

introducing myself

Posted by ayidel - 05 Jan 2018 10:07

hi my name is ayidel i'm married for 10 years and have a couple of children i don't think i am an addict

but rather would have falls at more spread out times so it took me a while to figure out that i might need help

but i thank hashem i found this site signed on and ready to really hanker down thanks for everything

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Re: introducing myself

Posted by Josephsbrother - 05 Jan 2018 10:43

I have found that to express a decision, helps me to understand where I am, and in the review I can craft my speech toward where I will go, there is a law of habit which I often use, E^I Expression increases Impression, since by the word spoken all things were created, it is a method which I always make to help my move in a better direction, I shall this day lean upon my Maker I choose to _____, rather than _____. Expression deepens impression, and action secure habit a bit at a time, a it bit abit habit, character, destiny.

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Re: introducing myself

Posted by Markz - 05 Jan 2018 13:20

Hey Yid

Welcome to the club ;-)

Keep us posted - will you?

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Re: introducing myself

Posted by serenity - 05 Jan 2018 19:54

Welcome! God bless us all the be the people He intended us to be.

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Re: introducing myself

Posted by iampowerless - 07 Jan 2018 03:54

Hi dear ayidel! Welcome aboard do you have a filter? When do you fall? What triggers a fall? The 1st step to becoming clean is understanding yourself and your triggers only then can you figure out how to get sober

btw sorry for being rough! But it's coming out of love because just "trying to really hanker down" is a great 1st step which i have been doing myself for close to 3 years. But now i'm realizing that it has to be followed by concrete steps.

Lots Of Love Yankel!

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Re: introducing myself

Posted by Hashem Help Me - 07 Jan 2018 04:20

Welcome. lyh you will have success here with the help of the chevra. Keep osting and stay connected.

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Re: introducing myself

Posted by ayidel - 08 Jan 2018 12:36

Thanks for your words

while the computer is part of the problem it isn't the only thing that has caused me to fall

those can be as simple as visiting a used bookstore or flying by plane so i'll try to hanker down all around and yes filters is an important step for me

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Re: introducing myself

Posted by youcan - 08 Jan 2018 14:38

I don't have a smartphone & my computer has a strong filter but I still manage to watch ... On the internet....

Filters are important for every Jew, but if you keep on fighting with your filter YOU WILL WIN. The thing we want to achieve here is to join our filter in the fight & win together.

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Re: introducing myself

Posted by ieeyc - 08 Jan 2018 14:56

what helps me from using such used books is thinking about the previous owner(s) who touched these books , who knows what body fluids are on these books especialy if its a dirty book ,sorry so graphic,youd probably soak your hands in purell for 24 hours after shaking the previous owners hand (and then immerse yourself in a mikva for the next 24 hours) ! im not joking!

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Re: introducing myself

Posted by ayidel - 08 Jan 2018 16:27

Is the solution to find each time an individual approach for each case or to try to get oneself out of the whole problem by finding tools to change oneself

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Re: introducing myself

Posted by ieeyc - 08 Jan 2018 17:05

"i" think to change yourself is the way to go , but when youre (im) drowning , it doesnt hurt to grab onto whatever you can to make the nisayon less ,like if someone falls with women ,R"L ,he should be working on changing himself ,but it doesnt hurt to tell himself OMG what am i doing, i could get aids C"V or some other s*xually transmitted disiese WHICH I KNOW HAS HAPPENED ,R"L.

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Re: introducing myself

Posted by Hashem Help Me - 08 Jan 2018 17:05

I think both. Short term - dealing with specific triggers. Long term - working on one's self.

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Re: introducing myself

Posted by ayidel - 09 Jan 2018 13:45

yikes i am heading to the states in the coming weeks the airport\plane part has been a terrible trigger does anyone have a solution or even any chizuk

waiting to hear or rather can't wait to hear

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Re: introducing myself

Posted by Hashem Help Me - 09 Jan 2018 13:50

First of all when you arrive here maybe reach out to some of us here.

Before you leave, daven it should go smoothly. Personally when i am in those situations either i take off my glasses or i lower them on my nose and only look out above them. Prepare something to think about - reviewing mishnayos is a good option, and earphones playing a shiur or music you like removes you from the environment. Hatzlocha.

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Re: introducing myself

Posted by ayidel - 09 Jan 2018 13:54

Thanks for every word

what i meant was for a short visit not yet a move but that is coming soon enough

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