Generated: 22 August, 2025, 07:07

My First Fall
Posted 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 Fall

Posted by Hopeful2022 - 19 Aug 2022 10:55

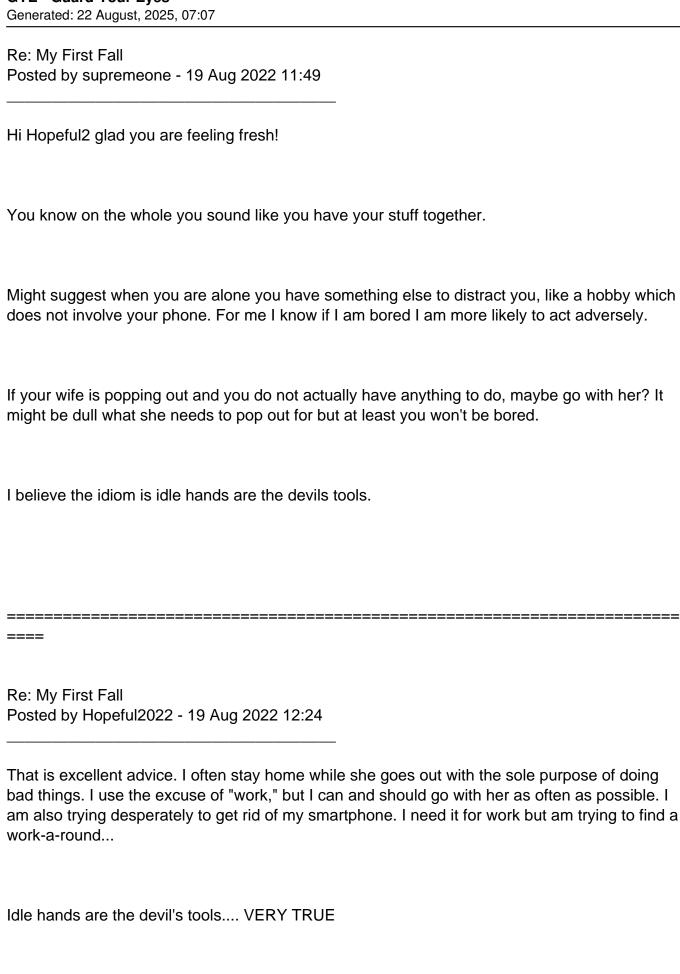
Well... Back after a week on the dark side. I had a fall that led quickly to another, and before I knew it, I stopped coming on here, and the Yetzer just took complete control for the next week... What a crazy ride this is; I need to get my act together before Elul. I always use Elul to set myself up 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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GYE - Guard Your Eyes

Thanks



GYE - Guard Your Eyes Generated: 22 August, 2025, 07:07 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. 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.