

I thinks this helps..

Posted by d111 - 25 Jul 2014 06:36

Instead of only counting our falls we should record our successes and what we did in that moment , davened to Hashem ,called someone, went for a walk, got chizuk from GYE that way it will build confidence and it will show us what worked while we were triggered. Also we wont be **afraid** to be triggered because we already have a ready plan a fun thing were going to do when were triggered. Wishing the best for Klal Yisrael May Hashem help every one of us overcome this Asap Amen!

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Re: I thinks this helps..

Posted by dms1234 - 25 Jul 2014 07:48

Hmmm, not sure what you mean by "afraid to be triggered" if you mean we will be prepared and we won't be scared and worried when it strikes as in we will be prepared than I agree. But if you mean: BRING IT ON! Than yeaaaa. I'm not too sure.

I want to always be call even when I am triggered and I always have to be careful because lust is very powerful and I am powerless. I can't beat it on my own.

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Re: I thinks this helps..

Posted by d111 - 25 Jul 2014 07:55

on the target ,prepared , for the worry and the tension really make us fall as the saying goes the fear of failure makes us fail Daven to Hashem lust is powerful but Hashem is even more and be ready to take action when it comes. All the best

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