

it is so ridiculous

Posted by last - 26 Apr 2012 21:51

B"H i am doing well on holding up my fences, but it is **very** frustrating that i can easily stay away from all the garbage but in the instant something accidentally comes in i have a very hard time to get it out.

looking for a way to fight things that pass the fence.

LT

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Re: it is so ridiculous

Posted by tocontrolmyself - 26 Apr 2012 22:04

i dont know whether you have tried it,but personally as soon as i joined the anonymous phone 12 step conference call it continously changed positively my response to triggers . so i suggest joining a group.i really didnt want to at the beginning ,i thought i'm better than that and i can manage on my own but i was just fooling myself.

HATZLACHA RABBAH AND I HOPE WE CONTNOUSLY FIND THE STRENGTH FROM HASHEM TO PUSH ON AND IMPROVE IN OUR SERVICE OF HIM!!!!

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Posted by alexeliezer - 27 Apr 2012 02:13

It can be very difficult when, despite our best efforts, something slips in.

I find that if I'm very clean otherwise, I can go straight to Hashem the moment it happens, and beg him not to let it affect me, not to let it land. The further into sobriety I get, the easier this gets. Just today a potential trigger walked up, stood a few feet in front of me so I could get a full view, and asked me something. I kept my eyes on her face for the briefest time possible without being rude, then looked back at my work. When she was out of sight, I put my head down and cried for a moment, begging Hashem not to let this affect me. It worked!

Hatzlocha!

Alex

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Re: it is so ridiculous

Posted by jack - 27 Apr 2012 13:35

i will tell you about something i saw with my own eyes.a black woman walked into a clothing store in williamsburgh - the owner was a chasidishe man. she was giving him her order for clothing.as he was writing it down on paper, his eyes were on the paper the whole time - he didn't pick up his head once.i'm not telling you to do this, but i am telling you what i saw.

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Re: it is so ridiculous

Posted by Machshovo Tova - 27 Apr 2012 13:51

Reminds me of what my wife told me many years ago. She went to a houseware store in Williamsburg to make a Kallah order. The owner (an ehrliche yid, obviously) worked with her for over an hour. My wife said, "Not once did he look at my face. He kept looking at a point 2 inches after my shoulder."

Eitzah tova ko mashma lon - we need to learn from such tzaddikim.

BTW, I hope to post a vort on this week Parsha about shmiras einayim in my 'Good intentions' site ('Introduce yourself' section).

MT

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Re: it is so ridiculous

Posted by chaimyakov - 27 Apr 2012 14:13

LT,

i found/find fighting the triggers head on to be extremely difficult and generally impossible for me. When things get around or through my fences i have to quickly give up the fight and "run away". In doing so i reinforce to myself that i am not in control of my life and remind myself that i don't run the world. For me, beginning to work the first 3 steps has been instrumental in my current status as a recovering addict, while before i was just an addict who didn't know/admit it. Could be you just need to fight harder. Most of us have found that isn't the answer for us. Only you, being honest with yourself, can answer that question.

Hatzlacha in all things GOOD.

chaimyakov

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Re: it is so ridiculous

Posted by last - 28 Apr 2012 23:28

thanks for all the answers, i know i should be more carefull i am just looking for ideas what to do

another bad thing is that i found that webchaver was ruining the ability to use software i need for work so i uninstalled it ???

daven for my sanity

LT

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when things got in. you can't always win leaving intruders outside