

after phone

Posted by strugglingandstrivngBT - 23 Aug 2011 02:11

---

I just listened in on my first call. I didnt even let my presence known, as i didnt know what to say. I'm not sure what to think. It resonated with me. I have or had qualities of the addict. The only difference (or maybe not) is I am not acting out right now to hide feelings, I am just overwhelmed with desire. But I used to. Then I was clean and now I am in an environment that I am back to my old ways. I am relapsing, which was what the call was about. the other thing is i never really did a recovery method, i just sort of did my own teshuva. I sent an email to a therapist in the area of my new school. I hopefully can start that and work on some program. until then I just need to get some control. There are for sure two things wrong: the acting out and the underlying reasons. More imperative for me is the acting out. then with time the reasons need to be addressed as well. with Hashem's help. I just need to accept that...

=====

=====

Re: after phone

Posted by alexeliezer - 23 Aug 2011 15:44

---

[strugglingandstrivngBT wrote on 23 Aug 2011 02:11:](#)

....until then I just need to get some control.

SSBT,

We are addicts. We don't have control. Our only hope is to turn the control over to Hashem and ask him to take the lust.

So just to be confusing: our control is our ability to turn the control over to Hashem. Whenever Lust comes knocking.

The exception is our eyes. We can control our eyes. We can ask for help with shmiras eynayim, but this one's up to us.

Alex

=====

=====