

struggle continues

Posted by StrugglingGuy - 16 May 2010 14:39

from a high to a low-

So after a shabbos where I made harchakos from mstrbtion and erotic lit as well as davened what i felt were good tefillos, i fell twice in a short span; once last night and once this morning. Right after the falls, i felt that since the urge and the yh were so immensely powerful, i felt powerless and concluded there is nothing i could have done this time other than ms**bt... I didnt have remorse basically; I chalked it up to the YH.

the yezter hara seems to have so much patience that even if i go a week clean (which is what i had) the urge can come at any moment...

help appreciated...thanks guys.

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Re: struggle continues

Posted by silentbattle - 13 Dec 2010 12:56

We can choose to remember to surrender, if we want to (that's a response to your last post).

What did you learn from your fall?

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Re: struggle continues

Posted by StrugglingGuy - 14 Dec 2010 00:26

fell again last night

i have learnt that my urge is sometimes too powerful

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Re: struggle continues

Posted by yedidya aleph - 14 Dec 2010 00:46

he guy cheer up,tomorrow it another day!

just b/c someone fails today does not preclude succeeding tomorrow!

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Re: struggle continues

Posted by StrugglingGuy - 15 Dec 2010 20:41

I won last night- b'chasdei Hashem!

I won't say what strategy I used but it worked, BH.

each day is a new day

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Re: struggle continues

Posted by Yosef Hatzadik - 15 Dec 2010 22:41

[StrugglingGuy wrote on 15 Dec 2010 20:41:](#)

I won last night- b'chasdei Hashem!

A win for you = a win for all of us!

We are partners in your struggle!

Congratulations!!!!

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Re: struggle continues

Posted by silentbattle - 16 Dec 2010 12:36

Fantastic! One day at a time, keep on going!

I would caution against saying that "sometimes my urge is too powerful." Perhaps I'm misunderstanding, but for me, that would leave an opening for me to tell myself, "well, what could i do? The urge was too powerful this time!"

Unless you mean that since the urge is so powerful, you need to find ways of entirely avoiding temptation.

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Re: struggle continues

Posted by briut - 16 Dec 2010 12:44

Yep, I certainly agree with SB on this one. The phrase "too powerful" is granting far too much power to the pitiful little y'h. The team of U+HKB'H is plenty powerful for victory -- it's just a question of how to harness all that amazing power. "My name is G-d. I will be piloting the aircraft today. Thank you, but I will not be needing your help. Enjoy your flight."

That doesn't sound like "too powerful" to me....

You are SO lucky to be co-pilot with such an awesome (no-rahh) partner.... I guess we all are....

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Re: struggle continues

Posted by Dov - 16 Dec 2010 16:29

Powerful, schmowerful, you are thinking too much. Just chalk it up to Chasdei Hashem every single time and move right along. What are you afraid you will lose out on? A medal you might actually deserve will not get pinned on your davening jacket? Boohoo.

If things are getting better, then things are getting better, that's all. Today will be over soon and tomorrow will be here - and you will be as much in His hands then as you are today.

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Re: struggle continues

Posted by StrugglingGuy - 16 Dec 2010 17:36

thx everyone

how du u know i wear a davening jacket?

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Re: struggle continues

Posted by Dov - 17 Dec 2010 03:00

What sex addict doesn't wear a davening jacket?! Es iz past nisht!

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In other words, "Hi there!"

Re: struggle continues

Posted by silentbattle - 17 Dec 2010 07:44

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Re: struggle continues

Posted by desperate_teddybear - 17 Dec 2010 09:00

mines got blue and green stripes in accordance with my minhagim.

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Re: struggle continues

Posted by StrugglingGuy - 19 Dec 2010 17:53

cool teddy- mine is brown velvet

i fell last night at 5:30 am. i want to reveal everything and i hope this isnt a ttrigger for anyone. i tend to wake up at this hour shall we say 'ready'. i think physiologically this is kind of common. tell me if im wrong.

I need to (at least try to) ask Hashem to remove this obstacle and let me sleep thru the night totally without these distractions.

back to last night, i pushed it off for a while, but i nvr got back to sleep totally bec my readiness did not go away. i couldnt handle it anymore and gave in. my roommate is asleep and doesnt notice.

IYH my hishtadlus of pushing off and my asking Hashem to let me sleep thru the night will help.

again my phone is there for me to call or text someone but i just dont do it at this point- either im lazy or i am interested in pushing it off any longer or something else.

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Re: struggle continues

Posted by StrugglingGuy - 19 Dec 2010 17:55

no excuses for myself , but why does YU not have filyers on their lib computers!!??

Ribbono Shel Olam- its such a nisayon!

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