

I am so disappointed

Posted by holistic - 11 Sep 2011 07:46

I can't believe it! After 31 days I slipped up. I was doing so well. I read the chizukim every day, took part in the 90 day chart, and to a greater or lesser degree took part in the forums.

Motzei Shabbos I fought the urges for 31/2 hours, and then I just gave in.

On the 1 hand I am just so ashamed; on the other I don't know if I'll ever get over this. Your encouragement has been great but it doesn't change the reality of my situation and my nature. How do I know I'm just not fighting against something that's just unchangeable...a kind of useless struggle...tilting against windmills.

I am just so sorry

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Re: I am so disappointed

Posted by Gevura Shebyesod - 12 Sep 2011 20:46

Dov, that's one of the best Mussar shmoozes I've heard (read) in years!

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Re: I am so disappointed

Posted by gibbor120 - 12 Sep 2011 20:57

I'm not sure who to thank more, Dov or holistic. *Gadol hameaseh yoser min haoseh*. Thanks for that very strong dose of Dov. That was at least a double dose!

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Re: I am so disappointed

My, I wish my shul was like this. If it had 1/100'th of your genuiness, openness, and heart, then I know I would not be in the position I am in now.

The best one could ever expect from another human being is that they should reflect Hashem's chesed to others. I think that's how one can come to believe in the Chesed in the first place.

If Hashem's chesed is the source and inspiration for the beauty of this Kehilla, then I think I have nothing to worry about and everything to commit myself to.

Thank you once again.

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Re: I am so disappointed
Posted by Dov - 13 Sep 2011 16:11

Hashem's Chessed is the source of everything, and yes, this is a great kehila (even without tequila)!

Take it easy.

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Re: I am so disappointed
Posted by heuni memass - 13 Sep 2011 16:53

Dov- great chizuk for the yomim noraim. what a beautiful way to understanding who is going to judge us in a few days.

[bardichev wrote on 12 Sep 2011 21:09:](#)

just a quick bards synopsis of dovish

Bards- you need to read the whole drasha thing to give your synopsis... not the first 3 lines.

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Re: I am so disappointed

Posted by trying123 - 13 Sep 2011 19:11

[dov wrote on 12 Sep 2011 20:35:](#)

I think when we wallow in these issues, we are simply asking for permission to write ourselves off.

Sorry but this is simply not true for me. You may be a strong man who only wallows or gets caught up in these things as "permission"... For me its not that simple and the inherent judgement of your words serves as a turnoff. It is wrong for me to be told that it is my 'fault' for getting caught up in these things it is the opposite of recovery for me...

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Re: I am so disappointed

Posted by bardichev - 13 Sep 2011 19:14

[heuni memass wrote on 13 Sep 2011 16:53:](#)

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Re: I am so disappointed

Posted by holistic - 13 Sep 2011 23:01

I have a thought about all of this in terms of the proper emotional approach to our imperfections and deficiencies.

For Pretty much all of my Jewish life, I saw God as the one who rewards and punishes. Free choice was my responsibility and if I chose wrong then I would have to accept the consequences. The problem was, especially when it comes to these sins, that the potential consequences were so severe that I would either get weighed down and completely demoralized or I would "numb out", distance myself from thinking about G-d, Kedusha, or even Judaism as a whole, and tried to convince myself that I could live a happy and productive life without submitting myself to all the guilt that came with sinning. All that came from this was alienating myself from my religion while at the same time, being completely unable to come to terms with my addiction. Even to this day, I honestly have no idea how to relate to G-d in a positive way. 95% of my relationship is based on this whole dynamic of reward and punishment.

So I was thinking all day today about how to come to terms with the reality of sinning and being susceptible to punishment (that the Torah mandates), while at the same time coming to an appreciation of God as pure Chesed and a relationship with God suffused with love. Even if I overcome masturbation, there will be plenty other sins that will come my way that I will need to deal with so I think, for me, it's really important to work this out.

This is quite preliminary but I thought of an analogy from physics. One of the great paradoxes in physics in this century is that light is both a particle and a wave. It's a paradox because the two are mutually exclusive. A particle behaves like a wave and wave does not contain particles. It's pure energy. The bizarre thing is that if you investigate light looking for particles then you find incontrovertible evidence that that's what it's fundamentally made of. If you investigate light where you look for a wave then you find incontrovertible evidence that it exists purely as a wave. So the fact that it is both a particle and a wave is both impossible and necessary to believe at the same time. The amazing thing is that light gives you **PRECISELY WHAT YOU ASK FOR AND LOOK FOR**.

Maybe it works with God the same way. If my tendency and my personality is to look for reward and punishment then that's what I will find and I will simply not feel any Chesed. I will praise my accomplishments and feel terrible about my failures, cycling back and forth between one pole and the other. On the other hand, if I commit myself to look only for Chesed (no matter what I do that's wrong); also, if I commit myself to being nonjudgmental and acting with Chesed towards others; if I truly **LOOK** for it in myself and in G-d; then no matter what, he will give me what I asked for. My life will no longer have this awareness of reward and punishment (even if I sin). It is there for the asking; it is even real but in some essential it is not negayah to me.

I think the Baal Shem Tov said something like "G-d is my shadow" he will become to me what I commit myself to becoming to him.

Does any of this make sense? I would love to have your feedback.

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Re: I am so disappointed

Posted by Dov - 13 Sep 2011 23:33

[Tried-123 wrote on 13 Sep 2011 19:11:](#)

[dov wrote on 12 Sep 2011 20:35:](#)

I think when we wallow in these issues, we are simply asking for permission to write ourselves off.

Sorry but this is simply not true for me. You may be a strong man who only wallows or gets caught up in these things as "permission"... For me its not that simple and the inherent judgement of your words serves as a turnoff. It is wrong for me to be told that it is my 'fault' for getting caught up in these things it is the opposite of recovery for me...

Not getting your message here. Are you saying that it is indeed often destructive to wallow in the ways G-d 'will *get back at us*'? Or are you saying that it is fine?

What I *think* you are saying is that you agree it is a bad idea to wallow in Hashem's business, but that it is very wrong for me to say that it is *our **fault** for doing so*.

Is that what you mean?

You are OK with the main ideas in the post, though?

"A strong man"? No. But when these things do invade my thoughts, which happens naturally every now and then, I react to it the same way I try to react to everything that puts me emotionally off-balance: Steps 4-7. And in a hurry. And it often works.

No intention at being judging of you, sorry for coming off that way, Tried-123. Why would I ever do that to *you*?

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Re: I am so disappointed
Posted by Dov - 14 Sep 2011 00:07

[holistic wrote on 13 Sep 2011 23:01:](#)

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commit myself to becoming to Him.

Dear holistic (whatever your real name is),

Wow. You write deeply and clearly.

Not being a Breslover, all I know of Rebbe Nachman is from some of the books. In one, he was quoted as saying something like "Hashem is also in Gehinom". It actually seems to be a mikroh molei in Tehillim 139: "va'atziyah *she'ol*, hinekah!"

What does this mean? To me, it means that He makes everything right. RMCh"L calls this "Sh'litas haYichud". In the end, Atzaso ta'amod - He always wins. So, He will fix me up so I will in fact be close to Him in Olam Habah. He could have created the entire world just for me. So he saves His world - my world - so His plan 'wins'.

The question, as you put it so well, is how I want the ride to be. Do I want to be a *shutaf in ma'aseh beraishis* (That is what this success story *is*)? Or do I want to be a more passive partner with Him in this (winning) plan? If I porn my brains out and go for the sex stuff instead of grow up and use Him, get closer to Him, and be a decent chap, then I will need lots and lots of tikkun. Maybe I will still need lots of tikkun. Be we pray for an easier trip, of course.

But He can never be the enemy, no matter what. When I feel He is the enemy (and sometimes I forget and do, as you describe, slip back into my old ways - the same ways that fueled my lusting and acting out!), then I need to get my head examined. I call a program buddy and have a talk. For one reason or another, I need these talks every week, sometimes every day. But the point is that they work, and my head is again screwed on straight, be"H.

We are never really off the "derech".

May we all recover each in his own way, and have an easy path in life today. In other words,

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Re: I am so disappointed

Posted by JackAbbey - 14 Sep 2011 12:59

the yismach moshe writes: there is no punishments in this world, only in the next world, everything in this world thats hurtfull, is just hashem reminding us that we need to fix up somewhere.

like the sun shines everywhere, if you put a block it will temporarily not shine at that spot, hashem gives hashpoeos tovos, a steady stream of all the goods, and we with our sins block that stream flow, and create hurtfull reminders here and there, and when we remove that blockage, the flow will continue to come again.

the flow is NOT for our merits, its purely because hashem want to do with us non-stop goods, as long as we allow the flow to continue it will continue.

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Re: I am so disappointed

Posted by ZemirosShabbos - 14 Sep 2011 15:15

Holistic, that was a beautiful and clear presentation, and i identify with it to a great extent. seeing G-d as not being "out to get us" and/or a "wrathful old man in the sky" is exactly what the struggle is.

regarding looking for the good points in yourself (and in others) i would recommend seeing Likutei Moharan 1:282 Azamra. Reb Nachman told his followers to carry that teaching with them at all times, something he did not say about other teachings of his.

see also the attached piece from Sefer Musar Avicha by Rav Kook regarding rectification and how and if we should focus on it.

Re: I am so disappointed

Posted by gibbor120 - 14 Sep 2011 16:42

[ZemirosShabbos wrote on 14 Sep 2011 15:15:](#)

see also the attached piece from Sefer Musar Avicha by Rav Kook regarding rectification and how and if we should focus on it.

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Sounds eerily like the serenety prayer. I knew they got it from us