

613fighter's battle to 90 days

Posted by 613fighter - 08 Oct 2014 03:48

I fell last night and today, so soon after Yom Kippur. I am so ashamed and angry at myself. I also feel so alone because as I have gotten sucked deeper into this disgusting problem, I have evolved from simple p-n and developed weird fetishes and fantasies that will remain unnamed here. I really feel like a freak, but hopefully this is the start of my road to recovery. Tomorrow is day 1.

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Re: 613fighter's battle to 90 days

Posted by cordnoy - 20 Oct 2014 03:58

Yes..if it is a constant or present stresser.

I was referrin' to things in our past; our history.

That info didn't help me much.

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Re: 613fighter's battle to 90 days

Posted by 613fighter - 20 Oct 2014 04:17

Oh, I see. Well for me, these things are still very much constant stressors.

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Re: 613fighter's battle to 90 days

Posted by inastruggle - 20 Oct 2014 07:33

I think what cordnoy also means is that the more we focus on who's to blame for our problems, the less responsibility we tend to take for our actions right now. In order to change ourselves

now, we have to focus on what we can do to help ourselves, not what others are doing that hurt us.

This isn't to say that they aren't at fault, nor that it doesn't really hurt. Just that focusing on it is counterproductive most of the time.

KUTGW! you're doing great.

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Re: 613fighter's battle to 90 days
Posted by 613fighter - 21 Oct 2014 01:42

I still think you guys are confusing identifying triggers and stressors with walking around blaming others. When I fall, I don't walk around saying darn my parents, how could they have done this to me. Of course it's my responsibility. But there is nothing wrong with being cognizant of what makes the issue tick. But whatever. Enough about this.

I am about to get 2 laptop-less days clean.

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Re: 613fighter's battle to 90 days
Posted by shomer bro - 21 Oct 2014 02:00

Congrats!! Take it slow and easy, but KOMT!!!

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Re: 613fighter's battle to 90 days
Posted by 613fighter - 21 Oct 2014 02:37

Thank you! Of course, I do have the small feelings that I get when I abstain from this stuff,

which is namely, how much am I missing? And then when I go to shul and see everyone looking so happy and unencumbered by this issue, using their smart phones, etc...I feel so abnormal. Like, why can't I just be like them? Why did Hashem create me to be so hyper sensitive to these things? It makes me feel very inferior, weak and lame.

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Re: 613fighter's battle to 90 days
Posted by inastruggle - 21 Oct 2014 03:45

Hashem only gives us challenges we can handle. So if you have this issue while everyone else in unencumbered by it (if they really are) then it's not because your inferior and weak. To the contrary, you can handle it because you're strong, and that's why Hashem only trusted YOU and not them with this challenge.

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Re: 613fighter's battle to 90 days
Posted by shomer bro - 21 Oct 2014 04:07

I do have the small feelings that I get when I abstain from this stuff, which is namely, how much am I missing? And then when I go to shul and see everyone looking so happy and unencumbered by this issue, using their smart phones, etc...I feel so abnormal. Like, why can't I just be like them? Why did Hashem create me to be so hyper sensitive to these things?

This was like reading my own thoughts! It's hard when the yetzer hara hits, and we try to say no, and he responds that we're gonna be missing out on the fun and pleasure. The key is to be able to say back that we are not missing out, and rather we are gaining by not acting out. Easier said than done, but it's a battle. Based on how many members there are on GYE, and ho many visitors there are, it just shows that you are not alone in this struggle. Just because you see someone on their smartphone does not mean that they are not struggling with their own personal demons. We all look like normal people moving about their daily lives. we don't have it chalked on our foreheads that we struggle with lusting and mb. We're in this together.

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