

What Works For Me by OTR

Posted by OTR - 19 Feb 2016 13:31

This is just going to be a running list of items that I write down which help me. If you have suggestions by all means please share.

- 1) Getting a good night sleep (in bed before 12 am). This helps me not only because I sleep enough and am in general happier, but because those hours, after others are asleep are dangerous acting out temptations for me.
- 2) Meeting/speaking with other addicts
- 3) Reading one tool a day of the GYE handbook. and spending ten minutes reading the white book.
- 4) Praying to be able to fulfill the steps. So far in working on Step 1, I have listed a few of the things that I do that show I am not in control, i.e. my life is unmanageable when I act out on lust.
- Praying to Hashem to help me see more and list more clear indicators is helpful.
- 5) Seeing God as my best friend.. I have trouble with this. But need to develop this understanding that God does and wants to help me.
- 6) Cumulative goals amongst a group.
- 7) reading SA
- 8) I am not a big mussar advocate (with regard to addiction that is) but this thought really lifted my spirits. What a person can see in a day in these times is more pritzus than their great grandparents could maybe see in 70 years. It follows then that a second of guarding your eyes in THIS generation is more than the shmiras ainayim of the people in the earlier generations.

9) Surrender- Learning that surrender does not mean I give up the fight. It means, I am not able to win this fight, I can not fight- I MUST ASK FOR HELP!- I must reach out and ask for help when I need it by contacting someone and getting the craziness out of my head.

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Re: What Works For Me by OTR

Posted by BenHashemBH - 18 Jun 2025 12:26

Shalom, and thank you for checking in.

What you have described has helped me tremendously as well. I think it's part of how Torah is the antidote to the YH - because Torah is life. Not just learning Torah, but living Torahdik. When our life is full, there is less room for that unstructured spontaneity that hinders our assertive positive choices.

Please try to visit more often and share your experience with others who can gain from reading about it.

Hatzlacha and Kol Tov

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