

My journey

Posted by some_guy - 27 Sep 2012 00:08

I am going to try to update my journey every day. Right now I am on day 2. I usually fall around day 3. Hopfully I will come here instead of some other site. Any chizuk or advice is be greatly appreciated. Thank you.

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Re: My journey

Posted by Dov - 03 Dec 2012 17:11

Gut gezokt. We often get so slaphappy when we are granted a few days, weeks, or months of clean time, that we get carried away with it.

Sometimes we misuse *religious* feelings at that point and start spewing divrei kedusha and chizzuk...sincerely assuming that we are 'worthy' now - after all, we are clean! It's poison.

Sometimes we misuse *self-esteem* feelings at that point and start patting ourselves on our backs (which are still so sore from all our self-whipping) and the gayvoh is unrecognized. We start spewing advice. It's poison.

Some of us misuse *vigilance* at that point, and become super-vigilant in order to protect what we have been given...but, of course, we didn't make it happen in the first place! It was a gift we were given by Hashem because we allowed Him to do that for us by getting out of His way. We had a touch of anivus, usually granted by the broken-heartedness of falling, itself. But now we lose it by being hyper-vigilant, thereby taking the credit. It's poison.

Gevalt, we need help more **after** *we have been sober for a while* than we do *in the beginning!* But not for lust cravings...rather, for the things that led us to needing our lusting behaviors so badly over the years: our fear, pride, resentment, and other complaints about life.

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Re: My journey

Posted by jewish jew - 04 Dec 2012 16:34

Brilliant Dov, I just love the last post and it rings well with me.

Yitzchok

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Re: My journey

Posted by some_guy - 06 Dec 2012 21:14

To day is day 3.

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Re: My journey

Posted by reallygettingthere - 06 Dec 2012 22:54

Don't get scared by your success. Keep on goin'

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