

Setback.

Posted by ScottHarvath - 20 Aug 2024 03:39

---

Hey friends. First I would like to thank everyone that helped me with all of their ideas for posts I have made earlier. I was clean for almost 9 days but unfortunately I messed up. I recommitted myself and was clean for a day until I messed up again. That feeling of giving up is starting to creep in and I'm looking for some ways to push it out and keep it out. Open to any and all suggestions

-Norseman

=====  
=====

Re: Setback.

Posted by jewizard21 - 20 Aug 2024 11:44

---

One Day At A Time

You were clean for 9 days, then messed up, then clean for a 10th day then messed up....

Remember that a mess up doesnt mean you have totally failed, it means you messed up TODAY but you have control over the now, this moment, the rest of today.

Then the next day, don't focus on "oh im a failure bc I messed up yesterday" because you can't change yesterday but you can control today.

The goal isn't the highest streak, even though it's nice and helpful for you to have a long streak, but the goal is each day as it comes.

Much Hatzlacha.

Sorry if this sounds jumbled, I haven't had my morning coffee yet

=====  
=====

Re: Setback.

---

Posted by Captain - 20 Aug 2024 12:32

---

Please check out The Battle of the Generation [guardyoureyes.com/ebooks/item/the-battle-of-the-generation](https://guardyoureyes.com/ebooks/item/the-battle-of-the-generation)

Especially Appendix A in the back of the book.

=====

Re: Setback.

Posted by jmyers99 - 20 Aug 2024 12:54

---

Feeling down about a mess up is the biggest trick of the yetzer hara. "I already messed up, now I'm worthless, etc."

I've found after a fall, I'm much more likely to fall again because I already feel bad about myself, I might as well fall again to feel better, then I feel worse, fall again, etc.

Must take yourself out of the loop. We ask Hashem to remove the satan before us and after us during hashkivaynu before shemona esrei by maariv. Before us means help lead us in the right path - but behind us? I heard Rabbi YY Jacobson say it means the yetzer hara stands there and says "you suck, you're nothing, you're so bad, etc."

That's the biggest trick. A bit part of not falling again is brushing yourself off and controlling the future versus staying down because of the past.

=====

Re: Setback.

Posted by 1-12steps - 20 Aug 2024 18:11

---

Nothing new

if only 9/10 was your batting average....

no criticism here, but can't understand why you needed to open a new thread. There's no "setback" here, just part of the "journey". Keep adding new tools to your daily routine, and start sharing more openly what and how you fell or slipped (It does "wonders" for staying clean and even softening the falls)

=====

=====