

A Massive fail

Posted by Hopeful2022 - 08 Aug 2022 10:02

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I don't know where to begin. I started off this program with so much hope. I had a 5-day streak right out of the gate and was starting to feel a little better about myself. I completed the F2F programs first week. There was light at the end of the tunnel. That light has turned into a freight train heading right for me. After one fall, I told myself that I can't let perfect be the enemy of the good. I will have falls, and that is just part of the process. Then I had a few good days followed by a fall.

Every fall had one thing in common, and that is that my wife was out of the house for whatever reason, and I was alone with my computer. I would be totally fine and having a good day, and she would say that she is running to the market for a few minutes. The minute she was out the door I was attacked by the Yetzer, and I grabbed my computer.

This weekend she spent in NYC for Shabbat with a few friends. I was alone with my computer all weekend. I don't need to tell you what happened, it was a fall after fall after fall. I gave away the entire weekend. I was using the computer on Shabbos, I didn't fast Sunday, It was a lost weekend of disgusting behavior. It is now Monday morning, and my wife is coming home today. This is a common pattern for me. Anytime that I am alone, I feel that I have an opportunity to "go crazy" and I can't miss out. I have these opportunities often. I travel for business, we have two homes, and sometimes we are not together for whatever reason. It is not like I am having major urges when she is around, and I am just waiting for her to leave. It is not until she is physically gone that I have the urges and they are overwhelming. The Yetzer knows that when we are together he has less of a chance to attack, he waits until I am alone and then strikes. Should I make it a point not to be alone? Any advice is greatly appreciated. I am feeling very dejected this morning.

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Re: A Massive fail

Posted by chancy - 29 Nov 2022 16:09

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I have found that practicing diffusion will help me even after a few slips to not fall but gather back some strength.

You should try it. It works by noticing that you have urges. and they are normal, and you understand them and appreciate all the effort your mind putting into making these urges for you. You understand that your mind only wants the best for you so thank it.

Then, think about what you as a yid and a grown person and responsible adult really wants. and that is not to go down this path again. You are sure of that already. So then everything is at peace. Your mind can create urges, you can acknowledge them and thank it and then move on.

It works like a charm with me BH!

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Re: A Massive fail

Posted by Teshuvahguy - 29 Nov 2022 16:15

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Thanks, Chancy! That's great advice and you explained it really clearly. I'm adding that to my toolbox. One of my problems now is, I'm clean, but I lose sight of why I am bothering to continue to fight. I know it's an aveira, but sometimes that doesn't seem like enough of an argument to the YH. Any thoughts? Remember I am a very late-in-life BT and I have very little Torah knowledge. Thanks, my friend.

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Re: A Massive fail

Posted by chancy - 29 Nov 2022 16:34

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Did you work thru the F2F program yet? its imperative that you do. It gives you step by step instructions of fighting successfully.

forget about aveira for a min. Here are multiple reasons.

?1. Because i want to be able to decide on my own what and when i get turned on and not be forced by my mind and past image's.

2. Im married and my wife will be really hurt to know what i think. and she will be disgusted. **I don't want that to happen, ever!**

3. I have 6 kids BH who im trying to raise to be good erliche yiden and holy people. **I cant be a 2 facer!**

4. I like the feeling of being pure which can last me for a lifetime and indulging in something that will be a few minutes of pleasure takes away that feeling of being pure. **I choose everlasting purity over everlasting filth!**

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Re: A Massive fail

Posted by Hopeful2022 - 30 Nov 2022 10:44

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I am working my way through the F2F program. It is a great program. I need to get back at it

Thanks

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Re: A Massive fail

Posted by Hopeful2022 - 30 Nov 2022 10:46

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That is amazing advice. I will refer to it often!!

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