

struggle continues

Posted by StrugglingGuy - 16 May 2010 14:39

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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 StrugglingGuy - 03 Jan 2011 14:55

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the only thing is- ive said this before- i do not remember/i dont not want to call someone at that point

i do have numbers yes

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Re: struggle continues

Posted by StrugglingGuy - 06 Jan 2011 00:31

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OK. So I am headed on a trip for abt 2 weeks I dont know how much access I will have.

IYH I will be able to surrender my lust and zchus helping people come closer to Judaism (this trip) as well as being around other guys I will have a reprieve from urges and if I do, I humbly ask Hashem to help me fight thru.

Take care everyone!

-sg

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Re: struggle continues

Posted by installed - 06 Jan 2011 06:01

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Lucky you! Enjoy your trip and hatzlocha with the kiruv thing. I'm sure that strengthening others will strengthen you.

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Re: struggle continues

Posted by silentbattle - 06 Jan 2011 20:51

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Hatzlocho!

Do you call people even when you're not feeling weak? That can make it easier to call when you need it. Be there for other people, too?

Also, it can be very difficult when you're in the moment of weakness - but it might be easier to make a call a few steps before that. Do you think that could work?

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Re: struggle continues

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Posted by StrugglingGuy - 11 Jan 2011 06:32

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regards from down south, everyone!

ur right sb. i need to work on that IYH.

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Re: struggle continues

Posted by Eye.nonymous - 14 Jan 2011 09:12

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[silentbattle wrote on 06 Jan 2011 20:51:](#)

Do you call people even when you're not feeling weak? That can make it easier to call when you need it. Be there for other people, too?

That's a really good point!

--Eye.

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Re: struggle continues

Posted by StrugglingGuy - 17 Jan 2011 18:57

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i had 3 falls over my trip. it was a great trip, btw.

i am looking forward and asking for help each day at at a time.

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Re: struggle continues

Posted by Eye.nonymous - 17 Jan 2011 20:16

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[StrugglingGuy wrote on 17 Jan 2011 18:57:](#)

i had 3 falls over my trip. it was a great trip, btw.

That would be, despite the falls, I hope.

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Re: struggle continues

Posted by StrugglingGuy - 18 Jan 2011 03:30

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of course, yes.

i cant define my life by my falls. one day at a time.

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Re: struggle continues

Posted by StrugglingGuy - 18 Jan 2011 15:51

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fell again despite asking for sobriety for one day

back to the drawing board?

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Re: struggle continues

Posted by Eye.nonymous - 21 Jan 2011 08:29

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Is there anyone you can call when you start to feel the urge to act out?

--Eye.

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Re: struggle continues

Posted by silentbattle - 21 Jan 2011 12:49

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Sometimes it can help to focus on staying clean for an hour. And remember that we don't say "one day at a time" in order to be clean for the rest of our lives (although we'd like to stay clean). We say ODAAT because that's all we can do. i can only be clean today. While it's still today, I can't be clean tomorrow, because, well - it's not tomorrow yet!

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Re: struggle continues

Posted by StrugglingGuy - 28 Jan 2011 18:27

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I just spoke to maccabee on the phone and he told me that the key to the 'calling people when you need to' strategy is to cold call friends (on the site) regularly, in the middle of the day when you have no challenges. Thus, when you need them, you'll be used to calling them...

God willing I will implement this into my fight.

good shabbos everyone.

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Re: struggle continues

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Posted by silentbattle - 30 Jan 2011 06:25

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I agree. Plus, you feel like you're more of a real friend to them, so it doesn't feel as weird to call them when you need it.

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