

My journey

Posted by some\_guy - 27 Sep 2012 00:08

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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 - 08 Nov 2012 21:49

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An excellent sentiment - and yes: **NEVER GIVE UP ON YOURSELF!**

But boruch Hashem, I **did** give up fighting and winning the battle *years* ago, and finally, finally got the help I really needed to live free of that hell.

But as far as "finally beating it"? Fight, fight, and fight!! It's a mitzvah! But if you see over time that you are really just fooling yourself and not beating anything but just getting worse, then for G-d's sake *please* consider giving the silly and prideful fight the heck up as soon as possible and getting the help you *really* need. In other words, give up and get help.

And if it turns out that the help your own heart tells you that really need is just too *embarrassing*, as in, "How can I actually admit these things to a real live person?!"...then you are really not ready to do anything to get better, that's all. It means things are still manageable.

I am not implying that you are a failure at using your sexuality the way you want (as I am)....and I am not implying here that you are an addict, c"v....and I am not implying what **you** need or what **you** should do. I am just suggesting options to consider depending on what happens.

Hatzlocha with all that you get here, chaver.

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Re: My journey

Posted by mr. emunah - 08 Nov 2012 22:07

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Speaking of giving up on fighting, it's intersting to think of Judo, in Judo you don't fight back per say, rather you use there strength and momentum against them. try applying theses tactics to the YH (meaning don't go head on, rathe outsmart him, pre-empt him and so on...)

Cheers!

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Re: My journey  
Posted by some\_guy - 09 Nov 2012 19:45

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Today is day 3.

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Re: My journey  
Posted by some\_guy - 11 Nov 2012 03:27

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I fell really hard, today. I feel like ... I cannot even describe it. I don't know how/what to write, but I really need some support. Is anyone there?

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Re: My journey  
Posted by some\_guy - 11 Nov 2012 14:48

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Today will be day one.

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Re: My journey  
Posted by Machshovo Tova - 11 Nov 2012 15:18

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Hatzlacha on your renewed commitment. Keep away from hazardous stuff. Filter your eyes and your mind. Keep busy with good things. Avoid questionable activities - like surfing the internet for so-called kosher stuff. A cancer patient r"l who went through a relapse and miraculously survived would be extra careful to follow doctor's orders. We similarly need to at least follow common sense, and look back at what did us in, and make sure that it don't happen again.

Go for it!

MT

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Re: My journey

Posted by Gevura Shebyesod - 11 Nov 2012 15:34

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SomeGuy, your persistence in bouncing back and trying again is amazing. Keep on Monstuh Trucking!

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Re: My journey

Posted by think good - 11 Nov 2012 15:48

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some-guy just start again we have all done it many many times.

by the way do you need to have an internet connection at all?

If you don't need the connection for work then cut it!

or maybe just accept you cannot beat it and throw everything to HaShem and start working the steps

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P.S. MT Mazel Tov on becoming a Hero Member

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Re: My journey  
Posted by some\_guy - 11 Nov 2012 21:33

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I fell about 30 minutes ago. I will not let myself get depressed about this. I am not a bad person for this. I will have a good day.

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Re: My journey  
Posted by reallygettingthere - 12 Nov 2012 00:36

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Re: My journey  
Posted by some\_guy - 12 Nov 2012 11:37

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To day will be day one!

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Re: My journey  
Posted by jewish jew - 12 Nov 2012 17:52

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Sorry Some Guy, but I think if you would post a bit more on how you are feeling and what made you fall etc. The more detailed writing will help get it off your chest and help in the long run. Just writing "I fell today, but I will get up and keep on battling" etc. is good but I think leaves to much bottled up in you and that almost always bursts.

Keep up the wonderful work Yitzchok

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Re: My journey

Posted by think good - 13 Nov 2012 12:14

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Sorry Some Guy, but I think if you would post a bit more on how you are feeling and what made you fall etc.

Agreed - Its hard but allow us to help, try to be more open. Just by expressing your thoughts etc will help you

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Re: My journey

Posted by some\_guy - 13 Nov 2012 19:46

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I fell on Monday. I feel so disappointed in myself for not being able to stay strong. I just want to cry. I almost fell twice today. I worry myself because my fantasies are getting more and more violent. I just want to give up so badly.

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