

**FRUMFIEND'S. RANT**

Posted by chaimhelp - 09 Apr 2012 06:23

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I joined this Chevra erev pesach two years ago. I am in the exact same place as I was two years ago. It is for this reason that visiting this place makes me sick.. I am sick of reading about the endless slipping falling etc. It feels like I am holding up a mirror to my own life. I tried really hard for a year. I got no where. For the sake of honesty I would like to explain what I mean when I say that I have gotten no where. Through this site especially dovid Chaim, I have learned to love my wife and kids. I am a great father. I have learned to deal with people in a calm manner. I am happy. I have gotten no where in terms of sobriety. I act out just as much as before. I am not motivated to stop. I therefore say that I have gotten no where..

Chag kasher vsameach

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**Re: FRUMFIEND'S. RANT**

Posted by Holy Yid - 09 Apr 2012 08:44

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I think you used to have another name.

I have been here I think three years and I still fall and sometimes fall bad. I do not think I got noewhere. I think I have bcome freeer of the pull of lust but I do share the feelings of frustration.

I wonder if you have been living the finals steps of the program?

Truth is I have been putting off calling guys from the calls. I will b'n do it and report back.

also see my new thread

[www.guardyoureyes.org/forum/index.php?topic=5249.0](http://www.guardyoureyes.org/forum/index.php?topic=5249.0)

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Re: FRUMFIEND'S. RANT  
Posted by Holy Yid - 09 Apr 2012 08:48

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Want to add that I would rather brainstorm than be frustarted. maybe some old timers can share if they have found longer term sobriety and what are the keys to keeping it and what helps you lose it?

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Re: FRUMFIEND'S. RANT  
Posted by admin - 09 Apr 2012 17:01

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[Gevura ShebYesod wrote:](#)

[ZemirosShabbos wrote on 12 Jan 2011 21:32:](#)

[On The Road wrote on 12 Jan 2011 21:07:](#)

You guys have skipped to the 13th step. that is where the lust addict moves on to a state of insanity similar to the one he experienced in his addict days... only this time with teh wafting aromas of all these great eats weze is talkin about he is higher and nuttier n ever. but remains sober. in part due to self control, in part due to extreme nasuea, and in part due to group support. The group support for the nasuea is the 14th step. 15th and sixteenth have been repealed but are expected on a public ballot next election. at that time we may all experience a shalacking the fumes of which combine wiht the possum porridge and rabbits feet, gnewt tales and all dem yummies and take us even higher. and the cycle begins once more with step one

OTR you are right

we iz nuts

but to add steps to the Steps? especially 'teen' steps...

everyone knows that the teenage years are hard and dangerous

studies have shown that 100% of teens that got into accidents or died were in their teens

so anything 'teen' is a little scary

There are 15 Shir Hamaalos so there needs to be a matching number of Steps. For extra credit explain how each Kapitel is Mechuvan to the appropriate Step.

Test mega quote

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Re: FRUMFIEND'S. RANT

Posted by yaodintsova - 09 Apr 2012 18:18

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[Blind Beggar wrote:](#)

Hello Tzaddikim! I just found this site last week. I think it is going to make my Rosh Hashono and Yom Kippur. I think the newness of the 90 day chart will get me 40 clean days to Shemini Atzeres but I am afraid of what will happen next. Does anyone have any suggestions?

I have read enough of the forum to see that you are all tzaddikim and all serving Hashem every day clean and again after every fall.

The holy Baal Shem Tov taught that the yetzer horo is more interested in the post-sin depression than in the sin itself.

Blind Beggar who wants to have eyes only for Hashem.

reply 1

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Re: FRUMFIEND'S. RANT

Posted by Gevura Shebyesod - 09 Apr 2012 18:54

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[admin wrote:](#)

[Gevura ShebYesod wrote:](#)

[ZemirosShabbos wrote on 12 Jan 2011 21:32:](#)

[On The Road wrote on 12 Jan 2011 21:07:](#)

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Test mega quote

TEST MONSTUH QUOTE!!!!

TEST SMILEYS

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Re: FRUMFIEND'S. RANT

Posted by dev\_7 - 12 Apr 2012 01:21

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test

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Re: FRUMFIEND'S. RANT

Posted by tester - 12 Apr 2012 08:23

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test

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Re: FRUMFIEND'S. RANT

Posted by yaodintsova - 12 Apr 2012 13:52

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subscribe

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Re: FRUMFIEND'S. RANT

Posted by dev\_7 - 12 Apr 2012 16:17

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Yes, I've received it ^\_^

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Re: FRUMFIEND'S. RANT

Posted by mggsbms - 12 Apr 2012 18:10

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testing 123

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Re: FRUMFIEND'S. RANT

Posted by yaodintsova - 14 Apr 2012 18:28

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test new

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Re: FRUMFIEND'S. RANT

Posted by chaimhelp - 15 Apr 2012 19:34

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Our memory is a filter. It filters out what it doesn't want us to remember and leaves us with the parts that it wants us to remember. There is a famous sex addict that says that we never remember all the bad smells associated with the addiction. In my case I remember all the frustrations of the year that I was working very hard on curbing the addiction. I remember the insomnia, the frustrations, the falling. I had forgotten that it was the most beautiful year of my life. Although there are things that have stayed with me until today, but the tefilah and the connection to hashem were something unbelievable. I grew in bitachon and I breezed through my nisyonos.

At the same time I couldn't stand having to associate myself with this Chevra. The phone calls, separate email, etc were so difficult to maintain. I needed to sneak around and make calls with no one in earshot. At least sneaking around the Internet you choose the time. I don't think I have pinpointed the reason exactly but the bottom line is that I can't get into this again? It's just too hard.

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Re: FRUMFIEND'S. RANT

Posted by geshertzarmeod - 15 Apr 2012 20:24

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It seems to me that you are looking very hard for every reason to justify your not being a part of the forum. You don't need to explain yourself, unless you feel guilty about it. If that's the case then deal with your guilt, but please don't attack the integrity of GYE! Plenty of us have been helped and owe our lives to GYE. It's too hard for you? Maybe you shouldn't be so secretive about it, a major step for me was coming out into the open and sharing my problem with my wife. I will agree that the attitude of talking about slipping as if it isn't a big deal bothers me as well, but I am told that it is important for the addict's recovery process. So I deal with it. I think everyone takes out of GYE what they need and what works for them. For many the hischayvus is a necessity, for me the posting and chart was a life saver. My mixed up friend, do whatever you want but don't knock a system that is obviously good for many people.

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Re: FRUMFIEND'S. RANT

Posted by Gevura Shebyesod - 15 Apr 2012 21:32

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Gesh, i don't think he was knocking the site, he's just saying it's too hard for him to participate.

Mixedup, i feel for you. I understand the frustration of not having a perfect recovery, and of getting burnt out after being on a high of great shteiging in davening and ruchniyus. i too have gone through such ups and downs. But it's important to understand that the struggle is what counts, and every little bit of improvement is a big madreiga. Perfection is not necessary, or expected. Just do what you can, and hand it over to Hashem.

Hatzlacha and Keep On Trucking!

Gevura!

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