

I feel lost and hopeless

Posted by Hopeless101 - 06 May 2021 10:43

I am feeling lost and hopeless. I keep trying to start and I am good for a couple days and then I fail. How many times can I keep trying and fooling myself that I can do this? The process goes something like this I'll catch a glimpse of something not even on my phone. I could be outside. Next I will start googling for things, then I reset my blockers, and I then start installing all social media apps, and then I look at porn, and it just keeps going. I need that eye candy. Its a chill for me. I need to browse when I am bored, stress, angry. When I am in my place I don't need it. But with all the stuff going on and there is NOTHING else to do. I may even then go to a strip club or then get a massage. How can I overcome something that is not is not only willpower but a physical thing that I need to have done. Once I get going I can't stop. Once it's done I feel like starting all over again and everything is reinstalled. I feel like I need to do it so I can reset again to start working on it again. I feel like there is no hope. I feel like unless I can get a brocha from a godal hador or something there is no chance of breaking my yetzer harah. I don't even know what happens to myself. I want to be good. I want to be closer to Hashem but its like all will power and common sense go out the window. I know I am doing wrong and I still do it. I've tried so many things. Installing reminders of Shivisi Hashem Lenegdi somid on my phone as a reminder, books, GYE like a bunch of times. I just don't have that strong will power. HELP!

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Re: I feel lost and hopeless

Posted by Grant400 - 04 Jun 2021 14:20

[Hopeless101 wrote on 04 Jun 2021 06:26:](#)

So, here is my update....

I hired someone to help me out with this problem.

I bought a couple of books on Shmiras Eynayim, Bris, Etc...I added these to my daily sedarim so I try to have it always in mind. BTW you know the chofetz chaim book on lashan harah a lesson a day. They have one on Shmiras Enyaim. It is good. Also, I found Sefer Zos Brisi in English is AMAZING!!! It gave me alot of chizuk. I'm reading it for the 2nd time.

I am clean now for 30 days.

During the course of the 30 days I tried to force myself not to take a double look at something.

Sometimes I was able and sometimes I failed. It was hard to force the instinct to look.

On the last day of the 30 I felt my self really getting weaker. I was slowly starting to lose my will power. It was a crazy last few days. I wasn't getting much sleep, stress for work, etc...

I was pretty solid for the month but on the last day I found myself taking a double look at a girl or two and I browsed a few girls on tik tok in bikinis.

I was able to shut it down after a few minutes and that's all did.

Am I a complete failure that I wasn't able to go a full 30 without browsing some eye candy?

Like WNGU wrote. You did great! How do you expect to just rip out years of training yourself to do something...in 30 days?!?

There is no magic. No matter how strong a decision there is a method. It's called time. Just like a bodybuilder must work out every day for years slowly increasing resistance to reach a goal, so must be done in all areas. Slow and steady.

We are human. Sometimes we win and sometimes we don't. That's what life is. The key is to learn from mistakes (for real), and keep growing. As long as we don't let it get us down and keep moving ahead with proper determination, you are on a beautiful upward trajectory.

Like they say. What doesn't kill you makes you stronger.

Chin up! You are doing great!

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Re: I feel lost and hopeless

Posted by Hopeless101 - 04 Jun 2021 14:52

Thanks. All the positive feedback helps.

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