

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.

=====

Re: scared from the urge to come

Posted by crispy - 15 Oct 2023 17:56

[Hashem Help Me wrote on 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.

wow! this vort is a huge chizuk for me thank so much.

=====

Re: scared from the urge to come

Posted by Vehkam - 15 Oct 2023 20:57

See the aderes eliyahu as well....

=====

=====

Re: scared from the urge to come
Posted by crispy - 17 Oct 2023 17:47

I did last night for the first time the "urge surfing" thing. It actually felt like it was intensifying the urge. I thought that its going t end really bad, but I must say it really works. I guess it takes you away from being in it, to observing it from outside. It worked! literally in 6/7 minutes the urge was gone.

wow! thank u hashem!

=====

=====

Re: scared from the urge to come
Posted by crispy - 26 Oct 2023 16:58

=====

=====

Re: scared from the urge to come
Posted by Hashem Help Me - 26 Oct 2023 17:04

What were things like between your last post and this one?

=====

=====

Re: scared from the urge to come
Posted by crispy - 26 Oct 2023 17:36

[Hashem Help Me wrote on 26 Oct 2023 17:04:](#)

What were things like between your last post and this one?

smooth

=====
=====

Re: scared from the urge to come
Posted by crispy - 26 Oct 2023 20:10

The ocean was calm, but then a massive wave came and swept me away.

=====
=====

Re: scared from the urge to come
Posted by redfaced - 26 Oct 2023 22:49

[crispy wrote on 26 Oct 2023 20:10:](#)

The ocean was calm, but then a massive wave came and swept me away.

There is something to be said about the calm before the storm

'Twould be a good time to batten down the hatches, Stow the sails & otherwise prepare smarts

=====
=====

Re: scared from the urge to come
Posted by Hashem Help Me - 27 Oct 2023 03:41

[redfaced wrote on 26 Oct 2023 22:49:](#)

[crispy wrote on 26 Oct 2023 20:10:](#)

The ocean was calm, but then a massive wave came and swept me away.

There is something to be said about the calm before the storm

'Twould be a good time to batten down the hatches, Stow the sails & otherwise prepare smats

Meaning - it is a good idea when the seas are calm to post here anyway and to be in touch with fellow sailors.

=====

Re: scared from the urge to come
Posted by crispy - 27 Oct 2023 17:33

right! so true! i'd love to. but what should i post about at times when I don't have anything specific to share?

=====

Re: scared from the urge to come
Posted by foolie - 27 Oct 2023 18:01

[crispy wrote on 27 Oct 2023 17:33:](#)

right! so true! i'd love to. but what should i post about at times when I don't have anything specific to share?

You can write things like this for example:

Good News everyone: I would like to say something deep and pithy today however my usual wit has deserted me so I'm just going to say things are doing ok today not necessarily better than yesterday but definitely different today.

something Like that or whatever else falls into your head that you would like to share

=====
=====

Re: scared from the urge to come

Posted by crispy - 29 Oct 2023 18:30

[foolie wrote on 27 Oct 2023 18:01:](#)

[crispy wrote on 27 Oct 2023 17:33:](#)

right! so true! i'd love to. but what should i post about at times when I don't have anything specific to share?

You can write things like this for example:

Good News everyone: I would like to say something deep and pithy today however my usual wit has deserted me so I'm just going to say things are doing ok today not necessarily better than yesterday but definitely different today.

something Like that or whatever else falls into your head that you would like to share

haha! but sadly i am not so creative and am not such a good writer

=====
=====

Re: scared from the urge to come

Posted by crispy - 29 Oct 2023 19:25

First, I want to thank Hashem for the tremendous gift of two clean days. And I beg him for many

more.

I would also like to share my feelings for the last few days.

On Friday, I was utterly depressed, so much so that my wife asked me

why I was sad. I walked around with a heavy bag on my shoulder, feeling like a loser, feeling evil and awful. I didn't focus on anything; the day went by in a cloud. I went to shul Friday night while still in the same state of mind. I barely said the words of kabulos shabbos.

In the middle of my way home from shull, I stopped at a side between some trees and started to cry. I started talking to Hashem, telling Hashem I see that I can't carry this myself. I am throwing it on to you. I acknowledge that it is not in my control. And beg for your mercy. I also let out to Hashem exactly how I was feeling. I shared everything with my dear father. I stayed in that spot for about 10 min, and after that, I felt a tremendous ease. I kind of knew that now would be good.

I am realizing more and more that the more I take this on myself, the harder it just gets harder. Its time for me to realize that we are in Hashem's hands. why? we dont understand the cheshbon of the ribono shel olam.

=====

Re: scared from the urge to come

Posted by Hashem Help Me - 29 Oct 2023 20:46

HUG!!!

=====