that is only a helpful tool to push forward not the measuring factor) it means that I got to the hard part and if I fight now like a animal and don't fall again this week then I know I'm doing good and pushing forward to the next step of winning and if I get there I believe I got to the right place (in my head when I fall it's much harder to stop the next fall, I feel like I lost I feel like I'm never gonna make it and many many more thoughts that are all designed to stop me from winning this battle) so to sum up this long drasha I'm FIGHTING!!!!"

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Re: just fell

Posted by Joegarder - 05 Aug 2016 03:12

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very insightful thank you

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Re: just fell

Posted by Joegarder - 05 Aug 2016 03:15

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thank you kol hakavod to you

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