

i need a lot of chizuk

Posted by NewMan - 19 Sep 2014 20:13

I start to fight myself out of this addiction on august 15 on a Friday.

I made a deal with Hashem please help me with an investment.

In exchange.

I will make a "NADER" promise for one week that if I'm going where I shouldn't go, or visit a website that's against the Halacha for that week, I will do

In exchange I ask you Hashem you should help me with my investment and give me more money.

Since the first week, I start having much more problems, especially with finance I start getting expenses I never dreamed of, I made a small accident that will cost me some other money. In short where I turn myself I'm losing more money.

I went on because I felt closer to Hashem, I felt myself better, and the pain to go against my addiction was passible.

Now a month later, I wasn't helped.

I'm under stress and have nowhere to go to get rid of my stress and I feel like giving up the battle, I don't have the freshness any more, and it's hard to go on with the fight, I feel like I'm eating blades, knife, and drinking ez-off.

I still hope for a miracle from Hashem to get through the yomim tovim sober.

Please give me some help

p.s. any idea if it's allowed to make a "nader" in shabos?

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Re: i need a lot of chizuk

Posted by NewMan - 24 Sep 2014 02:17

I see one of my biggest problems is that i have a lot of emptiness in myself,

I try to fulfill it by learning more thorah, and by putting myself into learning stuff that can help me at work.

But all of them are hard and I'm lazy to work on my laziness

Should I make it a priority or rather put all my effort to fight my addiction?

I knew I can fulfill myself with playing games, or watching kosher videos, but I don't want to go from one addiction to another.

Any advice would be helpful.

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Re: i need a lot of chizuk

Posted by skeptical - 24 Sep 2014 03:54

1. Figure out what needs to be done in your life.

2. Do it, step by step.

3. Spend time with the people in your life.

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Re: i need a lot of chizuk

Posted by dms1234 - 24 Sep 2014 04:10

How about work on your laziness?

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Re: i need a lot of chizuk

Posted by cordnoy - 24 Sep 2014 05:24

I will.....

Warning: Spoiler!

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Re: i need a lot of chizuk

Posted by gibbor120 - 24 Sep 2014 21:31

Maybe you need a good outlet that you will not be lazy about. A hobby that you enjoy. Exercise program..., get involved with volunteer work for your yeshiva, shul, community...

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Re: i need a lot of chizuk

Posted by Pidaini - 02 Oct 2014 19:47

[NewMan wrote:](#)

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Any advice would be helpful.

I relate very much to the above feelings. I also have that problem. On the one hand I know what I "should" be doing, as in learning (mostly), but I just don't have patience to do it. Doing my first step inventory, I just realized that at the age when kids normally learn to discipline themselves with sitting and learning in their extra time (when they don't have peer pressure), I was usually busy looking for ways to quench my "curiosity" for sexual knowledge.

So I end up in a bind, when I try forcing myself to learn, I don't feel comfortable and even feel like it's not me, but if I do something else, even if it's productive, I feel like I'm not doing what I'm supposed to be doing. It usually ends up with some lusting.....

I guess the answer is to acknowledge the truth, to accept where I am really at and what Hashem wants from me NOW. After all, He is creating me now with all my past built in, so He still has a plan of what He wants from me as I am now. It's a one day at a time thing, doing the right thing when the decision comes, and I can only ask Hashem to help me....one decision at a time.

May Hashem help us all make the right decision and grow closer to Him, one step at a time!!

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Re: i need a lot of chizuk

Posted by Gevura Shebyesod - 02 Oct 2014 20:51

[Pidaini wrote:](#)

...He is creating me now with all my past built in...

Awesome!!

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