

Beating our selves up.

Posted by Pure yid - 09 Sep 2011 19:37

I am new to this site but not new to recovery. My English is not the best but I hope to get better as we live and learn. Beating our selves up is one of the biggest things that our disease tries to get us back all the time. Here are some examples only of my last few days.

First and for most, I have had a slip after 126 days. Of course this killed me and it tells me you are any way starting again just do it 2-3 more times and then start again. Or it will tell me, you are any way a lost kid look how long you are trying and see it failed. But it will NOT tell me, "hey your total clean days in the last year is over 300 days". No! It wants me to stay broken so I fall again.

It's beating me up...

I was at meeting last night and I felt extremely good after that. So it tells me, "hey you are feeling so good about yourself this must come from the wrong part of the brain, the disease". When in reality it's OK to feel good after a good meeting.

It keeps on beating me..

This shabbos I will have to make a call to a guy who is in the same hotel with someone he had bad habits in the old bad days so there is no way he should stay clean without help and yes it is "docha shabbos" and yes I am frum and I keep shabbos p. But for him not to act out is a "deorisa and pikuach nefesh". So it will tell me ha? You feel good to be mechalel shabbos for this ha?. This disease will join us from every door and we have to stay strong with the help of others. Just to finish, even with this new site who helped me get back on track as my sponsor is away for 10 days, (which had me slip, no it's not his problem it's just my disease told me the rabbi is not in class, but I live and learn) so it tells me, hey you love this site too much something must be wrong. No harav disease, it's not wrong. Stop beating me up.

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Re: Beating our selves up.

Posted by gibbor120 - 09 Sep 2011 20:04

[Pure yid wrote on 09 Sep 2011 19:37:](#)

This shabbos I will have to make a call to a guy who is in the same hotel with someone he had bad habits in the old bad days so there is no way he should stay clean with out help and yes it is "docha shabbos" and yes i am frum and i keep shabbos p. But for him not to act out is a "deorisa and pikuach nefesh.

Maybe I don't know all the facts, but this doesn't sound right to me. Unless I am missing something (which you have not provided), making sure that someone doesn't act out is **not** pekuach nefesh and is **not** docheh shabbos.

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Re: Beating our selves up.
Posted by alexeliezer - 09 Sep 2011 20:13

Pure Yid,

Sounds like you have a good understanding of your Y"H's tricks regarding trying to turn you negative.

I'm with Gibbor on the chilul Shabbos thing, though. Unless you know something we don't.

Keep on Trucking ! (translation: stay positive)

Alex

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Re: Beating our selves up.
Posted by obormottel - 09 Sep 2011 20:13

Yasher Koyach! With your clean record, your perspective is of great value to all of us and expressed very powerfully , too.

As for Shabbos, maybe with all the guys here on the forum living in different time zones, we can arrange a call to your friend when it's not Shabbos by a calling party? Perhaps someone from Eretz Yisroel can call the States on his Motzei Shabbos or I can call Eretz Yisroel now and yell at the guy if you want. Is he expecting the call? Is there an answering machine in the room so he doesn't have to pick up and just listen to a nice chizuk? Shabbos is Shabbos, chaver, as bad as what we (sometimes) do, we should minimize hilul shabbos even in matters of pikuach nefesh.

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Re: Beating our selves up.

Posted by Pure yid - 11 Sep 2011 07:04

You know what? I was thinking why did I have to wright it but now I feel good because I should really look in to it. But yes some fects are missing.

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Re: Beating our selves up.

Posted by Pure yid - 11 Sep 2011 07:24

I want to clarify something. I am still going to look in to it and I am new hear and maybe not everything we have to wright. But I want to be clear that I see that we have here a lot of levels, and not everyone understands everything. When I say it is " pikuach nefesh", regardless if I am right or not, just to understand the fact, it's not because he should not sin right now and that is stronger then shabbos, the issue is that to some people including my self tis is a disease, like a cancer, and by him acting out now it's like he is back on the hospital bad. So the " shaleh" is NOT abut the avaireh! It's about being mechalel shabbos for a chola who his doctor told him you are sick and you need to do everything to be healed. And he falls back he might be back at step one. That is the question.

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Re: Beating our selves up.

Posted by ben durdayah - 11 Sep 2011 10:58

I know that it's presently after Shabbos, but I think that this is a halachic question for a Moreh Hora'ah Muvhak (preeminent Halachic Decisor).

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Re: Beating our selves up.
Posted by alexeliezer - 11 Sep 2011 13:38

Pure Yid,

Just wanted to wish you a good new week.

Keep on Trucking! (translation: keep on trucking!)

Alex

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Re: Beating our selves up.
Posted by bardichev - 11 Sep 2011 14:55

pure yid

whats wrong with a slip?

who said you won't slip?

I slip?

everyone slips

most people do worse they fall

I fall

most people fall

even david hamelech fell

yes he did

it is open in tanach

and david hamelech talks very openly about it

look up tehilim perek 51

of course the gemara tells us

david sinned only to teach teshuvah to the individual

what i want u to realize

yiddishkite is not a all or nothing religion

there is no 3 strikes your ou rule

we all slip

we all mess up

we all pick ourselves up

and bounce back stronger and better than ever

i dont know your individual situation

but being mechallel shabbos is a act of throwing out the babay with the bathwater

hashem is a loving father not a scary monster trying to make our lives difficult

know that realize that

one day at a time

if u did 126 once u can do it again

no sweat

we all need siyatta dishmaya

keep on trucking

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Re: Beating our selves up.

Posted by heuni memass - 11 Sep 2011 15:39

we had a thread a while ago about chillul shabbos by Kedusha. if anyone wants to do the research. But there he was discussing to stop your own fall not to prevent someone else.

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Re: Beating our selves up.

Posted by Pure yid - 11 Sep 2011 17:17

I will look in to it. I still feel if the disease is so strong then at least to save your self it important but yes it's a shaleh for a moreh horueh but one who suffered from our disease and I know on and I will ask and I will wright about it. Btw this site is so important for my recovery, for now I wake up with it and I go to sleep with it because these are the twe crazy times for me among others. But doing the site among other things, will help me.

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Re: Beating our selves up.

Posted by obormottel - 11 Sep 2011 21:25

[Pure yid wrote on 11 Sep 2011 07:24:](#)

....him acting out now it's like he is back on the hospital bad. So the " shaleh" is NOT abut the avaireh! It's about being mechalel shabbos for a chola who his doctor told him you are sick and you need to do everything to be healed. And he falls back he might be back at step one. That is

the question.

I understood as much, and for a second I agreed with you. But again, even in a case of a true "doichek shabbos" we must minimize the chilul shabbos, for example my Rov advises to have Hatzolo number on speed dial so that you press less buttons if you must call, and similar things.

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A gute woch, friend, I, too, go to sleep with GYE and wake up with it