

felt like i hit the ceiling

Posted by gye1962 - 22 Jul 2015 15:44

Hi

When i first discovered GYE it really helped me alot, and i realy made progress. then for ike 2 months i wasent making any progress, (i felt like i reached a ceiling that i couldnt get past) and then for like 3 weeks i sort of made Yeush and gave up.

now i am trying to get back up and start making an effort to break this ceiling. i realy need help from H in order to do this, since i realy fell hard.

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Re: felt like i hit the ceiling

Posted by cordnoy - 22 Jul 2015 16:00

Welcome back,

What part of GYE do you attribute your progress to, and what do you think happened to counter that? What are you lookin' for now? You mentioned Hashem.....is He here? Not there?

b'hatzlachah

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Re: felt like i hit the ceiling

Posted by gye1962 - 22 Jul 2015 16:14

I think that GYE helped me by showing me the truth.

sometimes it is easy to fool yourself and silence that inner voice that says that what you are doing is wrong, beacuse you really want it.

but the truth(the fact that ZL and porn is wrong) always pops up, so it realy helped me by facing the truth.

what counterd it was the fact taht i got stuck and couldnt make an progress after a certain point.so the YH stareted to tell me that i fooled myself by believing that i was gonna beat this adicction.

now i am looking to get back on my feet and start fighting the lust.beezrat H

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Re: felt like i hit the ceiling
Posted by cordnoy - 22 Jul 2015 18:32

I think most people come to GYE knowin' that this stuff is wrong.

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Re: felt like i hit the ceiling
Posted by AlexEliezer - 22 Jul 2015 18:47

[gye1962 wrote:](#)

so the YH stareted to tell me that i fooled myself by believing that i was gonna beat this adicction.

now i am looking to get back on my feet and start fighting the lust.beezrat H

I don't think we can fight or beat this addiction. But we *can* learn to live without our drug.

Meaning we will always want it, but we can curb the cravings by starving it and by getting back into healthier living.

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Re: felt like i hit the ceiling

Posted by gye1962 - 22 Jul 2015 20:00

youre 100% right.

we have to be comfortable with discomfort

took me a while to understand that

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Re: felt like i hit the ceiling

Posted by lomed - 22 Jul 2015 20:56

Welcome back gye1962,

As Dov once told me on the phone, most addicts will not recover from the first attempt to recover. Many of them try and fall again, and try and fall another time. Most of them never live to really recover from their addictions. Only those who are lucky end up to recover. So for now, it may be that you are from the lucky ones.

Keep it here and keep it up. and keep and posting.

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Re: felt like i hit the ceiling

Posted by the.guard - 22 Jul 2015 22:28

There's always an initial burst of inspiration in the beginning, but the addiction doesn't go away so easily. It takes work.

Watch the 8 minute video on the homepage to see what other tools you can try.

Go through your personal-home-page guardyoureyes.com/homepage and see which tools you haven't tried yet.

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Re: felt like i hit the ceiling

Posted by abd297 - 22 Jul 2015 23:03

Welcome back.

I have personally found that there are 2 parts to the matter. The first part is my natural attraction to women. It will involve some looking and impure thoughts. This is natural and was created so we will have kids. Looking and thoughts are bad but can be subdued with constant vigilance and avoidance. The other side is stronger things which I act upon. This may include MZL, watching bad things, etc.

I find the side of actions fuels my side of natural tendencies in a very detrimental way. They kind of fuse together and create a really strong lust drive in me. It becomes more than just a young guy who needs to work on himself, it becomes a very dangerous addiction. This is what I think the difference between me and a lot of other guys my age. They may look and think bad things and may have even done some other things but it's not the same as me who has been dealing with strong issues for many year since a young age.

The natural feelings get hyped up by the more unnatural ones and the unnatural ones get strengthened by the natural ones.

This shows that lust can't be totally taken away. I will always have the natural feelings. I need to work on them as much as I can. The more unnatural things can be removed with strong fighting and proper actions taken. I must battle the natural feelings to lessen the unnatural ones. And when I lessen the unnatural ones it will take the edge off the natural ones and give me room to work.

This is what I see in my personal life. It may be wrong and it can be up for discussion.

Good luck and keep on posting.

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Re: felt like i hit the ceiling

Posted by Hatzileini Na - 23 Jul 2015 03:15

[gye1962 wrote:](#)

Hi

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now i am trying to get back up and start making an effort to break this ceiling. i really need help from H in order to do this, since i really fell hard.

One of the most heartfelt Tefillos we say (for me anyways) is in Maariv: Vhasair Satan Milfaneinu O'Maiachoeinu (Remove the Satan from in front of me and behind me) which many explain refers to the idea that before we give in to temptation the Yetzer Hara makes it look soooo tempting, and then once we fall, he tries to convince us we are failures so we stop fighting.

I don't know that there's any bigger challenge than trying to get back up once we've fallen in our recovery efforts. We took the plunge, often had a solid streak, and then in a moment of weakness it slipped away (maybe it starting slipping over time...)

That said, you have it in you. Remember that the days you were clean are not mitigated by the failure. Think about the big picture and where you have come. Even if you fell hard, it was following some really great efforts, and now you will dust yourself off, consider what additional steps would be beneficial for you, and fight another day.

We are pulling for you, and have felt the agony that comes from being in such a situation. Offering a physical hand to help pick you up may not be possible, but it is held out in virtual form.

(FYI, your post provided me with Chizuk as I've felt myself slipping over the last few days. I hope something I or anyone else posts here provides you with Chizuk.)

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Re: felt like i hit the ceiling

Posted by gye1962 - 23 Jul 2015 15:21

thank you Hatzileni Na and abd297 for your chizuk.

i hope to be able to just lift myself up and start walking forward.

may H help you with your fight against lust, and give you many Zchuyot.

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Re: felt like i hit the ceiling

Posted by abd297 - 23 Jul 2015 15:22

Back at you. Keep us posted.

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Re: felt like i hit the ceiling

Posted by Pidaini - 23 Jul 2015 18:47

Welcome to GYE!!

KOP!! It really helps!

What are your triggers? What fences have you put up to curb your falling?

KOMT bro!!! You can do it!!

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Re: felt like i hit the ceiling

Posted by gye1962 - 23 Jul 2015 19:45

ever since i started at GYE, i really changed my whole day to day.

i started recognizing triggers(for example:too much video games,tv shows, having an unfiltered
ipad and smartphone) and i took steps to change all of them.

it helped me with my struggle of lust, and my life also improved in other areas, such as the way i
eat, my exercise habits and especially my stress.

for this i am really grateful to GYE.

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