

Is there hope for me

Posted by Reb Dovid - 23 Oct 2013 20:37

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In the past couple of weeks I am having a very hard time remaining clean for even a 24 hour period, I have a few numbers of friends from here, it's hard to get a hold of anyone. I have succumbed to lust. Lust has become my master. Is there hope?? I love my job, my family and G-D and the Torah. Yet I am lost in this addiction.

What should I do?

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Re: Is there hope for me

Posted by Dov - 25 Oct 2013 06:38

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1- I offered what I could in the PM, let's see what happens now be"H.

2- I don't know a single man or woman who can keep themselves sober, so all we sober sex and lust addicts can offer you is what keeps us sober one day at a time. We can share our experience with you.

So first, most of us completely opened up to another real person who knew us, completely about all our past and present troubling sexual behaviors. WE picked safe people only, and went for it.

Then we asked lots of questions of sober people and tried our best to use their experience.

We took 100% personal responsibility for our own recovery by surrendering lust - no one else can do that for us. As R Elazar ben Durdaya said after begging others to save him: "ein hadovor tolui ella bee." Surrender I giving up lust for today - happens in the heart. If it is true, then it works...if it is not, it doesn't. Simple.

My offer, of course, still stands.

I am just as powerless as you may be...but sober.

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Re: Is there hope for me

Posted by Reb Dovid - 12 Nov 2013 22:46

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BH

after going to a few meetings and reading the blue book, I remain sober even through very difficult and challenging times. Thank you friends for your encouragement and support. AM very stressed and hoping G-D will help me go through this once more.

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Re: Is there hope for me

Posted by Dov - 12 Nov 2013 23:07

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There is no need to do it alone. Perhaps you can more intimately involve your fellows who understand into your challenges, by calling and speaking about things more clearly than you may be. Or maybe you are already doing that. I don't know, but am just mentioning a common issue I share w many others.

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Re: Is there hope for me

Posted by SIB101854 - 13 Nov 2013 08:07

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Without the chevra here, I would not be clean for more than 100 days, a feat that I could not manage since my adolescence. Staying clean temporarily is an emotional high. Developing tool to remain clean is a life long day after day confrontation that cannot be accomplished by convincing yourself that you have the power to succeed without Pilpul Chaverim.

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