

Sharing with others

Posted by freedom11 - 04 Nov 2023 22:24

Hey guys!

I've gotten a lot of people telling me that connecting to other people and sharing with other people is gonna help me a lot. So I'm probably gonna post like once a week.

This past week has been really good bH! I've been doing something productive everyday and it wasn't the whole day but it left me feeling good and bH I didn't act out.

One moment that I'm particularly proud of right now is that right now bH I went up to tzfat for shabbat with my dad and we rented a nice hotel room. Nothing crazy but bH it was nicer than where I've been staying recently. And whenever I'm a guest or staying in a nicer room I always have stronger urges. And so I was taking a shower a couple of hours ago and I had an urge like I've had many times before but I didn't give bH! I sorta reasoned with it and really confirmed for myself that this is not what I want at all. And it felt really good. It felt like a complete teshuva because it's pretty much "oso makom" - the same place that I've had falls in the past. Like I've done a bit of a full teshuva. And that feels very good. I can compare now and the past and bH I've grown!

So I wanted to share. BzH I'll have more good news in the future.

Shavua tov! Hope everyone had an incredible Shabbat.

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Re: Sharing with others

Posted by Heeling - 05 Nov 2023 00:35

Beautiful! Thanks for sharing.

Talking to myself and trying to understand myself, helps me a lot.

Keep on sharing and keep on fighting.

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Re: Sharing with others

Posted by ainshumyeiush - 05 Nov 2023 04:52

Nice job!! There's nothing better than feeling that youre fixing up the past. Keep posting. Reaching out to other people, either calling/texting or email. Is also a huge help. Having someone to call when im feel down can literally save me. Try reaching out to someone.

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