need chizuk
Posted by eliyahunavi - 28 Jun 2010 14:42

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Hi,

So I'm clean for eight days, working on discovering some of the reasons why I act out, but I need chizuk. I am starting to feel faintly weak, and need some advice. Every bit of chizuk is appreciated. For me, this is a big deal. I haven't gone eight days in months. I feel great, but I don't want to lose it.

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Re: need chizuk
Posted by bardichev - 28 Jun 2010 14:49

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eliyau

we all need chizzuk

and welcome aboard

8 days is huge

thats over a week of pushing back a big strong monster

u are you own chizzuk

the weakness you feel is the YH going nuts

he is going crazy

achhhh I lost another client

now here is some advice

#1 DO'NT TRY TO FIGURE OUT <u>WHY</u> U HAVE AN ADDICTION

what differrnce does it make?

do you try to figure out why you prefer diet coke over diet pepsi

or do you try to figure out why you like hot pizza over cold pizza

or why you prefer driving over being driven

who cares it is what it is

man,who cares

just keep on trucking!!!

#2

don't get upset if u slip or fall

did you ever learn how to ride a bike? or daven for tha amud? dance the hora??

keep on trucking!!!!

b

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Re: need chizuk
Posted by silentbattle - 29 Jun 2010 16:56
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Remember that every day is important. Every minute. Not just because it's part of a life free of lust, but because for that minute, you're free. And that, in and of itself, is valuable - incredibly so.

Remind yourself of that, and feel happy with every day that you're clean. It's worth celebrating!

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Re: need chizuk
Posted by allaloneontop - 29 Jun 2010 20:20
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eliyahunavi,

I have been where you are...in fact...I went 41 days and fell and now I'm back to where you are... withdrawal symptoms and all. You can do this.

All I can add is that you must be a tremendous tzadik. It makes no sense for the y'h to prey on

the weak...only the strong. You can beat him. You are better than he is...he has just found an area of weakness...we are all here to make you stronger. Feel the love of the forum and beat this thing...you can do it!

Y

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