

does Hashem hate me C"v, kuntress #2

Posted by pinokio - 10 Apr 2011 10:34

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We have completed perek 2 of 6 kuntreissim. This one also deals with the notorious feeling of self hatred, which comes after insanity and before recovery.

it utilizes Torah to dospel these feelings and allow recovery to start.

Gaurd, if u like anything in it, you can do whatever you want to it. it is also unedditted, yet less colorful than the forst. I made sure not to use strong language in this unedited version, as i recall.

It happens to contain alot of R nachman. This is because, although i enjoy quoting torah of all types, R nachman has dealt with this specifically to such a degree over anybody else i know.

I could have written over the whole meshivas nefesh, it is so good. You do not have to be BReslov to gain from it, esp. when a person is dying and needs help.

per request, i will post it this time so that dурdaya can edit it and read it easier than before ;D

as far as the rest of the kuntreissim, i must seriously cut down now on writing. My sponsor says it can take away from my recovery, and we all know that hakol nigrar achar harosh, so we'll see to finishing it very gradually.

the remaining prakim deal with recovery, why Torah didnt work (really good!), a halachic perspective, and more.

i am not worthless, but not at all perfect, and my recovery is important, so here is this and we'll see the rest later iy"H

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Re: does Hashem hate me C"v, kuntress #2  
Posted by ZemirosShabbos - 13 Apr 2011 14:53

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[tzaddik90/Special Weapons And Tactics wrote on 13 Apr 2011 08:00:](#)

and writing a letter to the chevra kadeesha while trying this last try, the little miserable tzaddik90 kuntress

t'is neither 'little' nor 'miserable'

a wonderful and wide-ranging collection of powerful and useful advice

many many thanks for going to such lengths to reduce the chevra kadisha clientelle

no one will ever know how many people are/were helped by this

tzadik90, ata hachi tov!

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Re: does Hashem hate me C"v, kuntress #2  
Posted by baalteshuva - 13 Apr 2011 16:04

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[tzaddik90/Special Weapons And Tactics wrote on 13 Apr 2011 07:50:](#)

Reb BT,

also, by calling to hashem with sincerity, we can override all beauricratic pathways of shamayim and send the prayer straight to the boss himself, this is the kuf pasuk in end of ashrey

jus to clariiefy, are you saying that as long as I daven from my heart Hashem will still listen to me every morning when i wake up at dawn to go to shul, even though I masturbate? or is my davening a pointless activity?

[tzaddik90/Special Weapons And Tactics wrote on 13 Apr 2011 08:00:](#)

if we see a mekor for god hating someone for this, please share.

are their mekoros that the wasted seed went into the nukva diklipa, lilis, and she had children with you, who will torment you and torture your real family? sure, see taharas hakodesh

but that's without tshuva

id like to save my skin and prevent that with some tshuva

Ok i am about to write something controversial but I need some clarity as to what teshuva actually means. I come from a completly secular background, when i was a kid the only frum

person i knew was a relative who used to molest me when he stayed at us.

Because of this when I was a teenager I hated yidishkeit as i wrongly associated yidishkeit with this man.

thank G-d I have matured.

I have slowly started becoming more observant.

now thanks to this relative of mine I go to a psychologist

He is not jewish but respects my spiritual aspirations. He told me and i realised myself that I am not yet ready to try stop masturbation.

He told me that it would be dangerous for me to think of masturbation as something negative as I tend associate this negativity with the past.

one day I hope i will be able to work on masturbation but I am just not ready.

now why do we have to do teshuva for masturbating? surely one only needs to do teshuva for things that are within one's power to do?

at the moment i regard my masturbation as a positive expression of sexuality

I know that ultimately I need to stop. But on a psychological level masturbation is positive and compared to molesting someone and destroying their soul it is the greatest mitzvah.

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Re: does Hashem hate me C"v, kuntress #2  
Posted by TheJester - 13 Apr 2011 16:25

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[baalteshuva wrote on 13 Apr 2011 16:04:](#)

Ok i am about to write something controversial but I need some clarity as to what teshuva actually means.

*Rambam* puts it very nicely and explicitly in *Mishna Torah - Hilchos Teshuva* (2:1) [\[Who has reached\] complete Teshuvah? A person who confronts the same situation in which he sinned when he has the potential to commit \[the sin again\], and, nevertheless, abstains and does not commit it because of his Teshuvah alone and not because of fear or a lack of strength.](#)

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He told me that it would be dangerous for me to think of masturbation as something negative as I tend to associate this negativity with the past.

one day I hope I will be able to work on masturbation but I am just not ready.

If you are serious, I would very, very strongly recommend seeing a Torah-observant psychologist for another opinion. I saw a Torah-observant psychiatrist, who said "if you were not Jewish, I would tell you X. But we will try Y."

now why do we have to do teshuva for masturbating? surely one only needs to do teshuva for things that are within one's power to do?

Have you asked a Rabbi this question? You would probably need to get a *Heter* based upon medical grounds. But I'm sure a Rabbi would ask you to see a Torah-observant psychologist for

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I know that ultimatly I need to stop. But on a psychological level masturbation is positive and compared to molesting someone and distroying their soul it is the greatist mitzvah.

~~Ask yourself whether you have a very sophisticated and clever Yetzer Hora. The easiest way to determine this is to ask a Rav, or at least a Torah-observant psychologist!~~

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Re: does Hashem hate me C"v, kuntress #2  
Posted by baalteshuva - 13 Apr 2011 18:14

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TheJester-

first of all i did not mean to imply that i need to masturbate inorder to stop me abusing someone cv. there is no excuse for abuse.

if someone is abused it does not mean that he has to abuse.

secondly it is not about hetarim, it is about realistic gradual growth. i highly suggest that you read me3's post above, it is my underlyning point.

please read this also

[www.drсоротзкин.com/quest\\_for\\_perfection.html](http://www.drсоротзкин.com/quest_for_perfection.html)

all the best

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Re: does Hashem hate me C"v, kuntress #2  
Posted by TheJester - 13 Apr 2011 19:48

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[baalteshuva wrote on 13 Apr 2011 18:14:](#)

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all the best

My apologies for misunderstanding, and missing your actual question:

now why do a have to do teshuva for masturbating? surley one only needs to do teshuva for thing that is with in one power to do?

The question I wrongly saw was *"is it OK for me to keep masturbating, because I see it as a positive expression, and OK for where I am now (as ratified by a psychologist), given that as I*

*progress it will ultimately become wrong?".*

Rather, your premise is that it is not within your power to stop masturbating at the moment. Therefore, why should you do Teshuva?

Great question, and I don't actually have an answer. And I suppose that the same question could be asked of any of the things a BT takes on gradually. Like *Shabbos*, *Kashrus*, *Shemit'a* produce, abstaining from theft and gossip.

By the way, great article - ~~I did not understand its context, I'm afraid.~~ Ah - I found that there other related sections. It took a lot of convincing from my own therapist that I suffered from

Edit: Deleted poor quality link.

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Re: does Hashem hate me C"v, kuntress #2  
Posted by baalteshuva - 16 Apr 2011 17:10

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Hi

I just had a thought. Someone who literally believes that Hashem turns a deaf ear to their cries may be mistakenly be having a heretical belief

Number 10 of the 13 principals states that Hashem knows all our thoughts. In other words He is with us and knows our pain and sincerity and hugs us all the way.

perfectionism. You must have read some of my other posts  
Bottom line- no many eyed monster is going to destroy our connection with our loving father.

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Re: does Hashem hate me C"v, kuntress #2  
Posted by pinokio - 17 Apr 2011 06:43

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hi bt, i see you are a torah jew. here is s/thing i wrote that the forum did not let me post earlier. see if it can help give u more direction in the recovery you want, via compare or contrast:

bt,

i do not know your torah knowledge or background. We must be careful to express who we think has heretical beliefs, simply based on the rambams 13 rules. Even those 13 are a matter of controversy. I think you can say that from what you saw among the 13 principles, you got hope that Hashem, knower of your thoughts and efforts to cling to him, will hopefully be aroused by your prayers, DESPITE the spiritual reality that in an impure state, the spiritual world is designed to interface between u and Hashem and turn your tefillah down.

We already wrote here, Hashem has many hanhagos, from chessed to rachamim to din, he has eiss ratzon, the 13 middos of mercy, bitzdaka echezeh panecha, tehilim, segulos, hashgacha pratis, taken previous gilgulim into account, and future considerations.....there is ALWAYS a way to access these hanhagos, from anywhere

however, one cannot naively say "i will play a flute and Hashm will listen to my prayer."

we must learn about and work IN the system, because there IS a way that things work. God doesnt listen to tefillah so much unless several things are met as well. God cares about sincerity, sure. but he is not a vatran-

so there is a system to relating to God, no matter where u are, but we must use that system.

for example, part of orthodox torah judaism is that masturbation is assur, no matter what dr ying zang said about it. It is like eating trief. You cant stop? no problem-neither can i(the truth is i can). but i know its assur, shouldnt have hAppened, had regret, and repented for it. will it happen again in ten minutes? could be....probably,....but i told God already it will never happen again...so for all intents and purposes, it wont happen again... .

this is our faith. SA embraces many faiths. but gye is for jews. these are our beliefs from sinai. even the goyim of sa believe there can be no first drink-not for religious reasons, but because if they have it they will die. im like that too, to say the truth.

to boot, our own experiences, numbering in the hundreds, is that there is no such thing as waiting to stop-this technical twist in your recovery is unnecessary, it is also contrary to the big book, which was written completely based on experience which steps are necessary to become sober and which not.

We are a nucleus of people with enormous collective experiences in addiction and masturbation, recovery and healing from, etc.

we all pretty much agree to the same set of variables that are necessary to help us recover. We do not think there are no other tools but ours, because even the 12 steps are only suggestions. However, we have a system that does not infringe upon halacha, and only improves our religious devotion, from which we and over 2 million people in 180 countries, since 1935, have become sober, without needing to just masturbate a few more times until we recover. Ready or not, we will not again take the first sip. Will it happen again?

could be. It shouldn't, and all this despite any tale of your background, because our massive world wide collective successful experience says otherwise. for bhuddists, truck drivers, and jews, religious, anti religious, no matter.

if it does happen again and you are "not ready" then grow up and get ready, my friend. let go.

did u not hit bottom hard enough to feel dying to stop? have u reached insanity yet?

if u didnt, it may be a good investment, becAuse THAT will get you to be darn ready right NOW. at least hit bottom while still on top by listening to the rest of us.

for me, looking at even one woman this yom tov in the pretty clothes, it is suicide. for me it is death. i might as well write my will. I know that by just looking at her too long, i will get her in my head, and then act out, and then feel guilt, and then be upset and blame my wife, and then do it again, and then.....before u know it i am either in jail, got a ticket to gehinom, or dont have my

wife anymore, at least not in spirit, if not even divorce.

before u know it, my behavior will reach the hated insanity that i remember, and i will maybe get abn anxiety attack. under all the pain, i will stop davening like last time, and kill my neshama. as my wife, family, and neshama go down the tubes, i will be begging everyone to grant me just another chance, just another... .

so i cant ever masturbate again, or i will die.

my sponsor is a 68 yr old goy, who was gay, and has not acted out or masturbated for 18 years.

if he can stop, i know i can too.

bt,

recover and grow, just make sure you smooth out these deynos you mentioned earlier here on the forum, with someone who has experience and success, like the moderators here.

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Re: does Hashem hate me C"v, kuntress #2  
Posted by pinokio - 17 Apr 2011 06:45

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AND have a good yom tov,

tz90/swat :D

after pesach or yom tov we can all pick this up properly, in our clean houses, and work together to grow and unfurl all concerns and questions that we need to answer to recover

this pesach night, b'n i plan to stay up for hours and just ask Hashem to free me of addiction, isnt that a worthy endeavor

a geulah nafshis

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Re: does Hashem hate me C"v, kuntress #2  
Posted by baalteshuva - 17 Apr 2011 09:43

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tzaddik90 please read my response to you below sorry if I sound at all disrespectful, but I need to make my point.

"We must be careful to express who we think has heretical beliefs, simply based on the rambams 13 rules. Even those 13 are a matter of controversy"

Exactly! That's exactly my point, sorry. I should have explained this. I am saying that just as (arrogant) people may say I'm a heretic I can just as easily say that they are and you are right, we are both

wrong.

"one cannot naively say "i will play a flute and Hashm will listen to my prayer.""

Well if you regard me crying to Hashem from my heart everyday as a silly game then I can't argue with you. To you davening may be simple playing, to me it means much, much more.

"we must learn about and work IN the system, because there IS a way that things work"

Yes there is a system, but I don't believe I should learn about it

There is a reason why only a select few learn kabbalah. You see my mind cannot understand these things and I will get a dangerously wrong understanding.

I would land up chas veshalom saying things like "why would I want a relationship with someone that boils innocent, sincere people in their own semen?"

"part of orthodox torah judaism is that masturbation is assur"

I agree, I also understand that it is a normal and healthy part of one's sexuality. Is this a contradiction? I don't think so, the bris is given in the 8th day, 8 represents above the natural world, we jews have a wonderful task to slowly, at our own individual level rise above the natural world.

However it is important to acknowledge that there is addictive masturbation but there is also the normal healthy drive to masturbate (especially if one is single)

Once this is accepted and one realizes that he is not a pervert, he can slowly begin the holy task of rising above this natural urge.

If you think that what I wrote above makes me an apikoris please let me know.

"but i know its assur, shouldnt have happened, had regret, and repented for it. will it happen again in ten minutes? could be....probably,....but i told God already it will never happen again...so for all intents and purposes, it wont happen again.."

Well if that works for you great, personally I need to grow gradually, I have realized this from experience

"and all this despite any tale of your background, because our massive world wide collective successful experience says otherwise. for buddhists, truck drivers, and jews, religious, anti religious, no matter."

I word of advice - don't assume that what works for you and others will work for everyone.

Personally I need to grow slowly and cannot give up masturbation instantly. Please see me3's post above. I have also discussed this issue with one of the therapist recommended on this website, he actually also has smicha.

"grow up"

Just because someone has a different approach to you does not always mean that they are being immature

I an very sorry is I have upset you.

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Re: does Hashem hate me C"v, kuntress #2  
Posted by baalteshuva - 17 Apr 2011 11:08

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tzaddik,I read some of your help-sos post, I never knew you had it bad in the past I am not sure if you were sexually abused like me but I can feel some of your pain. I understand that you want to help me but you must realize that there is more. Than one approach and that no one approach helps everyone.

Also let me explain why I am so sensitive, every night I stay up in paralyzing terror that my thought are heretical and that I am no longer regarded as part of the Torah world.

It consumes me, is driving me made, and is killing me, infinitely more than any masturbation would.

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Re: does Hashem hate me C"v, kuntress #2

Posted by pinokio - 17 Apr 2011 11:51

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dear baal teshuva,

this is very serious. we must talk this out, here on the thread. pm's are not sufficient, because then only one person can offer advice, possibly being wrong, or not available.

Baal teshuva, whether u use this thread, or make a new one (u may use this one if u like), u must thrush out these issues.

this forum is here for this very purpose.

alot of us here have suffered terribly in our lives and can identify in various ways. More so, even someone who does not have exactly the same tzaros as u can relate, because there is one thing in common about all of us, and that is: none of us knew how to live our lives properly, and deal woth tough times.

in this respect at least, we all share a common language.

you must put your life together. these fears are unnecessary and must be dealt with.

as a matter of fact, i myself can relate alot to your struggles.

please want to talk this out and tell us, what is your story, what are your struggles, tell us alot. spare no words. just make spaces between paragraphs and we will read it with care and see if we , from our own EXPERIENCES, can share with you what made us break free, and be successful.

i beg of u, post here, and allow yourself to get out of this pain.

we do care, and if i cannot speak for others, i can speak for myself.

with pesach coming, do not let up, just post and we can all do our best to understands you, hear you, feel for you, and perhaps show you some tools that we also used in our own lives that helped us become recreated, happily and wholefully usefull to God and mankind.

please.

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Re: does Hashem hate me C"v, kuntress #2  
Posted by pinokio - 17 Apr 2011 11:56

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baal teshuva,

i never said that i have THE tool for you, and the ONLY tool. however, if u want someone that can identify with living hell, i am here for you.

anxiety, depression, stress, recurring thoughts, suicide, hamburgers, you name it.

it is your pain that has reached such an unbearable level that in THIS i feel we are like brothers. we do have a common language, and i am open minded and caring, not nec. do i have anything to offer, but i do care, and will use my past pain to help whomever i can

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Re: does Hashem hate me C"v, kuntress #2  
Posted by pinokio - 17 Apr 2011 12:19

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understand as well that i have not properly read any of your posts in their sequence, in addition to the fact that while u started posting here asking a torah question, it seems that you really have painful struggles with being viewed as a heretic, or bt, whatever.

so while u started posting here with the guise of torah seeking, u now post to us showing us all of your pain. i never knew i was to write a post to a guy in pain. you never really told us about your pain and struggles. so now that i see a cloudy image of who you represent, i can now reply



to you with the proper respect and understanding that you need.

we will NOT discuss here hashkafa or rambams-we need to discuss "what's goin on buddy what rocked your boat?"

along that road, we can also discuss this idea of not being "ready" to stop, and doing things gradually. i think alt here have good ponits to offer about this.

but i'll tell you what-i will not discuss this idea or ANYTHING for my sake. do what you want. be gay. wear a yin yang. That is your issue. i am not here as a fellow jew to police you into thinking the way i think, and i was never interested in this.

however, if u have a sincere, 100% desire to seek all the tools that you can find to heal, and you think that someone here or thing can help you, then that's what we are here for.

we are here to reach out to others who want to change, particularly in the areas of porn and masturbation, and in life in general. if we can help you, great. that's all

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Re: does Hashem hate me C"v, kuntress #2  
Posted by pinokio - 17 Apr 2011 12:33

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now, till you wake up and see this, here's a little eye opener for your cofee table-

why do you care to be viewed as a heretic?

what do u care that s/one on the internet that u never met in your life thinks your a tzaddik, or a priest?

why does this SCARE u so much, that u say you are in paralyzing fear?

i am not afraid of this, and i know alot of people disagree with what i say, so what magnifies it for you?

new question, even better: what's wrong with being a heretic? if u dont believe in God then whats wrong-and if u DO believe in god, then why do you think hed look down at you for your views?

unless.....could it be....perhaps....

inside you know you dont ALLOW certain views because you DESIRE to remain unchanged in certain ways from your previous lifestyle? and bec. God knows this, he thinks youre a heretic, and you also feel guilty from this, that somone outside of your mind will catch your contradictory lifestyle as frum jew but radical reformer, and you are afraid we will notice it?

and if this was all true and we noticed it, so what?

and what if u were guilty of the most disgusting relationships of sexual promiscuity with armadillos in the zoo? so what

and what if you are a bt?

so what

and when does a question that you have about something or a fear, become a solution?

and what if u made mistakes in life so what

what if u think that everyone ffb will never look at you the same so what

YOU SEE, ALOT OF PEOPLE ALSO HAVE HAD DIFFERENT VIEWS, OR WERE BT'S OR DID CRAZY SEXUAL CRIMES WITH ARMADILLOS, BUT THE KNEW THAT THE BEGINNING OF ALL HEALING WAS TO ASK THEMSELVES "SO WhAT"

SO WHAT

WERE ALL NUTS OR WEIRD, OR DUMB SO WHAT

THE GREAT THING ABOUT US ALL IS THAT WE ALL WANT TO GROW

and how does all this affect your porn and m?

STOP BRINGING YOUR FEAR HERE

IF THERE'S ANY SAFE PLACE IN THE WORLD, IT'S HERE

SO PUT DOWN YOUR FEAR AND LET'S TALK like good friends

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