

My First FallPosted by Hopeful2022 - 31 Jul 2022 09:09

Well, Let the tough part begin. I just joined GYE less than a week ago. I was full of disgust and shame over my actions over the past years, and I was ready to commit to HaShem and break the chains of my Yetza Hara. While I was full of shame and disgust, I also had hope. With this program and increased and focused davening, I saw a light at the end of the tunnel.

Days 1 through 3 were easy enough as the shame and the hope combined to get me through. Day four became a little more challenging as the excitement and the disgust disappeared somewhat. Day 5 was going along fine until about 4 pm when a single image on the TV changed everything. I went from having a productive and relaxing shabbos to falling into the rabbit hole in an instant. The moment the feeling came over me, I tried in vain to shake the image from my mind, but it came out of nowhere and came so fast. I never had a chance. I was alone, the computer was sitting next to me, and a few minutes later, the shame and the guilt are back, my 4-day streak was over, and I am back to square one.

And now it is Sunday morning around 5 am, and feeling lower than I did before I started. I am thankful that I have this forum to get these thoughts out . But I can't believe that I messed this up so soon. This is not going to be easy...

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Re: My First FallPosted by Hopeful2022 - 19 Aug 2022 10:55

Well... Back after a week on the dark side. I had a fall that led quickly to another, and before I knew it, I stopped coming on here, and the Yetzer just took complete control for the next week... What a crazy ride this is; I need to get my act together before Elul. I always use Elul to set myself up for the next year, and I need to have this part of my life under somewhat control. I know the problem won't be fixed but I have to be at least trying!!

Today is day 1

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Re: My First Fall

Posted by supremeone - 19 Aug 2022 11:49

Hi Hopeful2 glad you are feeling fresh!

You know on the whole you sound like you have your stuff together.

Might suggest when you are alone you have something else to distract you, like a hobby which does not involve your phone. For me I know if I am bored I am more likely to act adversely.

If your wife is popping out and you do not actually have anything to do, maybe go with her? It might be dull what she needs to pop out for but at least you won't be bored.

I believe the idiom is idle hands are the devils tools.

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Re: My First Fall

Posted by Hopeful2022 - 19 Aug 2022 12:24

That is excellent advice. I often stay home while she goes out with the sole purpose of doing bad things. I use the excuse of "work," but I can and should go with her as often as possible. I am also trying desperately to get rid of my smartphone. I need it for work but am trying to find a work-a-round...

Idle hands are the devil's tools.... VERY TRUE

Thanks

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Re: My First Fall

Posted by supremeone - 19 Aug 2022 15:14

Glad I could help!

When you figure out how to get rid of your smart phone let me know! I hate having one, I am on it way too much just watching youtube.

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Re: My First Fall

Posted by Hopeful2022 - 20 Aug 2022 10:13

I also watch WAY TOO MUCH YouTube. I have bigger problems to worry about at the moment, BH I don't watch as much porn as YouTube! I would really be in a bad place.

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