

mid 20s struggling

Posted by starvingthemonster - 30 Aug 2017 21:38

I am serious about my learning and davening, avoidas hashem in general. I have chavrusas, I work, as well as take some classes in accounting. i usually go a few weeks without relapsing, but when I do it usually takes a few hrs to get back to being myself. This addiction makes me feel very ashamed of myself for sinning and although I know I don't have the tools (up until now hopefully) i still feel inadequate or just embarrassed.

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Re: mid 20s struggling

Posted by bgit - 31 Aug 2017 02:13

Welcome! It sounds like you've found the right place. Keep in mind that from the sound of it, your'e in the upper half in terms of your behavior, read some posts and you'll see that your'e not alone.

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Re: mid 20s struggling

Posted by Hashem Help Me - 31 Aug 2017 02:22

Welcome. May it be with hatzlocha. You will find here that you are in the company of many wonderful normal frum people struggling just as you are. In fact it sounds like you are in better shape than most. Maybe share a little more. Are you married? Approximate age. What triggers the falls, etc. Then the oilam here can respond and try to help.

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Re: mid 20s struggling

Posted by Markz - 31 Aug 2017 06:11

Welcome, you have reached the automated phone line.

In order to assist you better, please listen to all your options **before** making a selection:

To recover all on your own, press 1

If you need help to remain hidden, press 2

For help with excuses as to why you delay recovery, press 3

If you want us to entertain you, press 4

To request to join another forum group for the third time this year, press 5

To hear more about Tapsic, press 6

To hear about the pitfalls of AA, press 7

To complain about what GYE does, press 8

To complain about Towing or Therapy fees, press 9

If you realize this is the real world and you must be accountable and responsible for your own behavior, ..., and that it's not the anyone else's fault for your lack of effort ... hang up and start Trucking!

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Re: mid 20s struggling

Posted by Mesayin - 31 Aug 2017 16:13

There must be a bug because when I press 1 or 2 all I hear is a dial tone.

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Re: mid 20s struggling

Posted by Markz - 01 Sep 2017 03:37

[Mesayin wrote on 31 Aug 2017 16:13:](#)

There must be a bug because when I press 1 or 2 all I hear is a dial tone.

Good thing you didn't press 6

Youll hear some swearing

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Re: mid 20s struggling

Posted by Markz - 01 Sep 2017 03:37

[Mesayin wrote on 31 Aug 2017 16:13:](#)

There must be a bug because when I press 1 or 2 all I hear is a dial tone.

Good thing you didn't press 6

Youll hear some swearing

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Re: mid 20s struggling

Posted by Workingguy - 01 Sep 2017 13:10

[Markz wrote on 01 Sep 2017 03:37:](#)

[Mesayin wrote on 31 Aug 2017 16:13:](#)

There must be a bug because when I press 1 or 2 all I hear is a dial tone.

Good thing you didn't press 6

You'll hear some swearing

Brilliant!

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Re: mid 20s struggling

Posted by Gevura Shebyesod - 01 Sep 2017 13:38

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Re: mid 20s struggling

Posted by Gevura Shebyesod - 01 Sep 2017 13:42

And now that we've totally hijacked this thread from the OP...

Welcome aboard! get some gas into your monster truck, load the tool chest in the back and let's roll!

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Re: mid 20s struggling

Posted by starvingthemonster - 05 Sep 2017 20:30

Thanks everyone for the support, I didn't realize how many people are struggling and how much support this site offers. My biggest struggle is when I am bored and come across an image that awakens a sleeping beast. The triggers can come from anything like a movie or even just walking in the street. I am single, mid 20's, and live in an apartment with just one elderly parent, making things often quiet and trap for boredom which sometimes leads to lust. I have installed a black list filter and took on more schooling and extra chavrussas to keep myself busy. The handbook was full of so many good suggestions and tips that work for me, such as the Taphsik method and ideas and tips how to push away that urge.

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Re: mid 20s struggling
Posted by Hashem Help Me - 06 Sep 2017 00:21

Great actions on your part. Maybe add some exercise to your schedule. It is a healthy time spender and is a proven stress reliever.

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Re: mid 20s struggling
Posted by starvingthemonster - 06 Sep 2017 05:05

i think what was really getting me down was the fact that i was doing all the right things but i was still plagued by this disease! but that was my yetzar harah talking. I have added bowling or basketball once a week with friends, it has benefits of both the social aspect and the physical stress reliever .

thanks again for the support

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