

1st fall in 4 months! KOT!

Posted by almar - 29 Feb 2012 18:17

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Hi guys,

I managed to stay clean for the past 4 months but 2 days ago I fell.

It was a combination of boredom, tiredness, being fed up with shidduchim which don't work out, feeling single and lonely, lack of excitement and another few excuses.

But as we know, KOT, admit powerlessness of lust, work out all your emotions at the gym, put back the filters on your laptop, avoid being lonely in my room at night and try being out there in a social environment.

Single-Shmingle, this aggression will not stand, my lust urges cannot start to ruin my daily life, I lost my wallet with all my papers, I can't focus on my studies, don't enjoy my day so much, so I've to get back on track.

You guys are great for all your posts and chizuk,

BBF

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Re: 1st fall in 4 months! KOT!

Posted by alexeliezer - 29 Feb 2012 18:44

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BB,

You're doing a great job of getting sober (admitting powerlessness, abstaining from sex with self). What about taking your recovery to the next level, working through the steps?

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Re: 1st fall in 4 months! KOT!

Posted by tehillimzugger - 29 Feb 2012 18:50

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[blackbeltfighter wrote on 29 Feb 2012 18:17:](#)

it was a combination of boredom, tiredness, being fed up with shidduchim which dont work out, feeling single and lonely, lack of excitement and another few excuses.

Tell me about it...

know the feeling

KOT

GUITAR

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Re: 1st fall in 4 months! KOT!

Posted by mechazek - 29 Feb 2012 22:11

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Keep it up you are so right do not listen to that voice that says this is what you want.

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Re: 1st fall in 4 months! KOT!

Posted by helpme! - 01 Mar 2012 10:20

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BB,

Have you ever gotten into contact with someone, talked to a REAL person over the phone or in face about your problem? Having the number of someone on your phone who you can call anytime can really help you, you can call him whenever you are in a situation which you described and which so many of us know all too well: lonely, tired, etc

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