

Climbing out of the deep abyss

Posted by Drew - 18 Feb 2015 00:24

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Hi everyone,

I've been on GYE for about a month now. My best record was about two weeks, and after that it started to spiral down. I keep making loopholes for myself to watch inappropriate pictures or p\*\*\*. It says that Hashem dwells with the lowest sinner if he is honest with what he has done, and sincerely wants to teshuvah. I must come to internally realize that without Hashem those two weeks would've been impossible and any second that I am clean is only because of his help. It's as if I'm a blind man searching for the door that leads out of the room, but every time my hand finds the knob, it disappears and I fall over only to continue looking for the door. The struggle is comparable to a person attempting to climb out of an abyss. He uses the footholds to push himself higher and higher. But sometimes those footholds break, and he must start from the very bottom again. As long as I reach the surface I don't care how many times I've fallen, because people only remember the end result. I'm almost 20 years old. I had hoped that before my twentieth birthday I would be free of this vicious disease, but now I'm not so sure. The struggle has been going for six years, but I've only realized the damage done this year. I read the daily emails, installed filters, but perhaps my mindset is wrong here, not the precautions. I hope to one day with Hashem's help to look back at this period in my life as a horrible nightmare, horrible when you're in it, but when you wake up you're relieved to find out it's in the past. With Hashem's help this too will pass. I look forward to being more active in this wonderful community. Sincerely, Drew

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Re: Climbing out of the deep abyss

Posted by ddm11219 - 01 Mar 2016 21:18

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Thanks

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Re: Climbing out of the deep abyss

Posted by yiraishamaim - 01 Mar 2016 22:36

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The longer I have been actively connected to GYE and working towards successful recovery the more I have come to appreciate Dov's insights.

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Re: Climbing out of the deep abyss

Posted by realsimcha - 01 Mar 2016 23:34

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Shmuel Zev, The pain in your post is palpable. It took courage to post again after a fall - even though you haven't been here in a while. That's great. Keep in mind that as dark and bleak as it is, we are all in this struggle together and there are - maybe not today ... - so many bright spots. I have been back here for a little over three weeks and it has really made a difference in my life. I am amazed from the chevra here. The mesiras nefesh that the chevra here has to fight for - call it what you want - sanity, kedusha, etc. is simply inspiring. You wrote that really dark line about understanding why someone would want to end it all and that is something I can understand as well. But it's the dark loneliness that does that. The oilam here makes it impossible to sink in that way. We are here.

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