

my failure

Posted by MikeSsa - 09 Jan 2014 03:01

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Hi everyone,

Im looking for some support group, people who I can chat here or at least email to check in regularly.

Presently Im okay. I was very anxious and failed a few times last week, but BH and after speaking on chat with someone from here, gave me some chizuk, and I got better. my weekend was very good no fails.

But here am I now, not much work this week, and feel tempted, and started sexualizing every small situation or person, Today I failed and feel bad now I see that nisayon very small but when I had the urge it looked very hard to overcome.

Is curious when u start failing more often you don't see the situation that bad. Its sad and frustrating

Lust is my worst enemy

Be well

Mike

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Re: my failure

Posted by gibbor120 - 09 Jan 2014 03:17

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Post away, we're listening.

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Re: my failure

Posted by MBJ - 09 Jan 2014 12:33

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I know that when I first started on recovery I hyper sexualized everything. I was so sensitive to even the slightest trigger that it was making me nuts. In my attempt to be perfect in my recovery I found myself constantly beating myself up for even the slightest slip. It only served to make me even more sensitive. I also came to realize that I was only feeling like I was sexualizing things more, I really was like that almost all the time, I was just becoming more sensitive to it.

Just keep working on it. Put one foot in front of the other day after day. It will get better. We have developed such a strong habit of sexualizing anything and everything, it is hard to break. But each day that you don't give in, it gets easier. Rely on Hashem for help and you will be ok.

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Re: my failure

Posted by HHJR613 - 09 Jan 2014 13:01

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I'm no expert but I heard from an expert that we can't expect perfection in this area immediately. It's like popping into the gym and going to the 400lb weights first.

It's a process and we hate processes but we need to work on it.

If being sad after just depresses you then it is worthless. Use the past as your guide. I heard a quote once: "The best road is the hard road. Not because it's the best road, but because it's the hard one."

Weird quote but sometimes it helps me realize that the tougher it is, the more correct I am.

(Disclaimer: I am not saying to do anything "illogically crazy" just because it is hard. Please do not do something like drive the wrong way on the highway or skydive without a parachute just because it is harder.) Best o luck

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