

I need help

Posted by gyegye2 - 09 May 2012 15:15

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I follow the 90 day chart

when i had a fall... i felt like I am anyway "tume" for this day

and like I anyway dont change anything on my chart IF I FALL AGAIN THE SAME DAY.

so after a 8 day break i fell twice a day...

Does anyone understand me?

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Re: I need help

Posted by skeptical - 12 Mar 2013 03:40

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Dov, thank you for clarifying your position. I am not going to argue further, because in reality, I don't think we're really arguing in the first place.

If I were to be scored on those 20 questions, I'm sure I would be labeled an addict. Yet, I think that just as every person is different, every addict is different as well.

For me, I have been known to be the shmateh you speak of and that could be very dangerous for addicts as well. The pitiful feeling of having a lower sense of self-worth or feeling like everyone else is walking all over you can be what feeds the need to "make it all better" with a load of garbage.

At the same time, I think everyone has different levels of emunah. I have actually been known to argue the point you make in your uncomfortable example of parnassah. I'm a business owner and I said since the beginning that I believe a person can make "foolish mistakes" or he could be so smart as to have everything calculated with the utmost precision, but in the end his success depends on whether Hashem wishes it or not. I love Parshas Hamon, because it illustrates this point so well. I ended up losing all my money my first time around and I still firmly believe this even though I'm still in the hole trying to climb my way out.

So how could I have such strong beliefs in Hashem and still do the stuff I've done? There are many reasons and this thread is not the place for it (I'm actually sorry for having hijacked this thread - wasn't my intention), but it does not detract from my yiras shomayim or any of the countless good things I have ever done in my life. This is a challenge of mine and I am working on it, boruch Hashem, with Hashem's help.

I agree with you again on the 90 Day Chart (it's actually one of the reasons for my name here). To me, counting days is pointless. It makes us more anxious as each day our minds are on the garbage we're trying to hold back from and then when we reach our goal, we're supposed to be cured. I don't pay attention to how many days clean I am at all. When someone asks me how many days I've been clean, I actually have to go look it up. I think it just happens to be 90 days clean for me either yesterday, today or tomorrow, but it makes no difference to me. I need to say no to temptation today as much as I had to say no to temptation the first day.

Hatzlacha to everyone here regardless of the method chosen to go about it!

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Re: I need help  
Posted by Dov - 12 Mar 2013 07:44

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[inastruggle wrote:](#)

[Dov wrote:](#)

'Giving up the struggle' is not anything like *giving in* to the desire. I think that ch'shash is what freaks frum guys like us out when we heard it the first time. It is a surrender to Hashem, not to lust. And it does not mean manipulating Hashem into saving us with the 'koach hatfilloh'. There is ultimately no sho Chad here - Leiv nishbar v'nidkeh Elokim lo sivzeh. Period. **For an addict** that means simply: he is either broken and machniya himself to the truth of his powerlessness and failure, or He will not get Hashem's help and will fail.

so does this mean that the whole difference in admitting powerlessness is just continuing the

same fight but saying that theres no "natural" way to do it and you have to rely on hashem?

Please take this in he positive spirit it is intended, inastruggle.

When you write, "but *saying* that there is..." that makes me think you are involved in hashkofah discussion. I am not, here. I do not particularly care what the sheettah or hashkofah is, in what "we are saying". I simply try to be honest and share the same thing when addressing goyim as when I address you: the truth as I experience it.

So, if you can continue the same fight and succeed, then you are simply not an addict, as i am defining the experience. Whether you feel you can get away with calling it 'al pi tevah', or whether you 'need' to admit it *is* a miracle and 'not al pi teva' is all just party line irrelevance, to me. Like whether a black hat is to be worn vs no hat at all, and whether it makes a difference or really does not...and in the end none of us are buried in a black hat, or any hat! Maybe it is very important....whatever.

It does not really matter what you say....all that matters is what you know in your heart. If a guy plays with porn, then he sincerely believes that he can control and enjoy it.

If he really can't drink alcohol successfully/use porn and masturbate successfully - if when he does it he gets put of control and hates himself, then he is like every goy and alcoholic out there who is ready to join AA or SA. Same issue. It is **not** his yiddishkeit or 'pinteleh yid' that is crying out - it is his *humanity!* He is ois mentch - lost as a human being - and knows it. *Ta'isi k'seh oveid!!* He cannot control and enjoy his drug, whatever it happens to be. He tries, and always ends up going way overboard making himself very miserable whenever he tries to control and enjoy it...he is in denial. People live in denial for years and years. Eventually it becomes unacceptable and they are ready to quit - but if they are addicts, **cannot stay quit**. For that, many of us have found that we can use G-d to change us for one day: today.

Is that a little clearer, or more sensible yet?

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Re: I need help

Posted by inastruggle - 13 Mar 2013 01:24

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first of all, i dont think that i am an addict and i think that thats why it sounded like a hashkafah question,i was just trying to understand the concept. i apoligize if it sounded like i was questioning it hashkafically or making fun of it, that was not my intention.

second,your post did clarify the idea but im still not totally clear on how exactly you use hashem to help, again not hashkafah-wise but practically, like what thought do you use and when?

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Re: I need help

Posted by Dov - 19 Mar 2013 01:23

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Once I knew that I am hopeless and have lost this battle and will continue to lose it, needing and using Hashem was not a complicated or strange matter. Until a person knows this is true for them, the idea of doing that makes no sense whatsoever.

Hashkofah is just not relevant to this issue, and when you need it you will do it. That's all I will say here.

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Re: I need help

Posted by gyegye2 - 19 Mar 2013 21:00

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was clean for 8 days

i had a fall

i found a video online on Friday

i said to myself... you don't want to waist now 25 minutes listening to a shiur as i said i will do in my thaphsic method

rather i will not extend my thaphsic method for Monday and look at it then ( i am extending my

thaphsic method every day for till after tomorrow)

Sunday morning i thought i really want only the imagination so why do i need to look on that video and out other new ideas in my head to make my struggle harder

so i extended my thaphsic method with the exception of imagining and masturbate

Monday morning i said... that why waste time at work let me do it after work

after work i said let me wait till after muncha

after munche i fell

thinking about next step

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Re: I need help

Posted by Dov - 08 Apr 2013 21:17

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gyege2 (or actually, whoever you *really* are, chaver) - have things gotten better? You disappeared. Is that good news, or bad?

Hatzlocha amigo!

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Re: I need help

Posted by ????? ???? - 09 Apr 2013 17:44

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i alwys was sure that if someone disapeared is bad... unless he is one of yechidei segula that was able to do it by himself... until i waqs "kicked out" of the system... which mean i didn't have the access to the site (or the net alltogether) & yes it was hard for me. but it was even harder to think that everybody is thinking tht i left them....

"to except the things I cannoot change" & to be "don acherim lekaf zchus"

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Re: I need help

Posted by Dov - 09 Apr 2013 19:35

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Dear ????

Are you saying that by asking 'gyegye2' if his absence is good news or bad, that I am danning him l'chaf chov?

And I am happy to report that I never think it a bad thing when anyone stops posting. Posting is a powerful tool for staying clean one day at a time, and it helps many huys immesurably. But some guys have actually discovered that they do much *better* when they quit posting! For they relax, stop making a giant intense deal out of this whole issue and *begin obsessing about life instead of obsessing about fighting their tayvos!* They find that in the long run, *obsessing* about 'fighting it' is JUST as poisonous to them as *losing* is! For them, obsessing about 'kedushas habris' ends up leading to them **defining** themselves as either *tahor* bris kodesh's or *tamei* bris kodesh's...and the last time I heard, people are not bris kodesh's, but *people!* In other words, you and I are a lot more than our private parts - no matter how tahor and kodesh our privates happen to be.

That's one thing. The other thing is that there are actually far better tools out there than this forum! Like communicating with real people face to face, using our real names (as I and some others here do) and real faces - in other words, our real selves, for example. For many here (and I have been priveledged to know about thirty of them so far), this forum is a stepping stone to shedding the virtual and getting the help they really need.

So the next time we see someone disappear from the forum, there are real good - and bad - possibilities.

And yes, ????

it hurts to think that ppl are assuming the worst about us. Thanks for sharing that openly here - your honesty is a great help to me and everyone else! I have a very hard time with being suspected, too....but it is 100% because of my own gayvoh that such things hurt me. I care too much because of my ego, that's all. And Hashem can relieve me of it, (steps 6&7) just

as He gives me and others a reprieve from lusting and obsession about sex (or about tahara, for that matter) one day at a time.

Life is really good!

Seeya,

Dov

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Re: I need help  
Posted by gyegye2 - 09 Apr 2013 21:11

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thank you so much dov for inquiring!

there is good news i am still clean up to week 2-3,

i think that my next step is to get a sponsor

would you like to be my sponsor, i will call you before i feel i am going to fall? what is your #?

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Re: I need help  
Posted by Dov - 10 Apr 2013 08:07

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You want me to post my cell# here? Du bist serious?

As far as I know, sponsors are for sharing the steps they worked, so that their sponsees can also work them. If that is where u r, then we can talk for sure. But if you just want someone to talk with and share with about recovery in general, aren't there plenty other of clean-seeking

Yidden who you could call on this big wide forum?

Please PM me for the #, tho.

Hatzlocha Mike/Bob/Shaya/Moshe/Yossi/Menachem/Shmeel, or whatever your name really is!

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Re: I need help

Posted by gyegye2 - 10 Apr 2013 21:06

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its ok Dov, i understand that you don't want to post your cell, you can send it to me by email [gyegye2@gmail.com](mailto:gyegye2@gmail.com) if you want.

i think that if i add to my thaphsic method that before i fall i will call someone it might help me.

because that is something that i never talked to anyone about it and i believe that this will be hard for me, so it will make me a little harder to fall, in addition it will make my fall more a process, and will be a distraction.

Thank you

Thank you

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Re: I need help

Posted by ????? ???? - 10 Apr 2013 22:53

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I realy don't understand the taphsik method. if i'll have to make phone call or go on my knees or



anything like that it will sure delay it. but when i'm under attack i can't wait a minute. i need to send my sechel for a vacation & act out right away

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Re: I need help  
Posted by gyegye2 - 11 Apr 2013 21:00

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in my case if i don't do the distraction i promised in my thaphsic method to do  
1000\$ from my bank account will go to tzedaka, so it helps when the attck comes to wona do the distraction,

lets say the distraction takes 30 min, you say let me wait 30 min and not have to pay 1000\$

You can read it here

[guardyoureyes.com/the-gye-program/20-tools/item/tool-10?category\\_id=278](http://guardyoureyes.com/the-gye-program/20-tools/item/tool-10?category_id=278)

thank you

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Re: I need help  
Posted by Dov - 11 Apr 2013 21:12

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The Taphsic method would never have worked for me or most of the people I know who are addicts, because (of course) the fox is guarding the henhouse. And delaying was never the answer either, of course. The only thing that made a differnce at all for me and others I know, was learning how to live differently and accepting a new way to see life - not just sex or lust.

That is one of the big disadvantages of addicts trying to use avoidance or external things Like punishments or 'accountability') to 'stop' themselves: it delays the inevitable and reinforces their confusion (and gayvoh) whenever they are (occasionally) successful.

But everyone should certainly try Taphsic and everything else before finally admitting they are in need of *real* change. Otherwise people will think we are *losers*.

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