

Some fences I put for myself to steer me the right way.....

Posted by Emes4us - 21 Mar 2012 16:46

Hi,

Something I really want to share. It was only after stopping to commit this sin, I was able to get married to the most wonderful person in the world, and since breaking free, things are opening up and looking much brighter. My mazal has improved and I am able to embrace Yidishkeit the proper way. It is worth anything in the world to do!!

Do whatever you can to avoid the sin. These are some main fences I placed which helped me:

- 1) Don't ever be alone in your home - Just go out(Go to Library,shopping center,etc...)
- 2) Install K-9 web security or any other good filtering system in your computer that will filter out Porn and all other bad things(Schmutz).
- 3) ALWAYS LEARN TORAH - This works Very well!!!!
- 4) Never have any magazines,catalogs,newspapers in your house !
- 5) If you can, get the TV out of the house. Fill the house with Judaica books.
- 6) Make sure the bedroom is not too hot and you can feel comfortable and fall asleep quickly.

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Re: Some fences I put for myself to steer me the right way.....

Posted by ontheedgeman - 22 Mar 2012 18:23

These are certainly useful tools for recovery, very good that you've found them! keep up the good work.

You may find that many addicts will try to have these fences but they will come down quite readily. Being part of a group of folks in recovery is also key. And working the 12 steps. There's no getting around it. If a person is not working the steps, is not going to meetings, is not calling his sponsor, they are not in recovery. They may be sober, but not acting out is not recovery.

IMHO

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