

You never know

Posted by Grateful - 14 Oct 2017 18:45

I'm totally not ready to write a real introduction of an artical of my struggle. I hope that one day I will do this. I just want to say Hello... I want to stop, I tried stopping, I'm always trying to stop.. But now I really don't want it anymore. I signed up and started getting the emails and now I've made an account. I'm writing to begin my effort. If this helps one person it's worth it all. Even if that person is only me..

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Re: You never know

Posted by ColinColin - 14 Oct 2017 21:53

Good luck.

No need to pressure yourself do it in your own time.

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Re: You never know

Posted by LoveU,Hashem - 15 Oct 2017 02:12

Hello and ????? ?????!

Good first step. The more you post, the more clear you will become in your own mind how important this is to you. I wanted to stop many times just like you. I tried to stop just like you. It worked for some time; but then I would forget how Harmful this is to my life and relationship to hashem, I would lose my focus and fall when lust hit my door (like its doing now). Since I joined this group and try to read and post on the forms, stopping this behavior has become the most important thing on my mind now. I am always on guard. How long will this help?? I don't know. But every day I score a point. A point that will stay on my record forever. And that's what matters.

Good luck on your journey, brother!

Yitz

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Re: You never know

Posted by gibbor120 - 17 Oct 2017 14:11

Weclome! I'm glad you got the courage to write. The most rewarding moves can be the most difficult. Do whatever it takes, and don't look back. Check out the handbook. Keep posting.

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