

don't want it don't need it

Posted by mggsbms - 19 Sep 2011 21:57

i've been here for some time, ups and downs, twice 120 days and once 90, but i am still falling. i need your help. i so wish i wouldnt have this struggle it is something i so don't want, i just get these cravings and not able to control myself, is it addiction who knows, got to run now hope to be posting more often.

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Re: don't want it don't need it

Posted by Yossi.L. - 24 Oct 2011 23:42

Don't just hope.....let the gevaldig feat of not falling be a chizuk....

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Re: don't want it don't need it

Posted by mggsbms - 25 Oct 2011 02:48

i write "hope" because i am really powerless so the most i could do is put up fences and hpe for the best.

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Re: don't want it don't need it

Posted by JackAbbey - 25 Oct 2011 10:43

powerless? what a lie

do you know how much power you consiste?

isnt there many things in your life that are a struggle, and you perseviere because you see its correct?

the y"h is more powerfull then us, true, but we must do whatever it takes, and hashem will then do the rest

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Re: don't want it don't need it

Posted by mggsbms - 25 Oct 2011 14:39

"Shmeichel" i think thats exactly what i wrote, we are powerless because the y"h is stronger then us, but what we could do is put up fences. i have treid all that you are talking about it "doesnt" work.

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Re: don't want it don't need it

Posted by alexeliezer - 25 Oct 2011 15:08

MG,

Glad to hear what you're doing is working. Just keep repeating it every day, every nisayon. Each of us must find his own unique pathway to recovery.

Alex

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Re: don't want it don't need it

Posted by JackAbbey - 25 Oct 2011 20:33

dear mggsbms, tell me if you have the power of keeping completely clean just for one day?

realy "just for one day"

tomorrow you can indulge, but for today its a no no, can you that?

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Re: don't want it don't need it

Posted by mggsbms - 25 Oct 2011 22:13

i surly can and have been clean today and many days in the past. but there are days when i cant say that and that is my issue

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Re: don't want it don't need it

Posted by JackAbbey - 25 Oct 2011 22:23

of course there are days and there are days

but if you take every day as "just for today only"

but really put that concept in your mind that the whole thing is just for today

then its a hell of a lot easier

besides, if you keep your eyes and mind from wandering, and prevent yourself from getting triggered

just dont be nosy, just think of what you just saw, dont look at her, try to keep CLEAN

then it can be much easier

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Re: don't want it don't need it

Posted by mggsbms - 26 Oct 2011 20:34

I started posting at the yidish forum and i am enjoying it alot, if there are any yidish speakers only hanging out here they should have a look at the going ons at the yidish sight, its getting quite lively.

just saying....

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Re: don't want it don't need it

Posted by bardichev - 26 Oct 2011 20:39

yiddish forum??

do they have a cholint?

a mincha??

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Re: don't want it don't need it

Posted by mggsbms - 26 Oct 2011 20:59

cholent i dont know

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Re: don't want it don't need it

Posted by mggsbms - 28 Oct 2011 16:18

i have this feeling that if i won't take a second look i will aggravate myself to the point of falling,
is there any truth to this or its part of the addiction ?

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Re: don't want it don't need it

Posted by Yosef Hatzadik - 28 Oct 2011 16:43

The only way we knew to be free of it was to do it.

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Re: don't want it don't need it

Posted by mggsbms - 28 Oct 2011 17:15

so is it true or not ?

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