

Help!

Posted by pomegranate - 15 May 2025 05:39

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I've fallen 3 days in a row after 65 clean days because I can get access to google maps on someone else's device. I'm sorry for letting down my family and everyone here.

I'm trying to understand why somewhere along the line on the way to a fall, my mind gets convinced even without any physical urges that this is something I have no control over and that I have to give in to. At the same time I know this isn't true. What is going on with me?

Hope to share good news with everyone tomorrow and wish everyone Hatzlocho but I don't know how this is going to change at the moment.

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Re: Help!

Posted by pomegranate - 01 Jul 2025 05:58

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I can't believe I've fallen again.

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Re: Help!

Posted by daverose2 - 01 Jul 2025 11:59

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Hey dont let it knock you down. Pls get right back into it. I just fell on sunday after 8 clean weeks. it sucks it makes you feel crappy but it happens. we're not supposed to be perfect. Just get right back in there and continue fighting.

Feel free to reach out if you would like.

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Re: Help!

Posted by pomegranate - 01 Jul 2025 20:04

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Thanks for taking the time. The next few days are going to be critical. You've given me some extra fuel. Wishing you and all the chevra, only hatzlocho.

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Re: Help!

Posted by hashemisonmyside - 01 Jul 2025 20:16

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the main thing is get up after the fall and not let the YH use it as a tool to keep you in that trap.

its worth listening to this Shiur from R' Shimon Spitzer which sums it up really well.

Check out episode: ?????? ?????? ?????? ??? ?????? ??? ??? ?????? ?????? ??? ?????? @ @Havineini?

<http://lomdotchasidut.libsyn.com/32pamu65956o>

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Re: Help!

Posted by pomegranate - 03 Jul 2025 08:26

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Thank you so much, I'll try and check this out.

Bh it's been 2 days now.

Wishing everyone bessuros tovos

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Re: Help!

Posted by upanddown - 03 Jul 2025 09:00

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From my experience counting clean days by itself isn't a long term solution. It must be done together with daily **inner work**. Have you read the book "The Battle of the Genration" yet? Or is there any sefer or book that speaks to you?

Wishing you tremendous Hatzlacha!

Don't get to bogged down by the fall, over the last few days you've definitely made more decisions to **overcome** then to fall. You've got the upper hand over the YH!!

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Re: Help!

Posted by hashemisonmyside - 03 Jul 2025 20:30

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here is another good one from R' Meilech [www.youtube.com/shorts/B7kRe3kVD-w](https://www.youtube.com/shorts/B7kRe3kVD-w)

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Re: Help!

Posted by pomegranate - 03 Jul 2025 21:21

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[upanddown wrote on 03 Jul 2025 09:00:](#)

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Thank you, I've read a lot of books but I haven't tried that one yet.

Best wishes

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Re: Help!

Posted by pomegranate - 03 Jul 2025 21:23

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[hashemisonmyside wrote on 03 Jul 2025 20:30:](#)

here is another good one from R' Meilech [www.youtube.com/shorts/B7kRe3kVD-w](https://www.youtube.com/shorts/B7kRe3kVD-w)

Thank you, bh I don't have access to youtube, is it also on Torahanytime?

Hatzlocho to you

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Re: Help!

Posted by hashemisonmyside - 03 Jul 2025 21:38

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not sure

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Re: Help!

Posted by upanddown - 04 Jul 2025 12:50

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[pomegranate wrote on 03 Jul 2025 21:21:](#)

[upanddown wrote on 03 Jul 2025 09:00:](#)

From my experience counting clean days by itself isn't a long term solution. It must be done together with daily **inner work**. Have you read the book "The Battle of the Genration" yet? Or is there any sefer or book that speaks to you?

Thank you, I've read a lot of books but I haven't tried that one yet.

Best wishes

See in my signature a link to download the book

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Re: Help!

Posted by pomegranate - 09 Jul 2025 22:44

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Bh Hashem it's day 9.

What's the right perspective on wasting time trying to get round filters without actually falling. It probably means that I would have fallen had I succeeded to get through the filter. That probably means I'm not getting to the route of my problem. How do I work on myself so that I shouldn't even try to bypass filters.

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Re: Help!

Posted by hashemisonmyside - 09 Jul 2025 22:56

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how about Webchaver to a mentor?

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Re: Help!

Posted by pomegranate - 10 Jul 2025 19:56

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I've fallen again, this time at work when I was alone.

I'm struggling to understand myself. I've managed in this situation before. The setback chain hasn't enlightened me this time.

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