

Yedids blog

Posted by yedid\_nefesh - 31 Aug 2011 12:52

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Re: Yedids blog

Posted by yedid\_nefesh - 16 Sep 2011 13:16

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This is super difficult to post But I fell last night, yeah and it was after a day of tremendous growth. It seems that I fall often after achieving in ruchnius which is strange. I'm still a bit upset about last night. Today had it's ups and downs. It's been a rough day after someone got upset at me for something I didn't do.

Anyways for this coming week I will Beezrat Hashem make a few gedarim. My fall came about after surfing late at night so for next week bli Neder no surfing late at night and no Internet connectable

device in my room overnight. also I'd like to put a 30 minute limit for going on the internet.

it's now Shabbos kodesh may all the holy chevra of GYE get a chance to grow in ruchnius and get a

taste of olam haba to push us through the weeks. Thanks for all the chizuk Tizke lmitzvot Good Shabbos

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Re: Yedids blog

Posted by alexeliezer - 16 Sep 2011 15:33

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Yedid,

You're doing fine. You're learning from your mistakes. Gedarim are the key. They are really

the action that follows the admission of powerlessness. Because we are powerless, me **MUST** make gedarim. We cannot face lust head-on.

It's probably Shabbos already by you. Have a great, clean week!

Alex

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Re: Yedids blog

Posted by Yossi.L. - 16 Sep 2011 19:49

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[alexeliezer wrote on 16 Sep 2011 15:33:](#)

Yedid,

You're doing fine. You're learning from your mistakes. Gedarim are the key. They are really the action that follows the admission of powerlessness. Because we are powerless, me **MUST** make gedarim. We cannot face lust head-on.

It's probably Shabbos already by you. Have a great, clean week!

Alex

I couldn't of said it better!

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Re: Yedids blog

Posted by yedid\_nefesh - 17 Sep 2011 17:40

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Shavua tov, gut vog. it was a powerful Shabbos good shteiging. Tonight i'm trying to remain calm yet focused. The rule for tonight is that if I'm on the Internet I'm constantly checking GYE. I'm trying to break the motzai Shabbos falling cycle( fell for the last 3 motsashes).

It's definitely tempting to just sit down relax and watch some " harmless" tv with the family. I'll try listen to a shiur and get an early night. Thanks for all the support. this week I want to work on davening in every small situation many times a day.

Tizkeh lmitzvot !!!!

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Re: Yedids blog

Posted by JackAbbey - 18 Sep 2011 12:17

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good approach for the new week

be strong, hashem is with you

carefull of those innocent neutral tv shows, they can be a superslide to \*\*\*\*

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Re: Yedids blog

Posted by alexeliezer - 18 Sep 2011 13:54

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Agreed! Mainstream media (all forms) are full of fuel for the Y"H. In active addiction, when I was trying to fight this on my own, my falls would always start with perusing some magazine, even a news mag, then wham!, the inevitable provocative pic.

Davening frequently is the next step after admitting powerlessness. Your willpower should now be directed toward turning the battle over to Hashem (no small task) and giving up your lust to Him. This includes the critical step of being willing and in fact wanting to give up your lust. Feelings follow thoughts and actions. So just say it: "I turn my life and my lust over to your care and ask you to please heal me of this disease of lust. I don't want to lust. I only want you.....

Have a great, clean, spiritually rocking week!

Alex

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Re: Yedids blog

Posted by yedid\_nefesh - 18 Sep 2011 18:05

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Ok somehow it's day 3. Today I was at some places with bad stuff and I basically gave into the yetzer. This is shameful but at one stage I was davening that I see " nice" views. Ok so now I'm basically just trying to get to tomorrow and start strong from there. It's nice to know that iv got to the 3 dAy mArk. Thanks

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Re: Yedids blog

Posted by holistic - 18 Sep 2011 21:08

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Hi Yedid,

It is with great interest and some admiration that I read your blog detailing the ongoing struggle you are having. I wanted to write you because in many ways your struggle parrallels mine. For many many years I had gone thru the same things as you, trying much of the same solutions (although I have to admit that your ruchniyos is on a higher level than mine ever was). You are fighting the good fight and you are getting great advice along the way!

What is specifically admirable about you is that it seems (without being incapacitated by guilt) that you get back up, you come up with solutions or different approaches to make it less likely to reach the stage at which you are in danger and try again. You write about it and, get great advice, and all in all are able to maintain a positive and constructive attitude. This is a huge accomplishment in and of itself.

Because of what I have been through (and am still going through) I would like to make a small suggestion but I want to emphasize that regardless of anything I say...all of this is just a suggestion and you should do whatever works for you.

A little background first:

I'm a family physician who actually spent much of my early practice doing clinical hypnosis. Although I didn't realize it at that time, I now see that some of the principles of hypnosis could have helped me in the struggles that I had in this area throughout much of my life. One of those principles is that when crafting a hypnotic script to help someone one should never suggest "a negative" because your subconscious mind will always see it as "a positive". The classic example is if I tell you:

Whatever you do don't think of pink elephants.

You will engage in the struggle to not think of pink elephants and you will end up then thinking of pink elephants!

When we try to fight our lust, I think it works the same way. The more you get down in the dirt and struggle with it the more it struggles with you and the more you think about it. Gradually this wears you down (with me, I would often not sleep the whole night engaged in this useless struggle) and then you give in.

One trick that I am finding is beginning to work with me is to use that mental energy that one would normally use to fight the lust in a different way.

Focus on who you are. You are a child of G-d, infinitely precious to him. This is regardless of what you do or what you don't do. As a Jew, you are a prince, a priest, a member of the holiest nation on earth. When it comes to your interaction with the lower parts of existence, you belong on a throne and you have every right and a God-given r'shus to look upon the "shmutz" with disdain and contempt. These activities are actually below you. When tempted, it might help to actually visualize the throne, imagine yourself in priestly garments looking at the computer, visualize yourself looking down; ask yourself what is befitting for someone of your stature.

Of course, I realize that it's important to be humble; but I don't think that that is inconsistent with an acknowledgment of who you are and what you were created for.

Try to put yourself above it. It's not for you. You are made for higher and better things. Remember that you are basically where your mind is at.

That's all I wanted to say. If it works for you great; if not, just keep on trucking. Regardless, I really admire you.

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Re: Yedids blog  
Posted by Yossi.L. - 19 Sep 2011 01:14

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[yedid nefesh wrote on 18 Sep 2011 18:05:](#)

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Keep fighting. Try to reach out here before falling.

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Re: Yedids blog  
Posted by alexeliezer - 19 Sep 2011 15:35

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Truck on friend. We're never leaving you. Intercept triggering images and thoughts before they settle in your mind. Commit to giving up lust. Life without lust is very sweet. Are you ready for it?

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Re: Yedids blog

Posted by yedid\_nefesh - 20 Sep 2011 13:15

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Holistic I really appreciate the advice. I will try implement it from now on , I really agree with you on the point of using the drive for honor to fight the lust. It's just sometimes so hard because the yetzer gets us sometimes when we re unprepared and it's like a knockout hit- I just feel like iv got to look no matter what.

Anyway it's day 4( yay ) but it's been a terrible day so far. But I'm back with siyata dishmaya. I feel bad because Rosh Hashana is right here and iv hardly got anything done this ell, but there's still a few days left to use.

Thanks so much for the chizuk - it really gives me light in this struggle, I don't know how I can ever repay you all.

tizkeh Lmitzvot!!!

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Re: Yedids blog

Posted by Yossi.L. - 21 Sep 2011 00:31

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[yedid nefesh wrote on 17 Sep 2011 17:40:](#)

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It's definitely tempting to just sit down relax and watch some "harmless" tv with the family. I'll try listen to a shiur and get an early night. Thanks for all the support. this week I want to work on davening in every small situation many times a day.

Tizkeh lmitzvot !!!!

Someone told me an amazing tefillah to say every time we are faced with a lusting situation: Hasem, there is obviously some emptiness inside me that feels the need to fill the void by looking at this lust. Please allow me to fill this void with something meaningful and healthy rather than lusting. Upon saying this tefillah you make it clearer to yourself that its some sickness within you, and after saying this tefillah it really makes it easier to look away.

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Re: Yedids blog

Posted by yedid\_nefesh - 21 Sep 2011 12:46

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Day 5 today. Last night I had to go to a function and for 3 hours the YH kept at it but with much Siyata Dishemaya I overcame-when it was about to end he started fighting furiously but I kept on trucking. Today has been good Baruch Hashem I didn't feel much lust and without the lust I felt more focused, I worked better it's really been great.

tizkeh lmitzvot!!!!

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Re: Yedids blog

Posted by alexeliezer - 21 Sep 2011 15:47

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Awesome!



Life without lust really is good!

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