

desperation is not working

Posted by strugglingandstrivngBT - 16 Aug 2011 01:36

I gave in to my teiva tonight. That was after being won over multiple times today, but never to completion. Now I let him win. I knew I couldnt do it. I'm not overly remorseful, I'm not panicky. I am calm and ready to take him on now. Everytime I would fall I would get on here and vent about how bad I was doing. Now I'm going to sincerely try to do good. I'm not going to call myself an addict, that wouldnt help. I am aware that I have serious addictive tendencies, and that I have a problem. But labeling something that clinically I am not is not helpful. I am simply in a bad spiral of spiritual falls, sucumbing to something natural that I have within me that with the help of Hashem and His Torah I can overcome. I just havent been. And now I am ready to.

I was flirting with mas in the car while listening to a shiur on sexual ethics. The shiur helped as much as it hurt, which is why I am calling this one a tie. I fell because I had a computer with to weak a filter. My new one doesnt have that problem, and I'm doen with the old. I also had too much time on my hands. I dont know how to fix that, but it will be soon. I need excercise. I will also be getting that soon. I need to keep from going into the "hot state". That I will have to do now. The only reason anything has soon is because when I am in the house I live in now (parents) I also fall more often. There is so little to do and it is so inbetween good things for me. So I'll daven, I'll try to remind myself that I want a kedusa filled marriage one day, and that the only way to do that is come clean now, and I will do my best. I hope that is enough.

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Re: desperation is not working

Posted by strugglingandstrivngBT - 19 Aug 2011 01:31

yeah that makes sense. could you elaborate on the donkey? I'm not so familiar with everything in there.

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Re: desperation is not working

Posted by obormottel - 19 Aug 2011 02:32

ch. 15, p. 40 in standard edition, look it up on chabad.org for good english translation . There, p.41, it brings an example from Gemoro "mishuk shel hamoirim" to explain what it means to actively serve Hashem (oyved Hashem) vs. Not doing anything wrong, lit. Not serving Him (loy avodoy) as the posuk says "bein oyved eloykim laasher loy avodoy." You see, in the olden days they used donkeys as shopping carts in the markets, and one could rent a donkey to bring his

purchases home. Average trip from the market was 10m. It cost one zuz for upto 10m from the hub, and double(!) Of that for the eleventh mile. Because that broke the donkey,s habit, it cost twice as much. Similarly one who learns Toiro 100 times out of habit is inferior to the point of being called loy avodoy when compared to another, who adds but one time to his regualr learning routine. Same could be applied in all other areas of avoidas Hashem, including Sur mera, not doing bad: every time a habit is broken is a true service of Hashem. Again: each time you abstain from habitually doing something negative, it weighs a lot more then when you do something negative out of habit. So each time counts. Take it one at a time.and I can only repeat: filter, emails, handbook. Wash, dry, repeat.

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