

The Road To Being Honest With Myself (and others:)

Posted by Hakolhevel - 19 Feb 2017 04:23

In Short I had issues for about 5 years. When I started dating I stopped, and I was clean for a few years. In the last half a year everything has been coming back, and I don't think I need to enumerate here on this forum, everybody knows what its like, you struggle you fall you fell terrible yada yada yada. Just goes to show once an addict always an addict.

Anyway that's not the point. The point is that coming here and reading the forums has opened up great insight about myself, particularly reading some of Dov's long posts. So I will give you some background, and hopefully you will all help

I feel like I'm in a place right now where if I wanted to stop myself I can (and I do much of the time). The problem is I know what will stop me and I choose not to use those tools? I guess in general that's the problem, it boils down to how much do we really not want to do it. Do we not want to do it just because it makes you feel terrible afterwards/don't like the consequences. If that is the case I think we are doomed to fail, but unfortunately that is where I feel I am right now:cry: As dov put it best in the following quote

Warning: Spoiler!

Anyway I know it was a long rant (for me), I guess the question how do you open yourself up and truly change the way you think? Especially when it's not a lack of knowledge but a change of perspective?

=====

Re: The Road To Being Honest With Myself (and others:)
Posted by Hakolhevel - 30 May 2017 23:23

It may be cheesy... But that's why I'm postin' this before shavuot

Why do I think It will be All right

If I just click on that website

Why do I think I'll be ok

If I just take a peak and then look away

Haven't I learned anything from the past

Let lust thru the door and he'll move fast

Let him in for a little while

He will stick around and make you vile

Give him 20 minutes - or a little less

You will become his slave, you'll regress

So when Mr lust knocks on the door

Get on gye and nothing more

Surrender to the one above

Call your friends and pull the plug

=====

Re: The Road To Being Honest With Myself (and others:)

Posted by TzedekChaim - 02 Jun 2017 14:32

Beautiful! KUTGW

I wonder if we can collect all the good lyrics written on this website and get some composers to put out the GYE album of chizuk music...

=====

Re: The Road To Being Honest With Myself (and others:)

Posted by Hakolhevel - 08 Jun 2017 01:45

In other news, I have started to feel like a starved individual, and that maybe I deserve a little taste of "the good life". I have even peeked at photos of "permitted women" (like women who are wearing most of their clothes, at least that's my excuse, but you know and I know it's a pretty bad excuse). People post all the time in the forum along for ideas, I don't think I need ideas on what I need to do, because it's quite straightforward. I just need someone to

Warning: Spoiler!

=====

Re: The Road To Being Honest With Myself (and others:)

Posted by Hashem Help Me - 08 Jun 2017 02:31

I don't want to be arrested so I won't slap you, but you better cut it out immediately. The YH is wise and patient and gets us into Aveira with baby steps. You know good and well how bad we feel after acting out. Go to the complete other direction, like the Nazir who walks around a vineyard and doesn't even innocently walk through it. Every move away from Aveira breaks the habit more and give you more divine protection.

=====

Re: The Road To Being Honest With Myself (and others:)

Posted by Hakolhevel - 12 Jun 2017 12:06

Well that was a humbling experience, from 114 days back down to 1. As you may have noticed from my last few posts I had been struggling as of late. Right now I will not focus on the cause of the fall and what can be done for the future. Rather I will focus on post falling. (no pun intended)

In the past after a fall I would immediately think about Teshuvah and oy vey, how am I ever going the the high spiritual madregah that I was for being clean a week 2 or 3, and in what ways will Hashem punish me (not just in olam haba)

But now I have learned that that is just poison and won't get me anywhere. What I really want is my sanity, I miss my sanity. and this is my prayer to Hashem - Hashem, I know you love me despite what I have done, please help me regain my sanity, one day at a time.

Sincerely Hakol Hevel

=====

Re: The Road To Being Honest With Myself (and others:)
Posted by Trouble - 12 Jun 2017 12:29

[Hakolhevel wrote on 12 Jun 2017 12:06:](#)

Well that was a humbling experience, from 114 days back down to 1. As you may have noticed from my last few posts I had been struggling as of late. Right now I will not focus on the cause of the fall and what can be done for the future. Rather I will focus on post falling.(no pun intended)

In the past after a fall I would immediately think about Teshuvah and oy vey, how am I ever going the the high spiritual madregah that I was for being clean a week 2 or 3, and in what ways will Hashem punish me (not just in olam haba)

But now I have learned that that is just poison and won't get me anywhere. What I really want is my sanity, I miss my sanity. and this is my prayer to Hashem - Hashem, I know you love me despite what I have done, please help me regain my sanity, one day at a time.

Sincerely Hakol Hevel

So, why not focus on what can be done for the future? Is that poison as well?

=====

=====

Re: The Road To Being Honest With Myself (and others:)

Posted by LifneiHashem - 12 Jun 2017 14:38

That thank you to trouble was accidental. How do I remove it?

=====

=====

Re: The Road To Being Honest With Myself (and others:)

Posted by LifneiHashem - 12 Jun 2017 14:39

Sorry about the fall. Been following your thread and learning a lot.

=====

=====

Re: The Road To Being Honest With Myself (and others:)

Posted by Trouble - 12 Jun 2017 14:45

[LifneiHashem wrote on 12 Jun 2017 14:38:](#)

That thank you to trouble was accidental. How do I remove it?

Consider it removed.

I love you too.

=====

=====

Re: The Road To Being Honest With Myself (and others:)

Posted by eslaasos - 12 Jun 2017 14:51

Trouble is a synonym for opportunities for growth and we can grow from the trouble in our lives - and from Trouble also.

=====

=====

Re: The Road To Being Honest With Myself (and others:)

Posted by Hakolhevel - 12 Jun 2017 15:55

No it's not poison, it was just too raw and painful for me this morning to discuss future strategy.

I find right after I fall I am most susceptible to falling again. By focusing on the pain of how insane I feel, but at the same time not being depressed by realizing Hashem still loves me has BH stopped me from falling again (and I have had the urge). As the pain of the insanity wears off, that's when I need to get cracking and get to work (probably another half a day).

Thank you everyone for being here and let's keep the discussion going as there it's a lot more that I would like to get out of my head and type it out.

=====

=====

Re: The Road To Being Honest With Myself (and others:)

Posted by Hakolhevel - 12 Jun 2017 16:07

[LifneiHashem wrote on 12 Jun 2017 14:39:](#)

Sorry about the fall. Been following your thread and learning a lot.

Just goes to prove what you wrote in your thread

"Things have been going pretty smoothly, & I can honestly say I that for most of the past 2 1/2 months I had minimal desire to act out. I was tempted to believe that I was "cured", but after reading so many other people's experiences, I knew not to be fooled and I needed to keep my up my guard."

=====

=====

Re: The Road To Being Honest With Myself (and others:)

Posted by Markz - 12 Jun 2017 16:12

[Hakolhevel wrote on 12 Jun 2017 16:07:](#)

[LifneiHashem wrote on 12 Jun 2017 14:39:](#)

Sorry about the fall. Been following your thread and learning a lot.

Just goes to prove what you wrote in your thread

"Things have been going pretty smoothly, & I can honestly say I that for most of the past 2 1/2 months I had minimal desire to act out. I was tempted to believe that I was "cured", but after reading so many other people's experiences, I knew not to be fooled and i needed to keep my up my gaurd."

Yup me too

Gotta Guardmyguard

=====

=====

Re: The Road To Being Honest With Myself (and others:)

Posted by LifneiHashem - 12 Jun 2017 16:18

[Hakolhevel wrote on 12 Jun 2017 16:07:](#)

[LifneiHashem wrote on 12 Jun 2017 14:39:](#)

Sorry about the fall. Been following your thread and learning a lot.

Just goes to prove what you wrote in your thread

"Things have been going pretty smoothly, & I can honestly say I that for most of the past 2 1/2 months I had minimal desire to act out. I was tempted to believe that I was "cured", but after reading so many other people's experiences, I knew not to be fooled and i needed to keep my up my gaurd."

I wrote that? Nice to reminisce about a time when apparently things were going smoothly for me. Sure ain't the case nowadays.

=====
=====