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## GuardYourEyes Chizuk E-Mail (No. 962)

Getting stronger every day!

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Friday ~ 14 Adar I, 5771 ~ February 18, 2011  
Purim Katan ~ Erev Shabbos Parshas Ki Sisa

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Category: Torah > Parsha > Ki Sisa

### Hashem Lets Go if We're Not Paying Attention to Him

By "Yashuv V'Yashuv"

I saw the following Ki Sisa thought in Nesivos Shalom:

How could Klal Yisroel, after all the Nissim of Yetzias Mitzraim and the revelation at Har Sinai, take such a fall as to worship an Eigel HaZahav? With all the justifications given by the Mefarshim, it's clear that it was still a seriously grave Aveirah.

If G-d would not help us defeat the Yetzer Hara we would never be able to do so on our own (Sukkah 52b). Only with Hashem's Shemira, His loving protection, can we even have a chance against the Yetzer Hara. What is this Shemira? Every day, a Bas Kol goes out from Har Sinai that says "Shuvu Banim" - come back to your Father (Chagiga 15a). That Bas Kol can be heard in our subconscious - the thoughts to return to Hashem, to do Teshuva, are that daily gift, they're the Shemira He gives us.

Hashem does not always provide that Shemira. He will lift His Shemira in two instances:

(1) If we're on a high level, able to defeat the Yetzer Hara without the help of Hashem's Shemira, He will remove that Shemira to create a real challenge for us. Kol HaGadol Mechaveiro Yitzro Gadul Haimenu (Sukkah 52a) - the greater level of spirituality you're on, the stronger the urge to go off course - because you've lost His Shemira (My understanding of this is that the Shemira is lifted in degrees - the greater you are the more Shemira is lifted).

(2) If we transgressed Aveiros that are insignificant and therefore we have no drive to do Teshuva, sometimes Hashem will lift His Shemira so we will transgress a greater Aveirah that would bother us enough to want to do Teshuva. Hashem wants a relationship with us and He'll let us fall in order to get our attention. (Wow!)

So when I conquer my Yetzer Hara, it's only because Hashem's Shemira helped me. And when I fall, it's because Hashem's Shemira was lifted and I was toast. Do I really think I'm in control? Did we think we were in control at Har Sinai, that we had the Yetzer Hara licked? Hashem is hugging me tight with His Shemira. He'll only let go if I'm not paying attention to Him. I just need to keep looking up to see Who's hugging me.

**"Me3" responds:**

Sometimes I think the Nesivas Shalom wrote his sefer just for us people at GuardYourEyes!

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**The Parsha of "Falling & Getting Back Up"**

**By "Reb Yid"**

First I'd like to thank Hashem for helping me until this point. I am finding that posting these Divrei Torah and knowing that people are reading them, is helping me tremendously. If you do read them, I would appreciate comments and feedback - positive or negative (on [my thread here](#)). Thanks!!

This week's Parsha is a very important one for us at GYE. It is the Parsha of "Falling and getting back up again". Anybody here ever experience that?!

The Bnei Yisroel just left Mitzrayim. They saw Krias Yam Suf. They defeated Amalek. How could they possibly fall so far and so low as to worship the Egel? There are many explanations as to what exactly they were trying to do. But either way, it was a grievous sin. The purpose of this Dvar Torah is not to analyze *how* they fell. It is rather to analyze what happened *after* they fell.

Moshe goes up to shamayim to beg for mechila. Rabbi Reisman points out in [this wonderful tape](#) (if you haven't heard it yet, please do so ASAP. It's a life changer!!) that Moshe actually told Hashem that the Yidden were not at fault since they were an *Oness*. "You took them from slavery, gave them more gold and riches than they have ever seen in their lives, and then take away their leader? Of course they will sin!!" Now *we* can't say things like that. We are not on that level. But we do see that there is a concept of falling to a nisayon that we *could not have passed!!* Hashem said "Salachti Kidvarecha", which means that on some level He agreed to Moshe's claim.

If this is true in some cases, then why does Hashem test us in the first place?

One answer is, to see how we will react to the failure. Another possibility is, to teach us and prepare us for what lies ahead. They are both true.

In the case of our addiction, we don't really always have the Bechira to cut the cord with lust forever. That is beyond us now. Therefore, it stands to reason, that a fall that comes now, can sometimes be an *Oness*. So does that mean we are free to do as we wish? Of course not!!! Our Nisayon is to see if we commit ourselves to work through our struggles towards an eventual goal of complete sobriety. Yes - if we are doing all we can to achieve our ultimate goal, then the pitfalls on the way can be overlooked. But it is our responsibility to *pick up the broken pieces of those pitfalls* and live to fight another day.

And in conclusion, we find that when the Yidden did that, they were immediately given the instructions to build the mishkan so that "Veshachanti Besocham". When we commit to do it right and plow on towards our goal, Hashem doesn't just forgive us. He grabs us to Him and loves us like he did before.

May we be Zoche to earn and feel His love ALWAYS!!!

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## **Can It Be Worse?**

**By "ZemiroShabbos"**

***"U'BeYom Pakdi, U'fakad'ti"***

Rashi explains that any time Hashem brings a punishment on Klal Yisrael it includes partial punishment for the Chait Ha'aigel.

Rebbe Chanoch Henoch of Alexander zy'a (*Siach Sarfei Kodesh*) explained it this way:

Every time Hashem punishes klal yisrael He is telling them, look at the Chet Ha'aigel, how terrible and disloyal it was, and even so, the Yidden did Teshuva and their Teshuva was accepted. Is what you did now any worse, that Teshuva cannot be done?

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## **"Teshuvah in the Mind" VS. "Teshuva in Action"**

**With all this talk of Teshuvah, here's a nice piece from "Kedusha":**

The Rambam (Hilchos Teshuva 2, 1) says that, if a person faces the same Nisayon, and overcomes it ONCE, that is Teshuva Gemura. The Rambam also says (Hilchos Teshuva 2, 3) that Teshuva (here he doesn't use the stronger term "Teshuva Gemura") is where Hashem testifies that the person will never return to the sin again. How can this be? It seems that the Rambam is requiring a much higher standard for regular Teshuva than for Teshuva Gemura, which makes no sense!

The answer, as explained in a recent Navi Shiur by Rav Yisroel Reisman, is that there's a huge difference between the Olam Hamachshava and the Olam Hama'aseh. If a person only does Teshuva in his mind, but does not actually overcome a Nisayon, then Hashem has to testify that he will never do the aveira again and, even so, it's only a standard Teshuva. But, if someone actually overcomes a Nisayon, that is considered a Teshuva Gemura - so much so, that if he does the aveira again, it's as if he did it for the first time in his life! (Of course, the person can't plan to do the aveira again, but as long as he accepts upon himself to try to avoid it - and he overcomes the same Nisayon a single time - that is Teshuva Gemura). Imagine, then, how great a person's Teshuva can be if he is Omed b'Nisayon day after day (one day at a time, of course)!

Rav Reisman noted that the second Rambam (Hashem has to testify that he will never do the aveira again) is quoted far more often than the first Rambam and people, therefore, assume that Teshuva is very difficult. That may be true in the Olam Hamachshava. However, in the Olam Hama'aseh, we are given constant opportunities to do a Teshuva Gemura. What a tremendous Chizuk!

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## **Overcoming Even a Small Fire**

**By "Zemiroshabbos"**

***"This they shall give... a half a Shekel"***

*Rebbe Moshe Kobriner zy'a in Toras Avos writes:*

Rashi explains that Moshe Rabeinu had difficulty understanding what was meant until Hashem showed him a vision of a fiery coin.

What was so hard for Moshe to understand that Hashem needed to show him a fiery vision?

Moshe's question was how was it possible for a small coin to be a kofer nefesh: an atonement for a person's soul? A person would give everything he has to preserve his life!

Hashem showed him the fiery coin which symbolizes the fiery force of the Yetzer Hara, who works to keep us from giving even a small thing away. That is why even a small coin can be a kofer nefesh.

**Addition by "Yosef Hatzadik":**

With every 'urge', we are struggling against the mighty force of the fiery Yetzer Hara.

Even a small step away from lust can be a *Kofer Nefesh!*

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## Where it All Starts

By "Yosef Hatzadik":

The parsha of *Chet Ha'Egel* begins with the words "*Vayar Ha'am* - and the nation saw".

All *aveiros* begin with 'looking'. *Ayin roeh, Halev chomeid...*

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### Daily Dose of Dov

Dov is sober in SA for over 13 years. See his story [here](#).

## Hashem Loves Us Even In Our Crazyness

I got a good deal of passion to serve Hashem once I was convinced that He isn't disgusted with me at all. Think about it... If a rebbi, teacher, parent, sister, wife, store clerk, whoever... have this look of near-puking whenever you see them looking at you, would *you* be able to summon up the resolve to give them your all? Or to deal with them with 'passion'? I doubt it.

If deep inside I really believe that He "knows" that I am a loser, the passion is not gonna happen. (Same goes for my wife in the relationship... k'mayim ponim el panim., etc...) Once I came to believe that Hashem truly loved me with a passion, even in the midst of my insanity, I was able to begin to serve Hashem with love and passion as well.



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## GuardYourEyes Chizuk E-Mail (No. 961)

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Wednesday ~ 12 Adar I, 5771 ~ February 16, 2011

### In Today's Issue

- **Happy Announcement:** Torah Umesorah Offers GYE to Their School Network!
- **Q & A:** Is Accepting Addiction as a Disease a "Cop-Out"?
- **Daily Dose of Dov:** The Recovery Derech *Has* to be Wrong for Normals

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### Happy Announcement

## Torah Umesorah Offers GYE to hundreds of schools!

Torah Umesorah sent out a letter this week providing information on three GYE resources. This e-mail was sent out to their entire e-mail list, which includes the Menahalim of close to a thousand schools throughout the U.S.

[Click here to see the letter.](#)

In the letter, Torah Umesorah suggests that all the schools send out our "[Prevention Tips for Parents](#)" to their entire parent bodies. That means that not only is our material now in the hands of the schools, it may soon be in the hands of the parents of tens - if not hundreds - of thousands of Talmidim!

### We Need Volunteers Please!

We desperately need volunteers to help us man the GYE hotline. All that is necessary to man our hotline is having some experience on GYE. With the help of our "[GYE Program in a Nutshell](#)", almost anyone can be an expert on helping give general guidance to people who call in. (Of course for more difficult questions, I will be reachable as well). Whoever feels they can volunteer to man the hotline for an hour or two each day, or even for some days of the week (while you work on other things, ...I don't expect the phone to ring off the hook), please write to [eyes.guard@gmail.com](mailto:eyes.guard@gmail.com).

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Category: Q & A

## Is Accepting Addiction as a Disease a "Cop-Out"?

**"Gesher Tzar me'od" asks:**

*How is acceptance of lust addiction as a disease not a "cop out" for a responsible person not to take responsibility for his actions? I realize that there is a difference between a one time aveira and a constant behavior pattern, but that still doesn't do it for me. Can someone help me here, because this a major hashkafic issue preventing me from proceeding.*

**"David/Rage" Responds:**

The fact that I have an addiction is no more than a fact... like its day outside now... or that Winter follows Autumn... I looked at how I was behaving, where my rational thought was throughout the process, what risks I was taking to feed the addiction, what methods I have tried and failed in beating it, etc... I looked at the totality of the situation and realized that I am exhibiting all the signs of a heroin addict.... It's as plain to me as the nose on my face, and it's something I can't deny if I want to be honest with myself....

But for me, identifying what I have as an addiction was really step one into taking responsibility and getting better... I think it actually takes a lot of very hard work to overcome an addiction, much more work than just trying to stop a nasty habit... So for me, identifying it as an addiction woke me up to the hard work I need to put in to get it right... This included doing stuff I never in my life would have even considered doing before I identified what I have as an addiction... So I don't think it's a cop out at all.... *aderabba*. Identifying your addiction is step one to treating it... And that's what the 12-Step prayer means when they ask Hashem to "give me the serenity to accept the things I cannot change, and the courage to change the things I can"....

**"ZemirosShabbos" responds:**

A lot of my struggle in the past was trying to push the wrong buttons, buttons that cannot be pushed at all, buttons that were glued shut with a pound of Crazy Glue.

Trying to 'be good' by sheer willpower for an addict just doesn't work. Once the lust hits and your body is affected by it, it is an almost forgone conclusion that there will be trouble. The buttons that needed to be pushed were available **before** that slide started, and the struggle is to gain the awareness and take action **before** you start sliding.

Identifying it as an addiction does not take away your responsibility for any actions. Rather it gives you the knowledge of which buttons to push; buttons that **work**.

Remember also that understanding and gaining clarity are luxuries we can't always afford. Someone who is drowning does not really care about how the aerodynamics of a helicopter work, he just wants one to get him out of the water.

If a technique works and it can pull you out of the garbage, then grab it now. Understand it later.

**"Sick Man Getting Well" writes:**

When I accepted Lust as an addiction, it was the first time I was ready to take responsibility for my actions. Until that point I always choose to explain why I was acting out. It was the fault of family, work, yeshiva, parents, friends, the president, etc. At the point that I came into SA and accepted that I have an addiction and that there are very simple steps to take to stop acting out with Hashem's help, I was finally becoming a responsible person.

I too agree with you that people take the word "addiction" and apply it to pattern of behavior. However, if someone is actually getting help for those behaviors (gambling, overeating, watching movies, debting, etc) what do I care what they call it? As long as they have gone for help and can find freedom from the bondage of those behaviors!

I can't speak for SA, but for me, recovery was taking responsibility for my life. Today I feel so much better because of it.

**"Me3" replies:**

I have had some bad habits and difficult situations in my life that I managed to conquer and get through with sheer will power.

Then I met lust. I tried everything, I challenged myself, I berated myself, I made one ultimatum after another; one resolution after the next. Me, the one with the iron will, steely resolve, but nothing worked.

What have I found to work? Something completely counter intuitive. Rather than will power, it's been just the opposite; saying, "Hashem, I can't do this! I'm sorry, but I've messed myself up so badly that I can't get past this by myself. I need You to carry me, to do it for me. I am powerless in the face of this yetzar hara. Please help me."

So call it addiction, call it what you will. All I know is that looking at it that way gives me a fighting chance.

**"Geshar Tzar me'od" (who asked the original question) responds:**

*Everyone's replies have been very helpful for me. And I hope maybe there are others out there who haven't verbalized it but are grappling with the same issues. If it helps anyone else, I will feel that it was worth all our effort and time.*

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## Daily Dose of Dov

Dov is sober in SA for over 13 years. See his story [here](#).

### Dov's Advice to a Non-Addict

**A typical struggling Yeshiva guy wrote to Dov for advice. (He had not progressed to a real addiction level yet). Here is some of what he wrote:**

*"I guess I would say that my ratzon does not meet up with what I intellectually know and want. After Yeshiva, when I first "stumbled", I felt awful. But as time progressed, I don't feel bad anymore. The worst thing is that after years of trying to stop, I do not see an end in sight.*

#### Dov Replies:

I am no expert, of course, as I am just an addict. My addiction took me so far from reality in my mind, and so far from real relationships with others, and so far from any kind of acceptable behavior - that I reacted by isolating, hiding, and lying. The guilt of it became a weight that I could not carry and I finally gave up, allowed the truth to come out to safe people (other people like me), and allowed Hashem to help me for a change. Till then I *did not allow Him* to help me (though I asked Him for help hundreds of times). I just was not at all ready for the help I really needed. It didn't hurt enough yet - but all that changed a few years later, thank-G-d, when the pain became unbearable. And here I am.

So, who am I to have an opinion on what's right for *you* to do about *your* problem? We are different, you and I. I am a drunk, plain and simple. I tried to get better but just kept getting worse, it took over my mind and eventually my life, and progressed further and further. I do not know if I ever experienced what you describe. Maybe I did, when I was between 11 and 15, or maybe I was already sold to it from the very start. I do not know.

In any case, what you describe sounds to me like what Chaza"l refer to as "kivan sh'ovar odom aveiro, *eventually* na'aseh lo k'heter" (when a person continuously transgresses a sin, it becomes to him as permitted) - k'heter means just that: he does not fight it any more, for it really becomes acceptable to him. His 'religious' mechanism no longer has any grip on it and fails completely.

Furthermore, since these taavos are part of what it means to be human, especially in the case of a young man, it is quite common to experience overwhelming desire and to employ fantasy in our minds. And the 'acting out' follows quite naturally and predictably. So, that needs to be admitted: Though it is bad for me and not what Hashem wants for me, I do have a netiyah toward this, as many others do. It does not make you a rasha. Now deal with it.

Learning how to deal with this tayvoh - for a normal yid/person - **is** becoming a Jewish man. You are building yourself, here, right now. Really. Putting our taavos into our learning and doing Chessed for others is *exactly* what Hashem wants. That is obviously what Chaza"l mean when they say "*keivon shepogah b'cho menuval zeh, moshcheihu l'veis hamidrash*" - take Him **with** you and use your body for Torah and maysim tovim. Look in R Wolbe's sefer Alei Shur, for example, for more on this (at least that's how I understand him). And that's *Odom ki yomus baOhel* - it's

surrendering the natural lusts a bit and is a bit like dying. In the Ohel. The pleasure of learning, of *horveh*-ing in Toah and maysim tovim needs to be where we feel the vitality, the connection, the fulfillment. The Kitzur advises just this, if you read it carefully. And see the hakdomah to the Eglei Tal, too, about simcha in learning.

While I am at it, I will throw in an enthusiastic plug for any and all writings/tapes from R' Tzvi-Meyer Zilverberg Shlit"a ("Divrei Chizzuk" on the chumash), and for Rav Itamar Schwartz's series, "Bilvavi Mishkan Evneh" (especially his sefer - translated well into English - "Da Es Atzm'cha - Getting to Know Yourself"). All are life-changing and deal directly with our personal connection with Hashem and with appreciating our avodah, our struggles, and our lives in general as G-d's people.



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## GuardYourEyes Chizuk E-Mail (No. 960)

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Tuesday ~ 11 Adar I, 5771 ~ February 15, 2011

### In Today's Issue

- [Links: Teshuvah Boot Camp](#)
- [Testimonials > Forum: Never Felt Such a Connection](#)
- [Daily Dose of Dov: More Invested in G-d](#)

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Category: Links

### [Teshuva Boot Camp](#)

**"Kedusha" sent me the following e-mail today:**

There's a great set of three Shiurim called "Teshuva Boot Camp" from Rabbi Ben Tzion Shafier of [The Shmuz](#). It can be downloaded [here](#) for \$9.95. The Shmuz has [hundreds of other Shiurim](#) that are available for free download, but this series is well worth the price.

In the second shiur of the series, he has a nice discussion about what a person can accomplish when he hits rock bottom, citing the example of Rebbi Elazar ben Durdaya. Of course, at GYE, we know that it's far better to [hit bottom while still on top](#).

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Category: Testimonials > Forum

### Never Felt Such a Connection

By "RisingUp"

I feel that the effort that I put into posting my comments and thoughts on the forum are vital to my recovery. Although I had a very difficult time over the past 5 or so years, I never felt a type of connection to anything in the way that I do to GYE. It is something for me to look forward to, a place that I can joke around, where previous conceptions and acute assumptions of personalities do not apply. It is important to me

that this remains a part of the recovery process. So much so, that I have factored in the time that I spend reading the posts into my daily schedule. Thanks to all those on this website I am able to share my thoughts without the fear of being ridiculed or shunned. The mind of an addict is filled with many different misconceptions, greatest perhaps of all is the perceived notion that one is unable to create a true bond with a reciprocal being. Seeing the way that each one of us contributes to the well being of each other is truly an asset to the recovering addict.

For this I am truly thankful.

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### Daily Dose of Dov

Dov is sober in SA for over 13 years. See his story [here](#).

## More Invested in G-d *Two Great Parables from Dov for Step 3*

**Step 3: "We made a decision to turn our will and our lives over to the care of God of our understanding" (or as one sponsor used to say: "or the G-d NOT of our understanding!")**

### The Crazy Sports Fan

A guy who was a crazy sports fan missed an important game but his friend taped it for him. By the time he got the tape, he had already heard on the news that his team won that game.

That night he set up beer, chips, salsa, closed door, all for watching the game. Halfway through the game his son came into the room and said, "Dad, are you OK? Every time you watch a game you go crazy yelling at the players, cursing like a sailor, and spilling your beer during touchdowns. Why are you so quiet tonight?"

He answered, "Well, you're right, son. But I already know that my boys will win this game at the end in overtime, so I don't get all emotionally wrapped up in how the plays are going. I mean, it's interesting and fun to watch, but I just can't get carried away like I normally do."

When we start to know that G-d will make everything right in the end, and that everything that will ever happen is for our benefit cuz it's His Will, the *personal* investment we have in things happening the way *we* plan is much less. And we start to trust Him a bit, then slowly more and more. Especially when we see that he really *does* keep us sober.

### The Jerk on the Freeway

When I am driving and get passed aggressively by *some jerk*, my natural inclination is to catch up to him, overtake him, and cut him off, slowing *him* down. Or, to at least pass him by. This has led me to a few cat-and-mouse games on the highway in the past... dangerous and obviously stupid, particularly for a grownup (ha!).

So nowadays, I do not do the battle for the highway game any more, but I at least am tempted to catch up to the sucker and show him that *his* reckless speed can be matched by *me*!

So what happens when I get to my exit and he is still in the left lane zooming along in competition with me?... The thought that I will have to slow down and bear right to get off and go to my destination, and the **sneer** he will send my way ("I beat you, fool! Ha!") is just - plain - torture. But what do I do? Miss my exit?!

I have been really tempted to, let me tell you. Am I the only crazy one here?

Well. This is what the 3rd step is about. I am on a journey. I have a destination. G-d is leading me somewhere all the time. But my jealousies, fears, pride, lusts, etc. - they all get me invested in what's 'just gotta' happen. They blind me to caring about G-d's Will for me. I stay miserable, throw my good sense to the wind and just "chase the bastard".

Sometimes it's subtle (like when we get wrapped up in feeling sorry for ourselves, getting carried away in self-absorbed thinking and we isolate instead of getting involved in taking life by the horns and being a father, son, yid, whatever) - and sometimes it is shocking (like screaming at our kid because **he/she violated our will!**).

So the 3rd step for me is connected to my ability to slow down in the middle of my insane chase with the aggressive driver who passed me a minute ago, and just **get off at my exit** - really at **G-d's exit for me** - and live life on Hashem's terms rather than mine, at least for that minute.

Those moments of painful surrender to Hashem's Will for us grow and grow, and the job is probably never done. But *living right* gets easier and easier, not harder and harder. We get more invested in G-d, and less invested in our own desires.



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## GuardYourEyes Chizuk E-Mail (No. 959)

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Monday ~ 10 Adar I, 5771 ~ February 14, 2011

### In Today's Issue

- **Announcement:** [Elya's Group Tonight](#)
  - **Testimonials:** [Like Getting Married Once Again](#)
  - **Member's Chizuk:** [Surrendering the Right to Act-Out](#)
  - **Daily Dose of Dov:** *We become **more** needy as we heal!*
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### Announcement

#### Re-Announcing [Elya's Monday night group](#) (Tonight!)

An introduction to SLAA  
What is the problem?  
What is the solution?  
How to begin recovery toward living a life of honesty, integrity, mindfulness and serenity through sobriety.  
**Readings, discussions, chizuk, knowledge and hope.**  
**Join us.**

*Remember: Awareness is the first step toward a new life.*

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Category: Testimonials

## Like Getting Married Once Again

**We got this heart-warming e-mail today (I added the hyperlinks):**

Dear R' Guard,  
We owe GYE a tremendous thank you. My wife and I feel like we've just been married again. Thanks to your website we've been able to tackle issues that have been

haunting us ever since we were married and had effected all aspects of our marriage, and our lives.

Case in point: I had become involved in your site around Pesach last year, out of personal desperation. I signed up on the [90 day chart](#) and B"H I reached 90 without much difficulty and it was the greatest feeling I could remember feeling in a long time. Unfortunately it didn't last - fear of failure brought me down. I then struggled to rebuild the 90 days, but I couldn't reach more than 40 days or so and I'd fail again and again. I then began the climb to 90 once again, but this time with more active involvement in [the forum](#), followed by more active, involvement in the [12 step phone conference](#).

During this time I had an important talk with my wife about GYE, speaking about the importance of it, what a great resource it is, and how it helps me avoid the falls that can result from triggers. I did kind of play down my need for the site, out of understandable embarrassment and the pain it would cause my wife. The subject continued to come up and my wife was suggesting GYE to people that she knew who struggled with these issues or knew those who did.

Recently, for the first time, she started reading some things on GYE. She read [Yechida's letter to a GYE wife](#) and cried the whole way through. She finally had some level of understanding of this struggle and we were able to talk about it more openly. The whole time she was wondering to herself how much I needed this site, to what extent I had become addicted, whether it was perhaps more than just triggers. Well - I bit the bullet and I decided to share something special with her. As Hashgacha would have it, that day was the exact day I reached 90. I clicked on the [Wall of Honor link](#) and said "that name is mine" and I showed her the [WOH/90day Chart rules](#), and that's when we both had the feeling of being newly married once again.

A tremendous thank you to you, all the members of GYE and of the phone conferences, and thank you to HKB"H who I have B"H come to know in way I hadn't known in years.

All the Best,  
Me and my wife.

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**Category: Member's Chizuk**

## **Surrendering the Right to Act-Out**

**"ShteigningGuy" writes:**

I'm so grateful to Hashem, SA, GYE, and all the support. I realized today that I need to surrender more. I read in the [White Book](#) that part of surrender is surrendering the right to act out. Another big Yesod of SA is that the recovery and surrender has to be against **lust**. I realized that even though I have gone a far way in getting a sponsor and joining SA, that was only a partial surrender. I'm not falling, by SA definition. But I'm still holding on to lust. I'm not admitting that I have no *right* to lust. I need to

surrender that.

If all of the Roshei Yeshiva are screaming about the dangers of unfiltered computers (and even filtered ones, unless needed for parnassa), and I'm an addict that's gotten into trouble with one, so what **am I doing playing around on it?** And why am I dangling certain images in my mind and not right away davening to Hashem to take them away? It's because I'm not really **surrendering** them.

The fact is, that Hashem is waiting there to get me through this. His team is the winning team. But in order to participate, I have to surrender any lust rights I feel entitled to. And surrendering means not blaming the outside environment. After all, Hashem created it all. There's no way He created me to fail. Obviously the best way for me to grow is in these circumstances. I've got to really accept that without any 'ifs and buts'.

Today I made the sure that the back room with the computer that I was fooling around with was locked, and got rid of the key. I've got to show I mean it. And the only time I really should be going on the computer at all is to check my gmail (which I need for work) and maybe GYE. If I'm really serious about it, then that's what I've got to do. Hashem's waiting there. It's my job to really believe that this is what I have to do and surrender. Once I do that and turn to Him, the real healing and miracles can start.

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### Daily Dose of Dov

Dov is sober in SA for over 13 years. See his story [here](#).

## We become *more* needy as we heal!

I have noticed a funny thing about the people I work with professionally (in health care): As they begin to improve, they start to complain about how bad off they are. It is just so frustrating as a person helping them, to hear them get more negative at the very time that they are finally starting to *progress*. Well, it occurred to me that as long as they felt so very limited, being very bad-off, they had *no* aspirations for normalcy. But once they started to see some improvement, they started to have expectations! But as they were still almost as limited, they were mainly left with frustration... Slowly as they actually improved, the hope grew that they would be better one day, but the emotional roller coaster is frustrating and pretty convincing, regardless of reality.

In recovery, I have seen this problem manifested in a very bad way: A guy comes as a shmateh. Soon, after surrendering to the truth about himself and actually doing a bit of recovery work, he becomes suddenly aware of what he forgot for so long: Normalcy. Though he is still very sick, he expects normalcy once he recognizes it. It's horrible to see: Just as he reaches the cusp of some real progress, has his first sniff of real honesty and freedom... he quickly comes to expect it! Like **he** made it happen in the first place! Forgotten is the pain and weakness that were the vehicles to get him here - he feels inherently 'strong' now! In common or pop-psych terms, we'd say, "Great! You are getting better!, Mazel Tov!" Self-confidence is a great thing to be sure, and **normal** people know how damaging and depressing it can be to be so focused on your defects. No argument there... unless one is truly sick. Let the sick man act as if he is normal and see what happens. But have him keep his illness in mind - and see



how nice life gets - *provided he takes care of himself accordingly instead of giving up.*

Anyway, so the new-found expert soon falls hard on his back (or more slowly but *very* badly) and often reacts by throwing away the entire derech - "I tried it and 'made it', but it failed me anyway!" The problem here is not lust - it is his pride. We are shmatehs, and will remain so, in some respect. Especially an addict. Just ask Reb Tzvi Meyer Zilverberg - he'll tell you that the greatest aspiration a yid can have is to be a ben melech, b'ni b'chori - and yet *still be a **shmateh!*** For most people this is a madreigah perhaps.... but for *addicts* I believe it is survival itself. We pray for humility not because we *want* it so badly, but *because we **need** it.*

We know we are on an endless road. Our freedom increases and it gets easier and easier to stay sober and to live the Good-Life - but at a price: we addicts can never become *free of G-d*. Our dependence on Hashem *increases* over time, not the other way around. To the average frummy this sounds well and good - but I cannot tell you how many of these same guys I have met who slip away from dependence on Hashem as soon as they *start* to get better.

So, we actually become *more* needy, not more independent, as we get better. An inconvenient, weird, truth. The bright side (especially as Jews) is that as the dependency grows - so does the *relationship*. Ask any couple happily married for over 20 years and they'll tell you: Their dependency on the spouse increases *while their independence as individuals grows*, and the love becomes ever deeper and more comfortable. Same with Hashem, I'havdil. (A long time ago I posted a shtikk'l about how Hashem gave us all the relationships in our natural lives specifically in order to help us grow closer to him.) Addicts feel this more keenly than most folks do, I guess.