

A change of focus

Posted by Eshaiproductions - 26 Oct 2019 21:07

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Hi it's Eshai, I am at day 68 clean and what I was thinking would've never come back, came back! - a feeling of lust. It's not very serious at the moment but there is a glimpse of it in me. I am telling myself if I can just hold on and reach 90 days then this glimpse that appeared may go away. It just feels like as if I have a minor cold, there's always a remedy! Maybe if I just focus on fixing my other bad character traits it could be the remedy to rid myself of this "cold".

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Re: A change of focus

Posted by littlebylittle - 26 Oct 2019 23:15

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Hi Eshai and well done for 68 days. Its called the yetzer hara who is simply testing us and will continue to do so. The attacks should be easier to contain though as you should remeber that your now living life the way it should be lived and that you can control the 'animalisitc urges' (i know its easier said then done) but nothing will happen to you if you dont act on these irges and treat them like passing clouds.

hatzlacha rabah!

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