

EsaAinai's Journey

Posted by EsaEinai - 17 Jan 2010 05:13

B'H' Today was easy on me. I had some depressing feelings that came up in the day, not a desire to do anything wrong. However in the past boredom and depression have created the void and fertile ground to fall. So I asked Hashem for help with this, and they went away. I probably would have not even asked for help at that moment (i was only feeling a little bad, and there are plenty of ways to deal with that) if it were not for my trying to internalize this new attitude that I am learning with your help. Maybe this really is the Bracha in it; developing a *really close* relationship with Hashem through his kindness and mercy. Also had I not asked for help when it was just a bad feeling it may have become a worse situation.

I am trying hard not to become complacent, I know how this thing sneaks up on you; and with a new attitude and some progress I am afraid to fall. For the past couple days I have been trying to remind myself to thank Hashem for all the little things and what I naturally take for granted, and to trust in him for everything.

Aside from having some bad feelings today, later in the day I had some really good feelings of a bright future; something I have not been able to gaze on in awhile.

Its pretty hard for me to say this; but I already spilled the beans before about my 7th day, so today is my 9th day clean I believe. I don't like saying how many days its been because I now feel not only responsible for myself but for anyone struggling who might read this, I don't want to let them down.

Shalom

=====
=====

Re: EsaAinai's Journey

Posted by EsaEinai - 03 Mar 2010 05:19

=====
=====

Re: EsaAinai's Journey

Posted by silentbattle - 03 Mar 2010 16:39

hey! Welcome back!

What's wrong with rocking v'rolling?

=====

=====

Re: EsaAinai's Journey

Posted by EsaEinai - 01 Apr 2010 04:37

i don't know how I will make it through the night, and if I do how will I make it tomorrow.

=====

=====

Re: EsaAinai's Journey

Posted by EsaEinai - 01 Apr 2010 04:56

I'm going to sleep now, I will make it tonight because I asked how will I make it through the night; I don't know how I will make it through tomorrow.

=====

=====

Re: EsaAinai's Journey

Posted by dovekbashem - 01 Apr 2010 04:58

EsaAinai,

I almost wanted to cry reading your post. I'm on day 4 today and am already feeling the struggle. I was actually reading your post to prevent me from looking at far worse things. I can see how hard this struggle will be for me but you give me chizuk that just because its hard does

not mean it can't be beaten.

We are in this together. Thank You.

=====

Re: EsaAinai's Journey

Posted by EsaEinai - 01 Apr 2010 05:01

[dovekbashem wrote on 01 Apr 2010 04:58:](#)

EsaAinai,

I almost wanted to cry reading your post. I'm on day 4 today and am already feeling the struggle. I was actually reading your post to prevent me from looking at far worse things. I can see how hard this struggle will be for me but you give me chizuk that just because its hard does not mean it can't be beaten.

We are in this together. Thank You.

Well now you made me cry; but I also know how I will make it thought tomorrow; I will come back and read your post!

=====

Re: EsaAinai's Journey

Posted by dovekbashem - 01 Apr 2010 05:10

Haha. The tears are back. It sounds like we will be reading each other's posts in the days to come. Thank you again and much hatzlacha

=====

=====

Re: EsaAinai's Journey

Posted by silentbattle - 04 Apr 2010 15:24

Glad to hear from you again - it sounds like you're doing great, even if things aren't always easy. Focus on how good it feels when you're able to stay clean!

=====

=====

Re: EsaAinai's Journey

Posted by EsaEinai - 28 May 2010 17:21

I just listened to a wonderful shuir by Rabbi YY Jacobson

The Holiness of Unholy Thoughts: Chassidism and Psychoanalysis

theyeshiva.net/Video/View/85

=====

=====

Re: EsaAinai's Journey

Posted by silentbattle - 28 May 2010 19:56

How are you doing, my friend?

=====

=====

Re: EsaAinai's Journey

Posted by EsaEinai - 07 Jul 2010 07:08

Another inspiring shiur I just listened to. www.theyeshiva.net/Video/View/93

=====

=====