

I Need the Word

Posted by ?????? - 15 Dec 2013 22:58

that will stop me from acting out. I have been clean for over a week now --- but the lusts are returning.

Please talk to me!

Lemanchem

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Re: I Need the Word

Posted by ???? ?????? ???? - 15 Dec 2013 23:32

hello while im seeking the right word i thing i have no words 4 a yid who 's trying to stay sober in the mean time i can say please stay with us and keep on posting your struggels i will daven 4 u and may hashem help u stay ??????

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Re: I Need the Word

Posted by letmelive - 16 Dec 2013 09:11

Just hold on tight. think to yourself that today is the only day of your struggle it's the first day, you can make it one day . Tomorrow tell yourself that it's your first day again.

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Re: I Need the Word

Posted by chesky - 16 Dec 2013 19:20

I can only share with you what works for me.

First of all, i hate to break the news to you, that as far as I am aware there is no magic word that will make this problem disappear. Until not long ago, I also looked for the solution to get rid of my problem or to help me "overcome" it. I learnt the hard way, that for me lust is something much more powerful than me AND THAT IT IS HERE TO STAY. Accepting this was very difficult, and is something which I have to remind myself of constantly - because it means that I am what the White Book calls a "love cripple" - that I react to lust differently to normal people. Now, THAT was a hard one to swallow!

But I subsequently learnt (slowly, not al regel achas, or with one word!) that there **is** another option; that however convinced I am that if i do not act on my cravings I will go crazy, I learnt that by admitting to others that I am powerless and by **genuinely** reaching out for help, ultimately to HaShem, that I CAN survive without acting out, and that I can even remain sane.

May HaShem grant us a sober and sane day.

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Re: I Need the Word

Posted by gibbor120 - 16 Dec 2013 22:29

Hi,

Have you read the handbook? Have you tried any of the suggestions? Do you have anyone to talk to about it?

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