

low point. need help.

Posted by strugglingandstrivngBT - 01 Sep 2010 00:32

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So I just ended over a week of extreme desire that I just couldnt take anymore. I had looked at something a while ago and it started the temptation and I just couldnt get rid of it. I didnt even enjoy it in the least bit, in fact I was apologizing as I did it. It was just because I couldnt deal with the feeling constantly on my mind. It has gotten in the way of everything good. I want to get better. I dont even look on purpose (though I see a lot around town/campus). I need help. I have admitted I have an issue, and I know that I cant help myself (though thats hard to internalize). I'm not sure my emotional/psychological makeup is right for the 12 steps, but I need to do something. Credit where do, I've been doing pretty good. Compared to where I've been I'm doign amazing! but I'm not doing how I want to be. My slips have been inspired by factors out of my control, that I just feed more than I should. But I need to get clean in all sense of the word. Spirtually, mentally and physically. What do I do now?

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Re: low point. need help.

Posted by kutan - 03 Sep 2010 02:27

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Real self esteem is to be able to say I've sinned, and not be shaken by it.

Self esteem comes from our inherent value. We are created by the Almighty and have a portion of Him in us.

Please listen to the clip from R' Reisman on the beginning of Yirmiyahu:

[www.guardureyes.com/GUE/Music/mus/ShiurYesodos.mp3](http://www.guardureyes.com/GUE/Music/mus/ShiurYesodos.mp3)

The real problem is when we do not work on our shortcomings...

That old man YH is one smart cookie... until we see what a fool he really is.

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Re: low point. need help.

Posted by frumfiend - 03 Sep 2010 14:14

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hello i saw earlier in your thread that you would like to learn with someone. Why dont you get a phone chavrusa from partners in torah?

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