

Stay strong and don't fall again.

Posted by willingotbegood - 24 Sep 2017 19:34

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After going through the challenge and staying clean for a nice time period, now when the Yeitzer Horah is here again to give a QUICK look on a photo that you should not look at... HOW CAN YOU STAY STRONG???

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Re: Stay strong and don't fall again.

Posted by stillgoing - 24 Sep 2017 19:41

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Hi Will. Welcome. We all know that there's really no such thing as a "QUICK" look. It's like *QUICKSAND*. Really hard to get out.

For me, fasting usually heightens the challenges.

You wrote that you were clean for a nice time period. How did you you do it then? What sort of things worked for you?

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Re: Stay strong and don't fall again.

Posted by willingotbegood - 24 Sep 2017 20:35

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Staying clean was done by bidding my marriage.

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Re: Stay strong and don't fall again.

Posted by Markz - 24 Sep 2017 21:45

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Welcome

You just got married?

Is there only one picture that concerns you?

you missing some info here

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Re: Stay strong and don't fall again.

Posted by Hashem Help Me - 24 Sep 2017 21:49

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Welcome. It should be with hatzlocha.

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Re: Stay strong and don't fall again.

Posted by ColinColin - 26 Sep 2017 01:25

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You have an urge to look at a photo.

Re-direct that urge to look at other photos... of Tzadikim, and think of their kedusha.

And of Eretz Yisrael, and think of it's beauty.

And of the wonders of outer space which show Hashem's greatness.

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Re: Stay strong and don't fall again.

Posted by gibbor120 - 26 Sep 2017 15:51

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Welcome! "staying strong" usually means making real changes so that the battle is not as severe as often. Usually, the reaction you are having is a result of white knuckling. You are holding on and trying to have "streaks", but have not made real changes to your life - attitude, outlook, etc. Being in recovery requires fixing it at the sourcee. Not perfectly, but working on real issues that underly your acting out, not just the act. Treating the disease, not just the symptoms.

Check out the handbook for loads of ideas, and as always keep posting here.

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Re: Stay strong and don't fall again.

Posted by ItWorksIfYouWorkIt - 01 Oct 2017 16:42

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Here's what works for me:

I DON'T LOOK AT ANYTHING!!! I mean anything, no you tube thumbnail images, no facebook thumbnails, no celebrity advertisements Nothing...Nothing...Nothing. Something as benign as a photo of a beautiful actress from the 70's got me doing an image search of her...CLOTHED!. Next thing I know I'm doing a bikini search...FROM THE 70's LOL

You have to learn what trips your circuit, if looking at non-pornographic images of Women, let's say in athletic magazines trips your circuit, guess what, you can't look at those magazines.

An acorn falling from a tree into a calm lake can cause ripples so strong that the serenity of that lake is disturbed for minutes, and that's just an acorn. Imagine what happens if you drop a boulder.....game over.

Hashem should bless you with the chizuk not even to look at begin images that may trip your circuit. It's a circuit!!!

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