

I am used to that sin.

Posted by R76 - 14 Aug 2014 06:42

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I tried to stop last October after learning that it is a great sin. But some time ago I returned to my old ways.

I am single and that sin does not cause me trouble in this life. I understand that my behavior is detrimental to my soul. But somehow I am not committed enough to stopping.

I am not even sure I am addicted -- I look at a few magazines, I do not use the Internet for that as I do not own the computer. I understand that being used to a sin is one of the worst things, but the punishment is so far from my everyday life.

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Re: I am used to that sin.

Posted by dd - 14 Aug 2014 12:27

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[R76 wrote:](#)

but the punishment is so far from my everyday life.

the question is what kind of everyday life is this??

we need to stop because we want to live life, not for the sin because that usually doesn't get us anywhere ,

Keep in touch!!!

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Re: I am used to that sin.

Posted by lavi - 14 Aug 2014 15:42

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hmmm, dd i understand your comment,

but our friend r76, doesn't feel the way you (and others) do,

please understand that "life" takes on different definitions for different people.

and r76 doesn't feel strong enough about, which is by the way, a very honest statement, and honesty is a first in recovery (in my humble opinion).

also, i want to give you credit, for the observation, that the chevra has pointed out that several times, the change will only come when someone feel that it is life.

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Re: I am used to that sin.

Posted by dd - 14 Aug 2014 20:26

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i hear you lavi, but what i'm saying is we don't always see to what sense its ruining things in life, sometimes we must be clean for a while to see the difference it makes on our lives,

KOL TUV!!!

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Re: I am used to that sin.

Posted by R76 - 15 Aug 2014 04:42

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[dd wrote:](#)

[R76 wrote:](#)

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the question is what kind of everyday life is this??

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Keep in touch!!!

You are right -- my sins do not help me in any way.

I have to deal with many other problems like depression and unemployment. Are there any general Jewish support groups?

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Re: I am used to that sin.  
Posted by R76 - 15 Aug 2014 04:45

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[lavi wrote:](#)

and r76 doesn't feel strong enough about, which is by the way, a very honest statement, and honesty is a first in recovery (in my humble opinion).

Thank you. Logically I understand that I should be more observant -- I should give up that sin and I should say all the prayers. But my observance level oscillates.

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Re: I am used to that sin.

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Posted by lavi - 21 Aug 2014 00:50

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ok i hear.

to my knowledge,there are two ways to approach this, the religious view and the non religious one, but essentially it is really about acting on the realization that one HAS to stop.

and the religious way provides religious reasons to stop.

and the non religious way provides non religious reasons to stop.

the methods of stopping doesn't neccessarily have to do with religion, being that religion doesn't always specify each individuals own path, rather anything based on logical and proven steps- check out the home page for info on this- is great.

prayers do help- BUT do not help alone. you need to take proactive steps, to get somewhere.

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Re: I am used to that sin.

Posted by R76 - 21 Aug 2014 22:23

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[lavi wrote:](#)

you need to take proactive steps, to get somewhere.

Thank you very much -- I do take licorice to reduce my drive. What set of steps would you suggest? Should I try the 12 step program?

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