

Starting the 90 day Rehab process

Posted by Eli117 - 29 May 2021 16:51

Hi,

I'm in my mid 20s, currently suffering from this type of addiction and sin. Tried to stop multiple times in the past but it was quite impossible to do so.

It took a significant hit on my career which I am still struggling with nowadays. Physiological and psychological effects have been rampant and it has put me into depression, anxiety and maybe even more. Occasionally I am taking prescription meds to overcome the depression, that's how low you can go with that.

Seems that some do it all the time, ofc it's a sin which is punishable by the eternity of Gehinnom, but most people suffer even in this world right now on all possible dimensions, I am one of them.

Let's say that my career was almost over, practically speaking - no social life, gained weight like 50 % and I have got comorbidities.

Tehillim, Torah has kept me from overdoing it like I did in the past, but still it is too much, and my goal is to be set free, to be the person I dreamed to be when I was a teen, to do Teshuvah and return to the right path- then help other people overcome it.

I am looking forward for some serious attempts with the help of GYE to end it, to move forward.

I hope others will overcome it too.

bless,

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Re: Starting the 90 day Rehab process
Posted by HappyYid - 30 May 2021 02:36

Hi Eli!

Welcome to GYE!

So glad you came here, it's a wonderful place to be.

Keep on posting. It does wonders.

Look around see what works for you.

Good luck on your journey!

HappyYid

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Re: Starting the 90 day Rehab process
Posted by DavidT - 30 May 2021 04:50

The whole system of aveiros and punishment was created out of love for us and for our best, even if we don't understand how. Hashem doesn't hate us for sinning or punish us angrily because He lost His cool, chas veshalom. It would be perverse and insane (and heretical) to claim Hashem really lost control and

became enraged. Rather, whenever He relates to us in a way that resembles anger, He does so only because He loves us and relating to us that way is best for us at that moment. He has not left us, even though He is making it hard for us to see Him for whatever reason. When we understand that Hashem still yearns

for us, we won't feel repelled and will continue to try to connect with Him.

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Re: Starting the 90 day Rehab process
Posted by Captain - 30 May 2021 13:45

Please check out The Battle of the Generation and The Fight (links to them are below in my signature). They will give you some chizzuk as you fight this battle.

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