

Taking the Next Step

Posted by Let It Begin - 24 Sep 2013 07:43

---

Hey, I used to go by the name 5shekvow, but since that has been annulled i decided to change it. Its been a while since ive posted, ive been trying to learn about the addiction more. It used to be that i got wrapped up in my streaks and everyone would ask me if i was paying alot of attention to the streak and i felt like i was doing something wrong and then i would fall. I didnt (and still dont) understand the addiction and how it works.

As of late, i have been making some strides. I have consistently been getting clean periods of 2 weeks at a time. Obviously, the reason im here is because i just fell, and i dont know how to get passed this next level of the addiction. Ive tried davening everytime but it almost seems like i cant do anything about it except daven. If someone can explain to me what im doing wrong would be so helpful. Thanks alot!

=====

=====

Re: Taking the Next Step

Posted by SIB101854 - 07 Oct 2013 05:23

---

Whoops-I meant at "not even raising my eyes."

=====

=====

Re: Taking the Next Step

Posted by Pidaini - 07 Oct 2013 15:38

---

That idea sounds swell, go for it!!

One step at a time, KUTGW!!!

=====

=====