

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 crispy - 11 Oct 2023 01:28

[Hashem Help Me wrote on 10 Oct 2023 03:42:](#)

Maybe phone "stuff" appears to be more personal.

sorry.

pls explain. how would a recording of people talking dirty to each other, feel more personal then watching it happening live on a screen?

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Re: scared from the urge to come
Posted by Hashem Help Me - 12 Oct 2023 04:01

I thought you meant that you were chatting with them on the phone.

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Re: scared from the urge to come
Posted by crispy - 12 Oct 2023 18:44

I had a huge fall yesterday! it feels so painful!!

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Re: scared from the urge to come
Posted by crispy - 12 Oct 2023 18:48

[Hashem Help Me wrote on 12 Oct 2023 04:01:](#)

I thought you meant that you were chatting with them on the phone.

that's what I first meant. and that is why I wrote another post to explain myself better that even when its just a recording I feel it stronger then video.

which sounds weird.

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Re: scared from the urge to come
Posted by ih987654321 - 12 Oct 2023 19:12

although I am certainly no expert in the matter perhaps when you only have audio more is left up to your imagination as opposed to video which is you get what u see

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Re: scared from the urge to come
Posted by crispy - 12 Oct 2023 19:55

makes a lot of sense.

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Re: scared from the urge to come
Posted by bright - 12 Oct 2023 20:01

Can I ask who cares?

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Re: scared from the urge to come
Posted by crispy - 12 Oct 2023 21:49

[bright wrote on 12 Oct 2023 20:01:](#)

Can I ask who cares?

yes u can

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Re: scared from the urge to come
Posted by bright - 12 Oct 2023 23:45

So i am asking what dif why do you care If its normal or not?

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Re: scared from the urge to come
Posted by crispy - 13 Oct 2023 01:48

right now I 2 don't care about this. all I want is to get back to that place of strength that I was before my fall.

it is ssoooo hard, it feels like I need to start again from the beginning.

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Re: scared from the urge to come
Posted by ainshumyeiush - 13 Oct 2023 03:10

I know the feeling. You're like damn it whyd i fall, then i wouldn't have to deal with this now...

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Re: scared from the urge to come
Posted by bright - 13 Oct 2023 05:15

[crispy wrote on 13 Oct 2023 01:48:](#)

right now I 2 don't care about this. all I want is to get back to that place of strength that I was before my fall.

it is ssoooo hard, it feels like I need to start again from the beginning.

The success of you staying clean is dependent on how you deal with the sometimes inevitable slip/fall. For example, whenever I space out for part of davening my mind tells me "what you missed so much already, forget about it". But I tell myself, "now I have the opportunity to work on getting over failures. This is a test that may be more important than concentrating on davening in the first place". The same applies here.

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Re: scared from the urge to come

Posted by Hashem Help Me - 13 Oct 2023 11:00

The Sforno says - When Hashem asked Kayin "Lama naflu panecha?", His message was - If there is a way to fix the problem, just do that - No need to be down in the dumps. Your korban was not accepted? Bring another one that is more acceptable and move on. A mistake is just that - a mistake. The world does not come to an end because of a mistake - especially when there is an obvious way to simply fix the issue.

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Re: scared from the urge to come

Posted by crispy - 13 Oct 2023 19:32

wow! thanx for all your chizuk!

I feel terrible. this night was the same story. i feel like i am back in the swamp and i need to start this all again.

hashem! pleeees help me get over this and feel strong again1

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