

Tateh all my struggles are you
Posted by tiger - 13 Feb 2017 02:56

WWho gives me my breath?

who gives me my sight?

Who gives me strength?

Who gives me everything I have?

I think we all can agree that hashem gives it to us!!

So why don't I believe that my lusting comes from him too?

Why when I lust do I think that I am disconnected from hashem?

Without him I would never be able to lust! Why did he send me lust? To stay there and fall?
Heaven forbid!!

He sent lust so that I can understand what love means!

But what do I do now when I am all tied up in lusting for the wrong things?

I ask hashem to remove it for he is the one that blows life into it!

But I do this lots of times and I find it does not help me??????

We don't know hashems ways at all. We ask him to remove it and we are honest with ourselves
and we leave the rest up to him!

If it's so simple why do I keep falling?

It's not so simple to believe that everything is hashem,try it and see for yourself.

Just sharing some of my thoughts

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Re: Tateh all my struggles are you

Posted by Hashem Help Me - 28 Apr 2017 11:19

[tiger wrote on 27 Apr 2017 20:54:](#)

Resetting my count, I don't need days I need sobriety, past few days I have not been doing the right things, today I crossed the line, to put it nicely I was almost in shoal tactis, somehow I was able to stop right in middle

Wish me well

Incredible you were able to stop in middle. Wow. What's the plan to stop earlier - by not starting? What triggers are you going to avoid? Take your courage to the next step. Hatzlocha.

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Re: Tateh all my struggles are you

Posted by tiger - 28 Apr 2017 14:07

Im really not sure what triggered this, obviously it all started with the small Amazon slip that I mentioned earlier, but it can also be that I got pulled in this week to worrying about money which for me is a disaster, also was waking up earlier cause of rosh chodesh davening and was tired, when I am tired I am nervous and vulnerable! Could it be that I have to be careful not to be tired?? How can u live a life without being tired??

I will continue being honest no matter what with God's help of course, enough bs!!!!

Thanks everyone for the kind words

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Re: Tateh all my struggles are you
Posted by Hashem Help Me - 30 Apr 2017 03:16

You have to plan how to deal with anxiety and exhaustion. Be prepared. It makes a big difference. Do you speak with anyone?

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Re: Tateh all my struggles are you
Posted by tiger - 30 Apr 2017 15:47

Yes I have a few people that I talk too, can any body help me how to deal with tiredness which is like a vulnerable switch for me?? It nocks me down and makes me become nervous and snappy and Al of a sudden life becomes negative, does anybody have a positive way to view this??

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Re: Tateh all my struggles are you
Posted by 360gye - 30 Apr 2017 15:52

If the tiredness you refer to is that you're tired from lack of sleep then i suggest getting more sleep, or having coffee. If the tired is like "i don't know what i'm doing in life" tired, then i suggest talking to someone in your personal life that can help you out, or get in touch with someone here and explain your situation to them and hopefully they can help. (i would recommend getting someone in your personal life to help as they probably will know you better)

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Re: Tateh all my struggles are you
Posted by tiger - 30 Apr 2017 15:57

Its the lack of sleep tiredness, which keeps me to busy making sure I have enough sleep, I can't wake up to learn early or daven early couse I have to watch out for my tiredness which can couse me to act out??

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Re: Tateh all my struggles are you
Posted by cordnoy - 30 Apr 2017 15:58

[tiger wrote on 30 Apr 2017 15:47:](#)

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Coffee!

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Re: Tateh all my struggles are you
Posted by tiger - 30 Apr 2017 17:30

Lol, that simple, I try not to drink to many a day

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Re: Tateh all my struggles are you
Posted by Hashem Help Me - 30 Apr 2017 18:43

[tiger wrote on 30 Apr 2017 15:57:](#)

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Sounds like you are very busy and over focused on getting enough sleep. Just be normal. Eat well, sleep well and exercise. Be prepared that when you are tired that you will need to reach out and call someone.

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Re: Tateh all my struggles are you
Posted by MayanHamisgaber - 30 Apr 2017 19:51

[cordnoy wrote on 30 Apr 2017 15:58:](#)

[tiger wrote on 30 Apr 2017 15:47:](#)

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Coffee!

I find that IF coffee helps it is only to help me push myself...

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Re: Tateh all my struggles are you
Posted by tiger - 02 May 2017 01:30

Funny after we had this conversation I ended up going to sleep very late last night, somebody was chewing my ears off, had to coffees today and overall was trying to be happy and not let it get to me.

On day 5 today, it's funny how different I feel now on day five! I am not feeling upset at all about my reset, just the opposite I feel great that I was honest, I am still in the process of sharing my last fall with somebody that is close to me and knows my struggles, i have not been able to get to him yet, so I'm still feeling Abit under the bus! This is also planned from above!

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Re: Tateh all my struggles are you
Posted by Shlomo24 - 02 May 2017 19:06

[tiger wrote on 02 May 2017 01:30:](#)

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You're in touch with Mike Tyson?

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Re: Tateh all my struggles are you
Posted by tiger - 02 May 2017 21:14

got it!!!!

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Re: Tateh all my struggles are you
Posted by tiger - 08 May 2017 02:15

Update?: I was able to honestly share my last fall and feel great about that, I am not looking to be a chashuva guy anymore in people's eyes, it's honesty I'm looking for, that the least I can do for good myself family and friends.

tthanks everybody for he chozik! Let's all keep on chugging and keep the honesty alive and

kicking!!

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