

vent/pre90 day battle

Posted by strugglingandstrivngBT - 29 Jul 2010 02:09

---

So I am inching up to my 90 day free mark (I've had two nocturnal slips but I havent dont anything intentional) and my yetzer hara is ACTING UP!!!! I am alone for the week which in the past would have meant a lot of \_\_\_\_\_. B"H I havent had any slips this time, but this eve has been difficult. I went to take a shower and found myself negotiating: saying I wouldnt do anything but if the YH/ Hashem deemed it needed, I was open for things to happen on their own. I feel tonight there may be a bit of a risk of nocturnal but dont want to sweat it too much. Just gotta keep remembering that the more I feed the urge, the more the urge will show itself and the more difficult it will be to fight, as my connection to my Help will be diminished. encouraging words appreciated...

stay strong all you struggling Yids! Moshiach's on the way!!

=====

====

Re: vent/pre90 day battle

Posted by cantdoitmyself - 29 Jul 2010 03:34

---

Hey Struggling,

It's amazing how far you are. I mean almost ninety days is truly an accomplishment. You should be so proud. If you need anything now, over the next few days, or whenever, just PM me. It would be an honor.

cantdoitmyself

=====

====

Re: vent/pre90 day battle

Posted by ToAdd - 29 Jul 2010 07:39

---

Wow, almost 90 days, well done!

You're not alone, I'm there behind you shouting "DONT DO IT!"

If you can't make it, then what hope is there for me who's at the half way mark?

Tell your Y"H" Hello, nice to see you here at this important time, thanks for popping in, goodbye!

Made me think of Shalom Aleichem - we welcome the Y"H" and at the end wish him a safe journey.

=====

Re: vent/pre90 day battle

Posted by Moshew - 29 Jul 2010 17:23

---

WOW, tell him the shower is a private place and it's not proper him to be visiting you there. He would want you to walk in on him while he was in the shower.

=====

Re: vent/pre90 day battle

Posted by strugglingandstrivngBT - 30 Jul 2010 00:20

---

thanks! Made it through and got an aliyah this morning! one day at a time, I can and we can do this!

=====

Re: vent/pre90 day battle

Posted by ur-a-jew - 30 Jul 2010 13:23

---

Saying the first four perekim in tehillim (as are most of the pessukim we say in krias shema al hamitah) right before you go to sleep is a segulah to help guard against nocturnal emissions. Hatzlacha on continued sobriety till and past 90 days (and especially today, the first day of the rest of your life).

=====

=====

Re: vent/pre90 day battle

Posted by jewinpain - 30 Jul 2010 13:24

---

Struggling BT! I'm so proud of u, that u kept the YH out of the picture, I know that he's a tough 1. Sometimes to battle, but hey u did it and use it as a tool for his next visit, and u finished ur sentence right

1 day at a time! We all stress this point here. And I recently saw it in "tiferas shlomo" too think was parsha masai, that he says we gota focus on 1 day at a time in our milchuma with the YH, that's the way to get closer to hashem

Hope u have an easy weekend, and a holy shabbos

=====

=====