

Community

Posted by Avrohom - 06 May 2016 23:07

I'm (semi) new here.

I've been struggling for years. It's not just lust-it's a lot more, but lust is closely connected, perhaps even central, and there are definitely common denominators and links.

I'm a Bachur, and i've been in therapy for a long while. I've somewhat tried the 12 step phone conferences, and then live SA meetings, but i never put myself in fully for long enough.

As i've been getting older, more and more i feel like my whole life is on pause due to these issues, most prominently lust. My parents get shiduchim suggestions, but they right away turn it down. At the same time as i'd badly like to entertain them, i can't. This year different things came together to give me the push to make big improvements, and i was very hopeful, and even when i'd slip up, it didn't feel like it's the end.

More recently that changed, as the time passes and the realization that once the zman ends it will be problematic if i drag longer, messing up meant more. I've lost a lot of hope. At the same time i've regressed. Sometimes (often-over the last few days) i just want to quit it all, and just do whatever i feel like. This doesn't make me feel good, or fulfilled, but it feels like at least i won't be torn apart. So, while i know that for some reason, i should take steps to take care of this, i don't really have what to motivate me. And often when i did get motivated, it only lasted for a bit.

So, i realized that i've got to get involved, and that i needed too find people to share with (although i already had some it wasn't constant, and required my choice a lot of times, which i often didn't make). So i spoke to a roommate, but he could be sympathetic, sometimes give me a little push, and listen when i mess up, it doesn't feel the same. So i came here.

I've been looking around for a couple of days (i've been on the site some times before, but never really looked around), and find a lot of the things confusing. I'm not sure if i'm just ready to throw myself into doing the actions necessary. And there may be some things, which will be hard for me. At the end of the day, i never really figured out what it means to give myself over to Hashem.

So i turn here, hoping to find people, who will just give me the support i need, the advice, and sometimes the push when it's needed.

Thank you.

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Re: Community

Posted by Avrohom - 13 May 2016 03:04

I'm posting, because i kind of feel like i NEED to. I'm not even sure what i want to say, and what's relevant, but i know that i've often had that issue, and that's when i started sliding out of the supports i was just starting to have.

I've been, reading some of the threads. Unfortunately, i don't have that much time for it. There were a lot of things that i identify with-all of them trouble, and i just feel crazy because i'm doing some things, but at the same time i'm hesitant/scared to do the big important things. But for that i guess, ODAAT, although then i wonder what's the point of reading an writing etc, if it's not going to have effect, so what am i accomplishing on this one day? At least i'm connecting, and (i'm not sure if this is actually good) actually getting some of the crazy thoughts out of my head.

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Re: Community

Posted by Avrohom - 13 May 2016 03:10

I have decided to do a taphsic. I'm fearful of it. And i have to work out what the details will be. And of course as i think of ideas for knas etc, there'll be excuses why this and that can't work etc. so i'll have to write down options, and then go through them again (possibly with someone i take advice from), till i have something real.

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Re: Community

Posted by markz - 13 May 2016 03:28

Taphsic sounds like a great idea

The only time I swear is when I hear it mentioned

Warning: Spoiler!

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Re: Community

Posted by Avrohom - 13 May 2016 03:33

I'm not sure what you mean with that disclaimer. And while i'm at it, what on earth does that spoiler thing mean?

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Re: Community

Posted by markz - 13 May 2016 03:55

Sorry it's late - can't explain now

TTY tomoro

KOT

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Re: Community

Posted by Yesod - 13 May 2016 04:23

Tap on it

But beware

there is no turning back

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Re: Community

Posted by Avrohom - 13 May 2016 05:02

I always do. I just can't figure out what the word spoiler means in this context, and what there is to beware of.

Also is there a comprehensive list of roshei teivos some where? For instance "KOT" (i gave a guess but not sure.

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Re: Community

Posted by Aryeh821 - 13 May 2016 17:00

[Avrohom wrote:](#)

I always do. I just can't figure out what the word spoiler means in this context, and what there is to beware of.

Also is there a comprehensive list of roshei teivos some where? For instance "KOT" (i gave a guess but not sure.

KOT means keep on trucking

check out the dictionary in the just having fund sections

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Re: Community

Posted by Birshusi - 13 May 2016 18:42

[Avrohom wrote on 13 May 2016 03:04:](#)

I'm posting, because i kind of feel like i NEED to. I'm not even sure what i want to say, and what's relevant, but i know that i've often had that issue, and that's when i started sliding out of the supports i was just starting to have.

I've been, reading some of the threads. Unfortunately, i don't have that much time for it. There were a lot of things that i identify with-all of them trouble, and i just feel crazy because i'm doing some things, but at the same time i'm hesitant/scared to do the big important things. But for that i guess, ODAAT, although then i wonder what's the point of reading an writing etc, if it's not going to have effect, so what am i accomplishing on this one day? At least i'm connecting, and (i'm not sure if this is actually good) actually getting some of the crazy thoughts out of my head.

I feel much better now than I did before I starting posting. For me, the connections are huge because it reminds me that I'm not alone in this frustrating, confusing struggle.

Sometimes just getting our thoughts out there into the world can unburden us, and the knowledge that people will read what we write, and sympathize, is helpful.

ODAAT doesn't just mean to focus on the now. It also says to be patient, to allow the process to play itself out. We aren't going to change ourselves instantly. Improving ourselves, especially in something as powerful as lust, is going to take time. Focusing on today is easier because a) it's only a small load to carry and b) it let's us rely on our current progress to power us through the process by itself. It's less work this way.

I think that made sense.

KOP!

(Keep On Posting!)

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Re: Community

Posted by Bigmoish - 13 May 2016 18:52

So this is the infamous "one day at a time" thread that the guys on the call were talking about....

Welcome Avrohom, please feel free to touch base with me any time.
Good thing I didn't read it.

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Re: Community
Posted by cordnoy - 13 May 2016 19:10

[Bigmoish wrote on 13 May 2016 18:52:](#)

So this is the infamous "one day at a time" thread that the guys on the call were talking about....

Welcome Avrohom, please feel free to touch base with me any time.

Nope.

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Re: Community
Posted by Bigmoish - 13 May 2016 19:12

Even better.

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Re: Community
Good thing I didn't read it.
Posted by markz - 13 May 2016 19:21

[markz wrote on 13 May 2016 03:28:](#)

Taphsic sounds like a great idea

The only time I swear is when I hear it mentioned

Warning: Spoiler!

Please see this recent threat and decide for yourself if it is the first tool you should try

guardyoureyes.com/forum/1-Break-Free/285443-Re-help#285443

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Re: Community

Posted by Avrohom - 13 May 2016 23:27

So where is the infamous one?

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