

Soothing the soul from emptiness facing reality

Posted by Ez streak - 08 Nov 2012 05:48

What if none of this works what if we return to the same place trying week after week to work and filling the emptiness, loneliness but sometimes we think it's gone but then it comes back and we just get sad and then it dawns on us it never goes away then we get depressed from where will our salvation come?

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Re: Soothing the soul from emptiness facing reality

Posted by Machshovo Tova - 08 Nov 2012 15:02

Calm down chaver,

Just focus on 'today'. Just do your best and let Hashem do the rest. Why make yourself miserable with all sorts of 'what if' scenarios? Take it easy - a day at a time. You've done that before, and you can do it again. And again. Forget about the past and don't worry about the future. Live in the 'present' - it's a 'gift' from Hashem. Don't squander it. Enjoy it to the fullest and make the most of it.

Hatzlacha,

MT

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Re: Soothing the soul from emptiness facing reality

Posted by DesertLion - 11 Nov 2012 12:00

Hey EZ streak,

Just want to say that getting started is ALWAYS the hardest part. I don't know how serious the problem is for you, but if you're a hard-core addict then breaking the addiction is no different to kicking a crack-cocaine/heroin addiction. It will be painful at first or at least not pleasurable.

But, you have to keep on reminding yourself that the pleasure you felt before was really false because it was killing you slowly and ultimately taking you away from all the things we all really want deep down.

If you feel pain, frustration and really miss the 'self-medication' then you have to know that it's healing pain and that you are breaking free. It's the YH that's being weakened and killed, whereas you are becoming stronger.

Astounding, world-shaking results may not come in a hour or a day or even a month, but you will be making progress every day that you say NO. It takes, time, work and FAITH in YOURSELF and God. I'm 7 years into recovery from absolute rock bottom (i.e. almost died and life totally wiped out to zero) and still going.

You can do it, and as Machshovo says, trust God and take it one day at a time. Another thing you should know; for those who guard the covenant (i.e. don't waste seed) they are promised pleasure in other areas of their lives. So God doesn't expect his warriors to suffer without reward lol.

BW,

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