

Milletry's Climb

Posted by milletry613 - 29 Dec 2014 23:09

Hi guys,

My old forum is on this link: guardyoureyes.com/forum/19-Introduce-Yourself/227843-Cant-break-free

I hate the name which I gave for it, it's so negative, and so not true!

If I would have made this forum last week then I would be incredibly amazed at myself because this time last week I was 150 days clean.

Unfortunately though, I took the first sip which eventually led to a fall.

Big shame. However I had a new revolutionary perspective with the help of Gaurd.

Gaurd replied to my email which said that I had fallen with:

Wow. You are doing super well. Hashem is very proud of you!

After the fact, we must look at the fall as what Hashem wanted to happen. Before the fall, it's all in our hands... Sounds funny, no? But that's what our holy sefarim say we must believe.

So now you must look at the fall as out of your hands completely. All you can deal with is the NOW.

Try and figure out what situation brought you to the fall. Set up better fences so it doesn't happen again. In this way, you will be uplifting the fall and turn it into a zechus!!

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I didn't get down that I had fallen because everything is part of Hashem's plan right?!

I wrote this to myself:

I don't even feel like I have 'fallen' I feel this is part of Hashems plan and I reacted correctly. I didn't go on a fall more times. I just decided to move on and work on the areas which caused me to fall.

Now that I know I could turn it into a zechus I feel like I could consider all this part of Hashem saying he wants more than me.

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However, I then fell again last night which did set me back a little.

After analysing the 2 falls it made me realise that I took the first sips thinking that after I take a first sip then I could control it afterwards. But no! The first sip made me go bonkers and eventually resulted in a fall.

So here I am, accepting that Hashem wants progress not perfection.

Accepting that I can't control the past, only now.

Ok, I have fallen down the rung of the ladder but my face is pointing upwards.

I am focusing on only worrying about what I can control which is NOW.

When an urge comes am I gonna act on it? No, I am gonna message my fellow GYEers. I am gonna take a deep breath. I am going to pray to Hashem! I am gonna remember that I don't

NEED lust. It promises great things but in truth only brings sadness.

To conclude, if I focus on stopping the urge at conception then this should be a step towards recovery.

Who cares about how many days clean I am? That's so unimportant, leave that to Hashem. Only thing I have to worry about is the NOW.

N - NO

O - Other

W - Way

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Re: Milletry's Climb

Posted by TalmidChaim - 04 Jun 2015 16:37

Mazal Tov! You're an inspiration!

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Re: Milletry's Climb

Posted by pischoshelmachat - 04 Jun 2015 16:45

YOU ARE A TRUE INSPIRATION!

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Re: Milletry's Climb

Posted by milletry613 - 29 Jun 2015 22:05

180 Days - Half a Year

What a milestone!

Thank you Hashem!

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Re: Milletry's Climb

Posted by Gevura Shebyesod - 29 Jun 2015 22:15

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Re: Milletry's Climb

Posted by cordnoy - 30 Jun 2015 00:14

Thanks for sharing that.great work !

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Re: Milletry's Climb

Posted by yiraishamaim - 30 Jun 2015 02:09

How Exciting!

Mazel Tov!! KUTGW!!!

Thank you for allowing us to share in your joy.

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Re: Milletry's Climb

Posted by serenity - 30 Jun 2015 03:17

Mazel Tov! Mazel Tov! What a wonderful time, celebrating your six month anniversary. Thank you for showing us it can be done!

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Re: Milletry's Climb

Posted by skeptical - 31 Dec 2015 04:36

Mazel tov on your year clean!

Keep up the great work!

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Re: Military's Climb

Posted by military613 - 03 Jan 2016 12:57

Thanks so much Skep

You have definitely been a huge factor in me being able to get to this stage such a selfless person always there for me.

I have no idea where I would be without GYE. It has CHANGED MY LIFE!!!!

big message coming soon!

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Re: Military's Climb

Posted by markz - 14 Feb 2016 00:43
