

Trigger

Posted by Piyut1 - 20 Aug 2019 06:47

Am alone at home right now...THAT is a major trigger for me. Am sober for 15 days (first time prob in 15 years!) and just need to check in and say that I am struggling to make it easier...thanks all!

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Re: Trigger

Posted by Dave M - 20 Aug 2019 14:05

Thanks for posting that. Know that we are behind you and davaning for your success.

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Re: Trigger

Posted by Piyut1 - 20 Aug 2019 14:38

Thanks! Means a lot to me. Yasher koach!

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Re: Trigger

Posted by gyehelp2017 - 20 Aug 2019 15:32

Thanks for sharing your trigger with us, it helps us all remember that we all need each others help around here, and it inspires us to reach out in times of need. We all have these struggles around here, (most of us are just to embarrassed to admit:)) and the courageous and honest ones like you are the ones that really succeed.

Keep it up! Hatzlucha!!!

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Re: Trigger

Posted by Street - 20 Aug 2019 15:36

Glad to see your streak is still going. Keep it up! and keep us posted.

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Re: Trigger

Posted by Piyut1 - 20 Aug 2019 16:19

Thanks! Truth is that years and years ago, I was in a 12-step program and was sober for up to almost two years. Long story short, not true for so many years and I have recently decided to try again. While it has been less of a struggle to stay sober this time, I KNOW that that yetzer hara is always there and is super patient. All I need is one misstep and the Old "Friend" (ie, the yetzer hara) will be there to "help" me along.

Knowing I can write here is a big help and thank you all for that!

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Re: Trigger

Posted by cordnoy - 21 Aug 2019 05:01

By the way, bein' home alone is not a trigger; loneliness, however, is.

Godspeed to all

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Re: Trigger

Posted by Piyut1 - 21 Aug 2019 05:04

I am not saying it is "A" a trigger. I am saying it is MY trigger. Number one I never feel lonely BH. Secondly, being home alone IS a trigger for me because it "enables" me to do things unencumbered.

Hope that was clearer.

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Re: Trigger
Posted by strive613 - 21 Aug 2019 09:02

Hi Piyut1,

I totally relate, and I admire your honesty to post! I was in a similar situation last night (already had planned what I wanted to search for, etc.), and two things specifically helped: 1. I made a phone call and told my friend (someone in SA) exactly what my plans were, and asked G-d for help. 2. Book-ended - I told someone that I was going online and that I wanted to commit to not lusting and asked him if I could call back when I was finished.

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Re: Trigger
Posted by cordnoy - 21 Aug 2019 12:44

In the recovery process, one may merit the understandin' of the distinction between "trigger" and "opportunity."

Godspeed to all

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Re: Trigger
Posted by Street - 21 Aug 2019 18:03

I think the machlokes piyut1 and cordnoy is taluy on a shmuz in hilchos yichud, whether the issur is because the situation of yichud could bring to an aveira or is the etzem matzov of yichud the problem and not bc of what it could lead to. I would say the first Tzad is calling it just an opportunity and the second Tzad holds its actually a trigger. Maybe we could apply the same

concept to yichud with unfiltered internet...

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Re: Trigger

Posted by Dave M - 21 Aug 2019 19:59

[Street wrote on 21 Aug 2019 18:03:](#)

Maybe we could apply the same concept to yichud with unfiltered internet...

I've heard in the name of many gedolim that hilchos yichud does apply to a computer with access to unfiltered internet. I certainly would not trust myself in that situation.

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Re: Trigger

Posted by Street - 21 Aug 2019 21:14

I've heard that too, but I meant in terms of it being a trigger as opposed to just an opportunity. Those gedolim probably meant altz the opportunity.

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