

in the roots

Posted by sard hawa - 20 Apr 2016 11:29

hi

Just took up the challenge. Trying to quit for so many years that it seems impossible. The guilt when people refer you as the purest person they know and you are not so crystal. AGONY

I can't even recall when it became so addictive that now i just want to get rid of it, let it be sucked out of me just like it sucked the purity of my heart and mind.

would it be easy? don't know can't tell but i'm hopeful and isn't the HOPE we all should have, to progress from being good to better and best.

well i surely will need few inspirational and motivational words (avoid the sympathies as it just make you self drenched)

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Re: in the roots

Posted by cordnoy - 20 Apr 2016 12:26

You asked for it!

Hope is a four letter word.

Plan is as well.

Action is not.

B'hatzlachah

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Re: in the roots

Posted by markz - 20 Apr 2016 13:12

Welcome brother!

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Re: in the roots

Posted by Workingguy - 20 Apr 2016 14:33

[cordnoy wrote on 20 Apr 2016 12:26:](#)

You asked for it!

Hope is a four letter word.

Plan is as well.

Action is not.

B'hatzlachah

Let me give the pirush Rashi on Cordnoy's post; might be obvious but some of the newcomers may not be familiar with your style of writing little with each line meaning something.

Hope is a four letter word- we're all hoping and you can hope from today till tomorrow, but what are you DOING about it?

Plan- same thing, it's theoretical but when are you putting it into.....

Action- means deciding to do something and DOING it. So what will that be?

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Re: in the roots

Posted by abd297 - 20 Apr 2016 15:40

Welcome! I can totally relate to the feelings about other people seeing you as pure or whatever. I've personally realized that things are not actually the way I see them.

I used to think that I'm a dirty, lying, creep who is living a dark secret life. If anyone really knows who I am then I'll be no different than the people you hear about in the news.

Now with the help of the GYE family I have a new perspective on things. Yes, I am living a secret double life with some really dark parts but that's not who I really am. I'm a frum yeshiva guy who has been struggling with real issues but hasn't had the chance to really do anything about it. I look around and see that everyone has private aspects of their lives. Thousands of people just like me share similar issues. I have had the opportunity to make great progress in these issues and I'm on the track for much more.

The issues are still part of me but they are not what I am. I just need to grow the real me.

I hope you can find a ton of help here because there is so much around. It's the biggest wealth of resources that I've ever heard of. Just look around and find what works for you and get started.

All the best and keep us posted.

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Re: in the roots

Posted by inastruggle - 20 Apr 2016 15:49

Welcome,

A lot of people here can relate to your situation.

Hatzlacha!

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