

Journey of life

Posted by lifebound - 07 Sep 2017 05:10

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Re: My sorry state...

Posted by Yerushalmi - 11 Mar 2018 08:34

Thank you for all the clarification, I re-read my last post and realized it was a little blunt, I hope no one was offended or anything...even if I don't agree or feel that it isn't applicable to me, the varied perspectives are super helpful to learn what worked for others, and as a result develop self-awareness and clarity in what works for myself. So keep em coming, and in the words of

Hakol, let's still be friends?

Dear Lifebound,

No hard feelings taken. We are friends here (as best as we can be in an anonymous forum).

Friends give each other advice, but aren't insulted if the recipient does not need it, or does not heed it.

A therapist that I went to a while ago, said to me that all the tools and solutions are inside your [i.e. my] brain, and the the job of the therapist is to help you [me] find them and figure them out. This took me years to actually digest. I'd blame everyone under the sun for my inability to fight the yetzer, but until I said to myself "This is my life, and only I can change it, only I can ruin it and only I can fix it" did things start to improve. Case in point. I would struggle to get up on time for Shacharis. I would daven to Hashem to give me the strength to do so. One time, right after such a tefilah, a voice in my head suddenly said "If you really want to get up, why aren't you setting an alarm clock!?"

I can go to therapy for years (I really only went for a few months), but until I decide to FULLY COMMIT to this fight, to put in the blood, sweat, and tears, and fight with everything I got, I won't win. Once I came to that conclusion, things seem to have gotten easier. I still face challenges daily. I still struggle, and I expect to struggle for a long time, but I am now fully committed to this fight. I don't view it as holding my breath delaying the inevitable, I view it as fighting the battle in front of me now, and not thinking about tomorrow's fight.

All the best to you!

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Re: My sorry state...
Posted by lifebound - 11 Mar 2018 13:17

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Re: My sorry state...
Posted by ayidel - 11 Mar 2018 14:03

Great job

Another difference between the two approaches seems to be the dependant if its an addiction in which in that case chizuk and white knuckling to 90 won't really help rather a way has to be found how to get the body out of the rut and take away that grip that acting out has on us

But on the other hand if it was just a case of curiosity or giving in to the wills of the y"ח then chizuk and really buckling down can have a major effect on the person

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Re: My sorry state...
Posted by lifebound - 11 Mar 2018 14:08

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Re: My sorry state...
Posted by ayidel - 11 Mar 2018 14:13

While i'm in no position to tell you if you are an addict or not it seems to be one of the signs if you can't stop it by regular chizuk and a solid resolution not to do it if with all that you find yourself constantly battling yourself i would check it out

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Re: My sorry state...
Posted by lifebound - 11 Mar 2018 14:28

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Re: My sorry state...
Posted by ayidel - 11 Mar 2018 14:42

I wouldn't call it wasting time as every tip could come to use if not in an affirmative way at least in a way you will be able to help others by showing what won't work

But even more important we have been sent here for perfection and bettering ourself and while the outside enviornment does not look that way as they honor results and not work we must remember that the work is the main part and be ready to give what it takes to become better so keep on trucking as they say here and you will get there but ceartinlly don't shy away from trying different ways

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Re: My sorry state...
Posted by lifebound - 11 Mar 2018 14:45

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Re: My sorry state...
Posted by Gevura Shebyesod - 11 Mar 2018 15:12

As long as you're trying you're on the right path. If things aren't working maybe you're just in

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Re: My sorry state...
Posted by lifebound - 11 Mar 2018 15:24

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Re: My sorry state...
Posted by Yerushalmi - 11 Mar 2018 18:47

Just pulled an all-nighter here.

If I were to do that, that's an almost guaranteed way for me to fail. This is what I meant by a total commitment. I know that I need a decent night's sleep, and if I don't get it, my defenses are lowered tremendously. Part of my commitment to the fight, is to make certain to get the sleep that I need.

Another thing, and in this I am repeating what others have already said here. If you stay clean, you won a fight. That is not a waste of time. That is another victory on your score card. Every time that you fight off the yetzer, you are becoming stronger. You are also a better person. Had you pulled an all-nighter 30 days ago, was there even a chance at all that you'd stay clean? You are not the same person now as you were last month. Don't get despondent because you had a tough fight. Enjoy the feeling of a hard earned victory!

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Re: My sorry state...
Posted by i-man - 12 Mar 2018 02:42

Well said jerusalemite - as we know the ultimate teshuvah is being in the same situation and not repeating the deed , that being said LB you feel like your struggling to breathe - branch out and try other tools - your kind of on a springboard -you got up higher than before ,now swing higher -theres more in reach

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Re: My sorry state...
Posted by Singularity - 13 Mar 2018 07:41

[Yerushalmi wrote on 11 Mar 2018 18:47:](#)

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Another thing, and in this I am repeating what others have already said here. If you stay clean, you won a fight. That is not a waste of time. That is another victory on your score card. Every time that you fight off the yetzer, you are becoming stronger. You are also a better person. Had you pulled an all-nighter 30 days ago, was there even a chance at all that you'd stay clean? You are not the same person now as you were last month. Don't get despondent because you had a tough fight. Enjoy the feeling of a hard earned victory!

oh man if I could just get my wife to agree

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Re: My sorry state...
Posted by ieeyc - 13 Mar 2018 14:02

very well said yerushalmi! singularity, its nice if we could get the wife to see it that way but the main thing is that Hashem DOES see it that way and so should YOU!

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