

into the mist

Posted by breath - 10 Apr 2013 03:55

hi everyone.

im a 24 years old guy.

nothing special.

no particuliar friends.

no popular.

no rich.no poor.

no strong.

a shadow.

no hobby or passion.i mean i used to read books or plays video games movie and other but i stop everything one atfer the others.i prefer to stay with my pc watching and doing you know what.

i read some stories about struggle, fighting, anger and other feelings but for me its different.i feel Nothing. no black nor light its grey.i live in the fog.living each days on the same routine.sure i pray 3 times per day but im ashamed of myself to speak with Hachem.i put tephilin .eat kocher and others but there is no feelings.

what am i doing here ? i dont know ...i stop fighting .i left the anger behind me.

im just sad .this is where i live.

no hope.i forget this taste.

people speak about stopping for days.i just want to have 12 hours of freedom.

im tired.i will continue later.

i wont do anything till morning.

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Re: into the mist

Posted by zvi - 11 Apr 2013 23:28

Amazing! Keep going!

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Re: into the mist

Posted by breath - 12 Apr 2013 02:39

third night.

it's been a while since i stay clean during 48h.

but i am afraid of my body, i feel im ready to make avero. any movement can arouse me. i need to gett calm but im scared.

i think that if i do it now, i will have a great pleasure , much better that when you do it 4 times/.day.

but i dont want to fall, i want to stay a fighter a little bit more.

Please Hachem dont let me fall ! Just this night ! please. i begging you dont let me trust this lie. dont let me jump into despair. i used to turn off my conscience because the sadness after a fall kill me !,even after a thousands times.it still hurt so bad.i can't resist this suffer.the only way to turn off the pain is to fall again.

aw men, i knew i shouldnt hope ! hope is the worst thing ever ! it will just break me again.

im not ready now...

but will i ever be ?

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Re: into the mist

Posted by breath - 12 Apr 2013 02:59

NO WAY !

no, no and no !

i dont care !

i dont want to think about it.

i dont want to fight.

i dont want to calculate about pro and cons. (besides he always win)

i dont know about tomorrow.

i dont know how but tonight there is no battle ,you can kill me but i swear to you yetser hara i wont do it this night

Hachem. i trust you.your power is infinite fight for me this night.

i know i deserve nothing from you.

i disapointed you.

i betray you.

this was completly my fault.

you give me everything and i went away like a traitor.

i always regret what i have done. i never enjoy this avara.i never tell myself this one was worthy.

this why i was ashame to speak to you again but i dont want to fall this night no matter what it cost.

Save me one more time.

dont let me alone.

stay with me this night.

i need you.

please.please.please

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Re: into the mist

Posted by skeptical - 12 Apr 2013 03:31

Breath,

Take a deep breath

And let it out slowly.

Relax, everything is going to be ok.

You don't need to give in.

You will live fine without it.

You don't need it.

And you will be happy,

So happy that you are able to stay strong

And not give into your yetzer harah.

Think of happy thoughts

And the desire will decrease.

With Hashem's help, you can do it.

Just breathe.

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Re: into the mist

Posted by Eye.nonymous - 12 Apr 2013 10:47

If you fall, just pick up and start again. Drop the self pity--the yeitzer hara wants us to have that self pity even more than he wants us to fall. It's the self pity that drags us down further and further.

Don't be so hard on yourself. It doesn't help things.

It sounds like you are STRUGGLING really hard. Trying to resist the urge to act out. Then, trying to convince yourself that you really don't want to do it. Either way, you're struggling. You're using up tons of energy, which is generally all negative energy.

Try, instead, to SURRENDER. First of all, instead of focusing on acting out or not acting out, on why you should or shouldn't, on what it will do to you (or for you), get your mind busy with something else. Get involved with life. And also start sharing with us about the rest of your life--how are things going with your family, with work, with learning, etc. What's going well, and what are you finding difficult, frustrating, or even unbearable. Don't just write about if you had an urge or not, if you fell or not.

Besides that, you're trying to do it on your own, basically. I have found that it doesn't work. Somehow, if I tell myself, "I'M NOT GOING TO ACT OUT; I'M GOING TO STOP MYSELF" it gets worse and worse and eventually I act out.

If, instead, I say, "G-d, I surrender my lust to you. Please save me from lust," (and sometimes I need to say it over and over again), but the result is that, in the end, the lust passes by. It disappears. It may come back eventually, but then it's a different wave of lust--it's not the same struggle schlepping on without stop for days or weeks on end.

--Elyah

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Re: into the mist

Posted by breath - 12 Apr 2013 15:49

Hi everyones

First of all,I won yesterday.

About my life ? sure ! but i thought i will be off-topic.

Im not fluent in english but I m pretty good,(thanks to video games I have to say and english tv shows but perhaps i have to say US tv shows),if i make a lot of spelling mistake ,its mostly because i post on GYE and k9 (which has a lot of bugs by the way but no choice,right ?) and it's not easy to type well with a head full of crazy thought.

I will continue later !

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Re: into the mist

Posted by AlexEliezer - 12 Apr 2013 17:52

Breath

You write beautifully and I admire your courage in your struggle.

You mention television.

I find that if I'm taking in images of beautiful women, such as the actresses on television (or the girl that reads the news, or the hot weather girl), that's feeding my lust. I'm not truly sober if I'm drinking all this in. As long as I'm drinking, I'm going to want more and more, it's going to be a huge struggle. I find that when I'm not looking at women unless absolutely necessary for business, and I'm not fantasizing all day, the struggle becomes much easier. Because I'm sober.

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Re: into the mist

Posted by breath - 12 Apr 2013 18:14

Thanks !

Actually,I tried this method :i didn't see a tv show since mid december 2012 and seen 4 or 5 movies since december(hobbit ,hotel transylvania,ralph,brave and spiderman)

no porn since i have vcf and k9.

Butit didn't work well because i have plenty of time and sooner or later i found loopholes and fell

maybe if i come back to tv shows,i will certainly waste my time but at least i wont be stuck with a vera stuff ?

Since one month im stuck.I do nothing.i feel nothing (but i realize its false.even if the battle of yesterday was awful. i certainly felt something ! even it was painful and hard ,at least ,I was Alive !)

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Re: into the mist
Posted by zvi - 12 Apr 2013 18:36

[breath wrote:](#)

i disapointed you.

i betray you.

this was completly my fault.

you give me everything and i went away like a traitor.

NO! NO! NO! That is not true in the slightest! Let's get this straight. You're a male. You're attracted to women. That's NORMAL! So it wasn't your fault. No one's perfect. You said you haven't watched TV shows for 5 months or so. Hashem is schepping so much nachas from you right now! You haven't "betrayed" anyone! You're a normal, healthy male. Keep going!

Zvi

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Re: into the mist

Posted by breath - 12 Apr 2013 18:48

I need encouragement and im thankful for your words but in my darkest hour ,this is what i will said to me.

"The fact you are a man explain why you are tempted but not whay you fell"

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Re: into the mist

Posted by Machshovo Tova - 12 Apr 2013 18:50

Perhaps you fell because you're human.

But because you're a man, you'll get up and keep on truckin'

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Re: into the mist

Posted by breath - 12 Apr 2013 18:58

Yeah but is it true after thousand fall ?

but let's be honest im currently in thousand and ONE get back up !

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Re: into the mist

Posted by breath - 12 Apr 2013 19:04

"Get back up"

I learn this verbs in a music which i used to listen because i felt very related to the lyrics: The writer is a former drug addict but it speaks a lot to me:

Do you think about

Everything you've been through

You never thought you'd be so depressed

Are you wondering

Is it life or death

Do you think that there's no one like you

We are

We are

We are

We are the ones

We get knocked down

We get back up and stand above the crowd

We are one

We are the ones

We get knocked down

We get back up and stand above the crowd

We are one

The life I think about

Is so much better than this

I never thought I'd be stuck in this mess

I'm sick of wondering

Is it life or death

I need to figure out who's behind me

We are

We are

We are

We are the ones

We get knocked down

We get back up and stand above the crowd

We are one

We are the ones

We get knocked down

We get back up and stand above the crowd

We are one;

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Re: into the mist

Posted by Machshovo Tova - 12 Apr 2013 19:27

[breath wrote:](#)

Yeah but is it true after thousand fall ?

but let's be honnest im currently in thousand and ONE get back up !

[Machshovo Tova wrote:](#)

... I don't know how many times you started again, but I'm willing to bet that I did so much much more times than you (more than 4 decades on the roller coaster). But B"H I resolved early on never to give up. We may not be able to control the outcome, but we definitely can resolve to always keep on trucking (as they say around here). Take it a day at a time. Ask Hashem (daily at least) for assistance. Do your share of staying away from triggers. And iy"H you will look back after a while and see that it was worth all the effort. Take it from an old-timer. Good days are yet to come. Go for it!

Hatzlacha

MT

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