

Mines of my mind...

Posted by aaron - 28 Nov 2011 00:55

First and foremost, the title is MGM lion. no i'm not drooling all over myself, nor do i seem to have lost my ability to speak/type. (although i can't quite vouch for my own sanity)

Ok, i'm back and i got a few new tactics up my sleeve. i'm not gonna let my yezer take me down.

i'm trying to get a 90 sponser for my my cleanliness .

1. calender on my wall showing days clean
2. chizuk on the back of my door - its been really helping me a lot recently
3. hung reasons why i want to get clean on my door
4. regular exercise - already started running a few times a week
5. increased social behavior by getting out of my room and spending more time with friends
6. \$20 to GYE per fall over the course of the next month (B'n)

i'm gonna try and post regularly here. just helps to vent. started reading chizuk and daily dose e-mails again. trying to stay on top of school work and prob gonna start talking to someone on the phone once a week.

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Re: Mines of my mind...

Posted by aaron - 21 Dec 2011 20:57

Shalom Chevra,

yes, its been too long. I had a bit of a fall and found myself too ashamed and downtrodden to return. i was fooled into thinking my lust could provide solace for me. but i guess you can see from my return where the truth lies.

tryin to work the "one day at a time concept" back into my psyche. there seems to be a tremendous urge to just numb up the world around me so that i needn't experience its pain. there has just been too much thrown at me that confine myself to my room for nearly 20/24 hours of the day. scary. its been nearly a full two weeks of this lifestyle. i've been in my room studyin, watching movies and falling. the only times i get out are minyanim and classes with an occasional break for fun/food.

hopefully with chanukah here i'll be able to turn the corner and just make it through another day.

i'm excited to grow and face my challenges but i think i'm gonna need a new pair of underwear before i can head back out to the world.

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Re: Mines of my mind...

Posted by Dov - 21 Dec 2011 22:09

I always keep a box or two of new underwear handy, for just such an occasion, my friend. May your confidence in the greatness of Hashem who loves you more than anyone here can return to you just for today. That's good enough.

You are a geshmakeh yid, Mr!

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Re: Mines of my mind...

Posted by aaron - 22 Dec 2011 05:36

what can be done when one isn't feeling chanukah at all? its hard for me to relate to the miraculous for some reason...

the best i can do is appreciate the miracle of nature and H's hand in history. but its hrd to relate to that which defies logic

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Re: Mines of my mind...

Posted by aaron - 23 Dec 2011 04:59

found a few answers that spoke to me. i suppose indulging in the question, albeit without finding that which truly speaks to me still soothed my soul

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Re: Mines of my mind...

Posted by obormottel - 23 Dec 2011 19:00

Dear friend,

I will leave the theological questions to your Rav, or to anyone here who wants to tackle it.

For me, belief in Supernatural is not a big stretch (certainly not after being taken by the hand and brought to this forum by non other than Dov's Best Eternal Friend).

But as for falls and such things: falling is nothing. I remember times when habitual masturbation didn't even constitute a fall in my life, just "good times". So calling it a "fall" is a big step towards recovery in my book. The only caveat to keep in mind, though, is that calling it a "fall" in our head only will eventually loose its power and we'll return to just having a "good time", albeit compulsively and self-destructively.

So not only should one feel no shame in admitting a fall to others, it is THE only way out, if we are ever to beat this devil. And the sooner you admit it, the better are your chances of not doing it again.

Happy Chanuka, friend, and keep bringing your dirty laundry here: firstly, Dov can give you a clean pair out of his "emergency box"; secondly we are a safe bunch with a great healing potential.

Mottel

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Re: Mines of my mind...

Posted by Dov - 25 Dec 2011 06:42

You don't even have extra *underwear* - and you are concerned about 'not *feeling* Chanukah'?

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