

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 mifatfait - 05 Mar 2012 19:35

True, but if it'll get you down I don't know if it's worth it. Also, memory is both an intellectual function and a feeling, meaning that we can understand things and gain new perspectives based on past experiences, but we can also get stuck living there. When I way "forget" I mean more not to remain in the rut, but certainly to want to change like you said. And similarly for the future.

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Re: struggle continues

Posted by StrugglingGuy - 06 Mar 2012 18:40

sitting with pants off writing this. pushed off yetzer to look at stuff on my unfiltered comp- just got it and my k9 friend hasnt come over yet. i texted him that i wanted to look a while ago and i busied myself with chess on the other computer, which is protected. i shudve gone to library to

study for my misterm today but i did not.

in the end i fell for the garbage.

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Re: struggle continues

Posted by ontheedgeman - 06 Mar 2012 19:19

[StrugglingGuy wrote on 06 Mar 2012 18:40:](#)

i shudve gone to library to study for my misterm today but i did not.

in the end i fell for the garbage.

shoulda woulda coulda

send that garbage truck back home and keep on trucking.

you can use the darkness to sink into further negativity, despair, and justification.

Or you can use the new darkness as the opportunity to create all the more light.

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Re: struggle continues

Posted by StrugglingGuy - 11 Mar 2012 21:50

after being frustrated with something i looked at some p...

i am getting my comp k9ed right now

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Re: struggle continues

Posted by JackAbbey - 12 Mar 2012 00:48

frustrated smustrated

no answer

p***** is NOT a healing for frustration, its not a hiding place, its a GRAVE

(been there, done that)

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Re: struggle continues

Posted by installed - 13 Mar 2012 04:41

i am getting my comp k9ed right now

Then what?

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Re: struggle continues

Posted by StrugglingGuy - 14 Mar 2012 19:37

im k9ed now

now what? what du u suggest?

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Re: struggle continues

Posted by rontov - 14 Mar 2012 21:11

go outside and run - no matter - i did it yesterday I felt great - i didn't wait to get a proper running garb on - i ran in my black pants and white shirt(i did remove my tie) , oye the schvitz did me good - the lust and the anger and the pitiful feelings left me as i ran and ran, must have looked funny - lucky it was dark then i slept so good. no lust.

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Re: struggle continues

Posted by installed - 15 Mar 2012 02:34

Just wondering what your long term plans are... You are installing the K9, blocking yourself from yourself but not dealing with the root of the problem. I don't have suggestions, I was just wondering if you did. In other words, what are you trying to achieve by installing the K9? We both know that you can find a way around it or that you'll be on an unfiltered computer at one point. And even if you won't, nothing is really changing within.

I'm in the same boat as you and that is why I asked. I'm finding ways to stop acting out as well but I'm not doing any of the real hard work.

I made a Taphsic neder which kept me "clean" for two weeks. But I was thinking, so what? Has anything changed? Am I different as a person? No! I still have the same issues it's just that I found a way to block the symptoms for a while. So in the end, nothing was/is achieved.

Truth is I know what I should be doing but I don't have the guts yet. I should be calling someone (I have his number) and join a live group of people. I don't know if it would work or make any difference but that is one direction I didn't pursue yet and it worked for many.

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Re: struggle continues

Posted by StrugglingGuy - 01 Apr 2012 16:59

to pass the time

green grass

wanna look at some bad sites now on an unfiltered YU comp...im just gonna type a little (poetry
cattle grazing

sun high above in the sky

horses neighing

farmers planting

tractors moving across the land

concrete is hot

sweat visible on the faces of

basketball players in the park

on a stifling July day

sneakers moving quickly on the ground

ball whizzing pass the hands of the defender

into outstretched arms of athlete ready to

jam

Back on D

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Re: struggle continues

Posted by StrugglingGuy - 17 Apr 2012 22:12

never think ur done with your struggles.

the other day i felt good about myself- maybe even too cocky- and then BOOM- last night and this morning looking at inappropriate pics and doing some m*****

YH keeps coming bak!

have a great night everyone

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Re: struggle continues

Posted by chaimyakov - 18 Apr 2012 13:08

A fellow in the SA group fell after 2 1/2 years sober. As Dov has said so many times, today is the only day that counts and the only day I can impact.

Hatzlacha in all things GOOD.

chaimyakov

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Re: struggle continues

Posted by StrugglingGuy - 19 Apr 2012 16:41

thx

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Re: struggle continues

Posted by StrugglingGuy - 24 Apr 2012 17:57

fell and failed everyway possible today- pics, books, m**** etc.

i will look forward only.... L'Chaim to a good rest of the day!

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