

scared from the urge to come

Posted by crispy - 19 Sep 2023 17:22

I am b"h 11 days clean. and i thank hashem with all my hart for this success.

but the story is that in all of this 11 days I didn't have any urge at all. it even starts to feel like this problem is completely gone, (which is most prob not the case). and I am very scared of the moment when this urges will come flying in my face, and they usually come in groups. I dont have menucha from this fear. i cant focus and be happy with my accomplishment cause this fear keeps popping in to my mind.

any thoughts on how to deal with this fear?

also how can i prepare myself for the urges that will most probably come back?

f2f program really helps. but i am sensing a storm and i feel i need something to feel strong (maybe someone can tell me which specific clip from f2f will be good for my situation)

its always great to hear advice from the intelligent people hear.

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Re: scared from the urge to come

Posted by davidt - 06 Feb 2024 18:35

[crispy wrote on 06 Feb 2024 18:19:](#)

I fell again after 38 days.

I do not feel anything like sadness etc

My feelings are numb.

Sorry to hear about the fall.

Maybe share the details of what lead up to the fall so we can try to figure out how to try to prevent it in the future.

In the army, when they would want to test a great soldier to see if he's fit to be a general, they would put him on a wild horse that was impossible not be thrown off of. Although no one could

stay on that horse, the test was only to see how fast he would get back up after he was brutally thrown down and wounded.

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Re: scared from the urge to come
Posted by crispy - 25 Feb 2024 19:12

Sorry for letting you guys hanging with nothing. something happened in my life that keeps me extreemly busy and I dont have time to write.

but the good news is that I dont have time to fall as well.

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Re: scared from the urge to come
Posted by crispy - 06 Mar 2024 04:06

I baught a special dinner for hitting 30 days again.

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Re: scared from the urge to come
Posted by Gevura Shebyesod - 06 Mar 2024 04:14

Crispy Beef?

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Re: scared from the urge to come
Posted by hehochma - 26 Mar 2024 21:56

How ya doin' over there Crispy?

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Re: scared from the urge to come
Posted by crispy - 27 Mar 2024 15:26

Thanks for asking!

I am B"H doing very very good.

I am clean for 50 days, and things are getting much better.

I am posting more on my other thred in the balei batim forum.

THANKS!

guardyoureyes.com/forum/17-Balei-Battims-Forum/407819-challenge-after-having-a-baby

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Re: scared from the urge to come
Posted by pesachs - 23 Aug 2024 17:30

[crispy wrote on 19 Sep 2023 17:22:](#)

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its always great to hear advice from the intelligent people hear.

Avoid triggers. Be careful what you see.

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