

I'm Bugging out!!!

Posted by miracles - 25 Feb 2011 18:24

---

Hey guys,

I'm feeling a ton of RID right now. I can't even describe. I'm in the middle of working on a crazy hard assignment for one of my classes. I'm really struggling with it, and at the same time I am feeling really stressed out and pressured cause I need to finish it by sunday and i don't have enough time. Right now, I am feeling like I want to act out to relieve all these built up emotions. Logically, I know it wont help, but for some reason my heart and keeps flaring up with these rages of lust. My body is screaming like a teakettle.

Please guys give me some Chizzuk!!!

Miracles (a.k.a LevTahor)

=====  
=====

Re: I'm Bugging out!!!

Posted by Kedusha - 25 Feb 2011 18:38

---

This sounds like a real opportunity to be Zoche to Teshuva Gemura, which, under other circumstances, can take a lifetime! See [here](#), reply #10.

=====  
=====

Re: I'm Bugging out!!!

Posted by miracles - 25 Feb 2011 18:47

---

Wow,

Thank you very much that was really beautiful. I pray that Hashem gives me the co'ach to do Teshuvah Gemurah right now.

Shabbat Shalom.

=====

Re: I'm Bugging out!!!

Posted by Kedusha - 25 Feb 2011 19:40

---

Beautiful, David. My post was to give motivation, but yours gives methodology!

=====

Re: I'm Bugging out!!!

Posted by DesertLion - 26 Feb 2011 23:57

---

Mate, I've been in that situation a lot myself. Often though, I find that we do have enough time even if we think that we don't, as long as we don't stress.

I know it's natural to be mad at your teacher/the assignment/the world lol at times like these, but stay cool, calm and collected and steadily work towards completing the task you have to do. Sometimes, I find swearing out loud for 10 minutes at my professor helps a lot LOL.

All you can do is to try the best you can, and realise that acting out is going to exacerbate your situation rather than help you. I'm sure you already know that though.

BW and don't give in mate. You'll feel so much better if you persevere.

DL

=====

====

Re: I'm Bugging out!!!

Posted by Dov - 27 Feb 2011 01:04

---

Hatzlocha with whatever you try, but if it does not work in, say two or three months from now and things are still stupid for you, then I'd say the following:

You can have all the sincerity and power in the world, but you cannot do it *alone*. Alone is how we got into porn in the first place, alone is how we masturbated in the first place...so the antidote cannot be *alone*.

And phone calls or posts to basically 'virtual' people that are faceless is still really 'alone'.

And meeting with real people in person is *still* really 'alone', unless you are really emptying out your guts and maintaining an open and honest relationship with them and not holding anything back. If you really want something better than what you've got, that is. If what you are doing is not working and you really are ready for something better, then opening up - *really* opening up - is awesome. It changes everything, if you keep using it right.

In the meantime, maybe what you are doing so far will work just fine - it does for many, I am told. So hatzlocha, stick with it, and KOT!

=====  
=====