

I cant take it

Posted by retrych - 13 Apr 2023 07:42

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(in israel, post yom tov)

I can't take it.

I had been clean so long, not even having a taiva anymore.

After an awful, feelingless pesach- couldnt feel or learn or be calm

couldnt sleep, and the taivos and thoughts poured in unexpectedly

after starting to give in- I ended up on the computer until 3 am browsing mindless entertainment. Thought i finally got out of that well which destroyed my life as well. but the part i really cant take is after. I let the thoughts come back in. I didnt have the same pull, but i wanted it. And i deliberately thought of those things, and started worse. I didnt have to.

After all this time, and after yom tov, and all the good Hashem has done for me and all the opportunities for growth and mitzvos, and i just brought it in.

Just yesterday I was thinking Id rather die then go back, and i still rather I would have. I dont know what to do.

(I wrote this after waking up, already I dont feel much hurt anymore or affected. really dont know what to do to prevent this, or where to go or how to fix)

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Re: I cant take it

Posted by frank.lee - 13 Apr 2023 10:19

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In Israel too...

You should be happy and excited that you still have taavos! You still have nisyonos! Paradigm shift. Thank Hashem!!

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Re: I cant take it

Posted by I WILL - 14 Apr 2023 19:11

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I feel you man. Just keep going. It makes me proud to be associated with people who care so deeply. I wish I could reach over to Isreal and give you a hug. Keep us posted, and be as proud for caring so much. Hatzlacha!

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Re: I cant take it

Posted by Eerie - 14 Apr 2023 19:54

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Hey, you are such an amazing person for all you have done and the way you have come! And

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we all need a hug every once in a while, and that's what we are here for!