

Break FREE

Posted by Yosef2212 - 10 May 2021 22:49

I'm not going in the right track right now. I feel so bad every time I fall I get really depressed. I usually fall once a week but it has gotten worse. Every time I fall I feel more bad about going to daven. How could Hashem forgive me after I say I'll stop every time?

If someone has some chizuk, please, it would really help...

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Re: Break FREE

Posted by ihadstringsbutnowimfree - 10 May 2021 23:04

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Re: Break FREE

Posted by DavidT - 11 May 2021 02:28

[Yosef2212 wrote on 10 May 2021 22:49:](#)

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Re: Break FREE

Posted by EvedHashem1836 - 11 May 2021 04:22

[Yosef2212 wrote on 10 May 2021 22:49:](#)

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Chizuk will work for some people who are less addicted and more have a "bad habit" (such as myself) but depending on how deep youre entrenched you may need more than j a bit of chizuk. I'd recommend joining the 90 day challenge and being more active on the forum - think most people that have made it have done both of those

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Re: Break FREE

Posted by DavidT - 11 May 2021 13:36

[EvedHashem1836 wrote on 11 May 2021 04:22:](#)

[Yosef2212 wrote on 10 May 2021 22:49:](#)

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Just a quick point about how a person can get an idea if he's addicted or dependent (which is easier to treat).

When people use the term “dependence,” they are usually referring to a physical dependence on a substance. Dependence is characterized by the symptoms of tolerance and withdrawal.

Addiction is marked by a change in behavior caused by the biochemical changes in the brain after continued substance abuse. Substance use becomes the main priority of the addict, regardless of the harm they may cause to themselves or others. An addiction causes people to act irrationally when they don't have the substance they are addicted to in their system.

The experience of pleasure does play some role, because it opens the doorway to addiction. But it is clear, based on the fact that most people do not become addicts, that over time a person's initial experience of pleasure is not what causes that individual to return to an addictive substance again and again, compulsively and to his or her detriment.

The opposite of addiction is not sobriety, it's connection. That said, developing healthy interpersonal connections as a part of recovery and healing is not easy. It takes time, effort, and a willing support network. The good news is that we now know for certain that this type of recovery and social connection is possible — even for the most problematic of addicts.

And this is why GYE works!

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Re: Break FREE

Posted by Captain - 13 May 2021 16:05

Check out the great free resources in my signature below. They provide a lot of chizuk.

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