

Some help would be great

Posted by Avraham613 - 13 Jun 2012 12:38

Baruch Hashem I have managed to make great progress in becoming completely clean. It seems that every few weeks or so, the Taiva comes back very strong and it takes a little while to get myself out of it. I want to eliminate these cycles. I am in the middle of one of these struggles right now and I really do not want to be nichshol whatsoever (but I am feeling pretty weak at the moment). Any chizuk would be great.

Thanks!

Avraham

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Re: Some help would be great

Posted by Machshovo Tova - 13 Jun 2012 14:20

Hi Avi,

First and foremost, daven to Hashem. Tell Him you're helpless and only He can save you.

Then, just as important, keep your distance from anything that spells trouble.

And remember, don't get overwhelmed - it's only today that you need to deal with.

Finally, keep in touch and you'll surely get much help from this wonderful chevra.

Hatzlacha

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Re: Some help would be great

Posted by obormottel - 13 Jun 2012 14:32

Hi, friend,

are subscribed to chizuk emails? Reading them every day may provide just the help you need.

And sharing your progress (as well as the hardships) here on the forum has proven to be a boon for great many here.

Let us know what is the nature of your struggles and you'll be amazed how many people can relate to the experience.

Mottel

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Re: Some help would be great

Posted by Avraham613 - 13 Jun 2012 14:38

Thanks for the response.

The only reason why I have made any progress is because I read the chizuk emails daily.

When a slip happens, I try to think back and cut off any possible outlets that allowed me to fall.

Somehow the Yetzer Hara finds its ways. Today is my first day after a semi-fall (not really sure if it was really considered acting out or not).

ly"h today will be better than yesterday.

Thanks again,

Avraham

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Re: Some help would be great

Posted by alexeliezer - 13 Jun 2012 16:52

Welcome Avreml !

Glad to hear another Jew is taking up the struggle.

This Y"H does tend to attack in waves. Then there are times of peace.

I find the more vigilant and consistent I am with my shmiras eynayim and shmiras

hamachshova, the easier the whole thing is. If I sense myself even thinking about slipping, I start davening right away -- a short tefillah in my own words asking Hashem to take the lust.

The cleaner we stay, the cleaner we stay.

Hatzlocha, and thank you for sharing your journey with us.

Alex

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Re: Some help would be great
Posted by obormottel - 13 Jun 2012 21:36

Thanks for YOUR reply! So many people make a heartfelt plea for help and disappear...

If you're reading the emails, and the reading is helping, then...increase the reading.

How about the Handbook of GYE? It has the attitude section as well as the tools section.

Another idea is to get a real, safe person to talk to. For me, that made all the difference in my recovery.

Hatzlocho,

Mottel

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Re: Some help would be great
Posted by Avraham613 - 14 Jun 2012 02:15

I am desperately looking for a person to schmooze with when things get tough. I tried signing up for the partner program but have not heard anything back yet. If you have any other suggestions how to set up a phone partner that would be awesome.

Thanks again,

Avraham

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Re: Some help would be great
Posted by obormottel - 14 Jun 2012 02:58

Ill send you a private message tomorrow.

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Re: Some help would be great
Posted by Avraham613 - 15 Jun 2012 01:06

Baruch Hashem today was a much better day.

Simply posting for the first time was definitely helpful. I have never publicly (though anonymously) discussed my struggles in this area.

Thanks again,

Avraham

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