

I feel like the stock market right now

Posted by Want to overcome the challenge - 18 May 2022 15:15

Hey guy I feel like the stock market right now (at a very low time)

can the peeps help me out here? I have a very decent filter on my phone but for some dumb reason I keep giving in to the yetzer hara to get around the filter to P&M. It's wasting mad amounts of time on mind end because bh it's hard to get around... but I keep falling and falling, promising I'm a new person every day with a fresh start but that's not helping...

I will say I am looking at my journey like the stock market and I'm in a personal recession right now. If I see my overall chart I'm doing well it's just in a slump now so at least my attitude is positive because I know soon I will rebound and be better then I ever was.

but plz send solutions to why I keep trying to break the darn filter

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Re: I feel like the stock market right now

Posted by DavidT - 18 May 2022 16:25

A filter does not protect us, period - only Hashem can save us if we do hard work on recovery, connecting with Hashem and staying clean.

The goal of the filter is only to keep it "out of sight and out of mind". It is not going to remove the possibility of accessing indecent material altogether. If a person is determined enough, they will often be able to find ways to bypass filters, and even if not, they will always be able to find many other venues to access inappropriate material. Ultimately, the change must come from within, with a sincere desire to stop lusting. (See Part 2 of this handbook for more on how to achieve this sincerity).

The filter acts mainly as a "*heker*" (a reminder), similar in a sense to what our Sages tell us about *Palti ben Layish* (to whom Shaul Hamelech gave over David's wife). Palti was alone every evening with Michal (who Chazal tell us was one of the most beautiful women) and yet he never stumbled because of a sword that he placed between the two of them, saying that whoever bypasses this sword should be run through by it.

The filter is like our sword, it is our "heker". But it will not stop us completely unless we *want* it

to. However, since it can take a long time until we learn to genuinely give up our lust to Hashem, we must have a strong filter at all times. For if we don't get it out of reach, we won't be able to stop the vicious cycle of addiction and **begin** the healing process.

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Re: I feel like the stock market right now
Posted by Vehkam - 18 May 2022 16:28

filters are important, but they are secondary to the change that needs to happen in you. the more invested you are personally in this struggle the less chance there is that you will test the filters.

Its not about "trying harder", its about really coming up with a plan that addresses your weaknesses and triggers. If you don't address those, then all of your resolve will go out the window when you are triggered or fall into a moment of weakness.

Its good that you are overall doing better and that you have a positive attitude. Having a good plan (and of course davening for help) can ensure that you don't hit an extended bear market....

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