

ADVICE

Posted by mr.clean - 10 Mar 2014 07:23

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Ok guys I need some advice, I believe I hit rock bottom a few days ago and unfortunately it involved a real live person, I didn't go all the way but far enough. and I feel like I may have a guilty conscience by keeping this from a potential spouse. (And that the first "intimate" time should've been with her). And Especially if I get married in the near future. I am not dating yet but with gods help would like to start within a few months and I am riddled with guilt, have any married guys had to deal with this problem? Or any single guys that have good advice for it?

thx

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Re: ADVICE

Posted by kilochalu - 12 Mar 2014 03:22

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actually, I was not looking for condolences, but I guess I wasn't being clear enough

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Re: ADVICE

Posted by mr.clean - 12 Mar 2014 04:52

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lol no I chaped u weren't looking for condolences, but I kinda know what u were/are feeling so I just wanted to ... express that. but I get ur main point

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Re: ADVICE

Posted by mr.clean - 12 Mar 2014 08:06

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Ok before we go further just wanna give out a big shkoach to those who replied, I know it must have been frustrating, I was being quite the stubborn mule so just wanna say thanks for sticking it out with me through this tough time, u guys really rock

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Re: ADVICE

Posted by shivisi - 13 Mar 2014 13:30

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[mr.clean wrote:](#)

I really have been working on myself that last few months lusting wise etc. **does that all go out the window because of what i did for 30 min this past shabbos?** (I'm asking without any sarcasm I really wanna know if it means i was just fooling myself the whole time)

**Shivisi responds:**

Even if you fall again and again, and even if your fall was so harsh that you seemed to have collapsed your whole building, and **UNDONE** everything which you have accomplished until then, You are **NEVER** back at point **ZERO**. Yes, sure you are starting the 90 day count again from Zero and you are **RETURNING** to level O (or 1), but remember this- you always start off with the previous count, or sometimes many counts and building experiences from the past counts. You take all that with you on your new journey, and if you work correctly they will help you progress better than you were able to do before you had accumulated these experiences

You use each fall to learn and do better next time - but it is not only learning from the fall itself, but taking with you to the new start all the encouragement and the ideas and suggestions which you got during your past journey(s), and of course there is also the tremendous z'chus of abstaining from acting out for whatever amount of time it was, which no matter how many times afterward you fall again, you will **NEVER** lose!!!! and which you take with you as a merit for siyata Dishmaya to help you reach even greater heights on your newest drive.

Keep up the great work, and keep up the great spirits!

Have a happy purim, and "A GANTZ YOR FREILACH!!!!

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