

Not Counting... But Anyway...

Posted by E-Tek - 17 May 2012 23:00

Editing this post with info from my original thread by way of introduction.

Hello all.

I've been lurking for some time now, I figured I'll give a shout out. The name of my game is shpiegel- I'll just tell you all what I've been telling myself, to better affect myself. Introductions later, I really have to run to seder soon.

R' Leib Kelemen says over (B'Sheim Omro, don't forget!) that R' Chaim Vital writes: He was have a conversation with his Rebbe, the Arizal, and he asked him why the Arizal keeps saying that he (R' Chaim Vital) has a special neshoma. "We, who do not reach the toenails of the previous generation, can't possibly be considered special compared to those that have come before us."

The Arizal answered, because in every generation it is far more difficult to do the right thing, because of the forces arrayed against us, we cannot judge ourselves by our accomplishments. Rather, if we are anywhere near the previous generations in our activities, it means far more than it appears to mean, because the fight is tougher. On that scale, concluded the Arizal, you have a special neshoma.

Concludes R' Leib- in our generation the fight has become nigh on impossible. But if we realize how much we accomplish by simply considering ourselves part of the fight, and a kal v'chomer if we are succeeding to any extent at all- well then, Moshiach should be here any day!!

We are the generation to bring Moshiach, there's no doubt about it. And the proof is what we are up against.

Okay, and now to introduce myself.

I'm twenty(mumble) years old, and I've had this addiction since I was 14. When I was 16 or so, I learned it was bad (although if I had been honest, I knew from the start it wasn't quite right). I made several conscious efforts throughout my teens to stop, without very much success. Emotionally, I went from determined to depressed to ambivalent. About two years ago I started making more efforts on a very basic level- More of the "what" in Yiddishkeit than the "why". This path seemed to work for me- I took my intellectual knowledge I had gained and used it to make a long-term decision to physically remove myself from, well, everything. And all of a sudden, I found I was able to think straight. (I know, this phenomenon is common here.) I made an absolute ton of small steps to keep myself headed in the right direction, and the sum-total of all those has made me a different person. The most fundamental of those changes is a day-to-day, personal, emotional relationship with the Rebono Shel Olam.

I found out about the website a little less than three years ago, and kept it in my inbox until I was ready to work on myself. (It takes a certain emotional maturity to make a commitment, no? I was still a kid.) Started working with some success before I got a chance to start lurking here, but this site seems to be turbocharging my efforts.

I have not finished the handbook- I'm reading it slowly and deliberately. During the zman I spend less time working on this and more time keeping too busy with good things. Use the

Yetzer Hora's ANTI-THINK device against him, and all that.

Hatzlocha to all! Thanks for listening.

I'm posting to get some hugs, basically.

I'm lucky in that I'm sending my computer in for repairs, so I'll have some breathing room. I'm also going to focus on the handbook material, and think about a nusach for Taphsic. There is my parent's K-9 and password computer, so I'll be on, but not more often than daily.

Sigh... Sheva Yipol Tzadik Vokom, eh? The difference between a Tzadik and a Rosha is how many times they get up after falling... So here's for a new count. The old one netted me 4 days. That's about average for a serious try, but not for one I make in the States. So there is that. So, I fell big time today...

Thanks for listening.

Meir

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Re: Not Counting... But Anyway...

Posted by alexeliezer - 30 Jul 2012 16:19

I really do relate.

I used to make outright sh'vuas that I wouldn't look at or search for untznius images on the internet for X number of days, months. That was the extent of the sh'vua, because I knew that that much I could keep. Guard and most of the others are against these sh'vuas because they're dangerous, but they worked for me up to a point (it didn't help with shmiras eynayim in other settings, and it actually made the intrusive thoughts worse.) Once I found this site and discovered the true nature of my problem (addiction), and began working the steps, truly surrendering my lust instead of holding on to it and fighting it, my sh'vua expired and I no longer felt the need to renew it. I've lived without a sh'vua for over 3 years now, B"H, still taking it one day at a time.

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Re: Not Counting... But Anyway...

Posted by E-Tek - 31 Jul 2012 14:49

I was browsing the forum, and I feel like I might have ended up relating to this:

[Gevura wrote on 31 Jul 2012 03:37:](#)

I went through the same thing last winter so i know exactly what you mean. it was after almost the exact same number of days (215), I had gottem "burnt out" and complacent after the initial high of my first long streak. I was getting progressively "slippier", starting to search out "borderline" websites and such, and getting lax in guarding my eyes and thoughts. eventually I encountered a strong trigger and it was too much. i didn't actually fall "all the way" (i.e. no mz"l), but i got really close. it's not clear in the rules that that's a fall, but after I did it twice, i knew that if i don't say it's a fall I will not stop there, and I will end up falling all the way. So I called it a fall and reset the count. even though it made me feel like I "lost the days", which of course we haven't, at the same time it drew a line in the sand. Ad Kan, it's over, now get up and start with a clean slate.

And so, if I do anything like my slips of the past few days, I will reset the count in order to drive home the seriousness. Because, apparently, I have not hit bottom.

Have a pleasant day,

Meir

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Re: Not Counting... But Anyway...

Posted by E-Tek - 31 Jul 2012 23:08

Funny how making that commitment has given me a sense of freedom. Today was wonderful, so far. IY"H the rest of the day will be wonderful too.

Good evening!

Meir

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Re: Not Counting... But Anyway...

Posted by Dov - 01 Aug 2012 03:29

That's beautiful, Meir. Good night.

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Re: Not Counting... But Anyway...

Posted by obormottel - 01 Aug 2012 16:11

BTW, calling someone counts as recovery work even if you don't get to speak to them, because it still puts the disease on notice that you remember about him and are doing something to innaculate yourself from its obsession.

Kal v'choimer, leaving a message with a quick update: It's me, still sober, my current struggle is this and that, have a sober day.

It's great help for the recipient as well, k'muvon v'gam poshut.

Just thought I'd share this with you...

Have a sober day,

Mottel

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Re: Not Counting... But Anyway...

Posted by E-Tek - 01 Aug 2012 19:17

Hmmm.... Do you think he was talking about anything in particular... This sounds familiar...

OOOHH! You wanted me to leave a message next time? Sure!

Hatzlacha!

Meir

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Re: Not Counting... But Anyway...

Posted by E-Tek - 09 Aug 2012 14:46

I was wondering how it was possible for me NOT to lust at the people I dated. Every time I date, I didn't lust. This is new to me- I lust at who I look at. I was wondering why I wasn't...

Then I saw Dov's post, and now I understand much better.

Dov said:

"My point is this: we do not have lust problems over one whom we are busy loving right now. If you are really in recovery, then living is oseik bimlacho - sexy dressed women are just a distraction to the business you are really involved with right now. So you will walk past it. She is none of your business, for you have other business. Just like the farmer. He sees the intercourse - but it means something else to him because he is busy. You can see the women but they mean something else to you - because you are busy going somewhere and thinking about something else."

So, basically, I was too busy getting to know her to lust- it would've been too distracting.

Interesting that it happened subconsciously, though...

My father raised a fascinating point last night. He asked how it would be Muttar for frum male photographers to photograph women's dancing. This is an extreme case- as an addict, I would say it's impossible to focus on the job in such a situation, but who knows? Maybe non-addicts who are focusing on the job can handle it! I sure hope they all asked a she'ailah first...

Have a pleasant day!!

Meir

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Re: Not Counting... But Anyway...

Posted by rt - 09 Aug 2012 19:33

Meir, you (and surely, Dov) are so right. thanks for reminder.

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Re: Not Counting... But Anyway...
Posted by Dov - 09 Aug 2012 23:58

I could never be such a photographer, BTW. It would just be hubris for me to take such a role, and that would prevent Hashem from helping me. He works that way, you know. Our gayvoh pushes Him out of the way - *Chaza*"I say this, not me: Docheik raglay haSh'chinah - kal v'chomer it does not let Him in to *begin* with.

Nu, but like RT says so well, some apparently can do it, and do it successfully.

There was a guy - a really nice guy - who used to attend my homegroup SA meeting many years ago, who was a professional DeeJay. Sweet 16 parties, weddings, Bar and Bat 'mitzvas', you name it.

He never got sober.

Nu.

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Re: Not Counting... But Anyway...
Posted by tehillimzugger - 10 Aug 2012 09:00

[dov wrote on 09 Aug 2012 23:58:](#)

There was a guy - a really nice guy - who used to attend my homegroup SA meeting many years ago, who was a professional DeeJay. Sweet 16 parties, weddings, Bar and Bat 'mitzvas',

you name it.

He never got sober.

Nu.

Awesome story, how come we didn't hear it 'til now? ;D

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Re: Not Counting... But Anyway...

Posted by rt - 10 Aug 2012 10:50

Nu, but like RT says so well, some apparently can do it, and do it successfully.

oy wey, what did I say?

If you mean that:

And btw. (I KNOW the public will be moyche beyodi, but stil)

Shloyme hamelech berov chochmosoy didnt say "sheva yipol tzadik und he understood that he is a pathetic addict and he stood up and went to a SA meeting. "

So, you had a couple of nefilos, which is bad, very bad, actually its terrible. but from this 2-3 nefillos you understood finally that you are an addict?? es shtayt vekam! stand up, and keep on going (trucking, cholnting, kugeling, tomato dipping, zamboiing (whatever it means.) and whatever.)

hmm.... i dont say you should refreain from going... you decide. adraba if it helps, do it. i am just wondering how easy people say that they are addicts.

maybe I just dont understand life, its very likely. just wanted to share my oppinion, objections are welcome.

well... I am just wondering (and I think I heard You, reb Dov, that your were mepakpek bedovor ze as well (unlike r. Tversky)) why people should be categorized as addicts after they've experienced a couple of falls.

I never said that real addicts should not go to this meetings.

And I know that I wouldn't be matzliach with such a profession (photographer). I dont think THAT is toluy on addict - not addict.
and I am also bichlal not sure if chza"I would allow to mate animals beyadaim.

p.s. Did this boy (DJ) die? or what do you mean with "he never got sober" ?

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Re: Not Counting... But Anyway...
Posted by tehillimzugger - 10 Aug 2012 11:51

[RT wrote on 10 Aug 2012 10:50:](#)

and I am also bichlal not sure if chza"I would allow to mate animals beyadaim.

The attached is "Chazal" Avodah Zarah 20b

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Re: Not Counting... But Anyway...
Posted by rt - 10 Aug 2012 12:08

Yep, I saw this gemore, I am speaking about our generation.

Dont think nowadays this sevore of "oysek bemelachto" is shayach anymore.

To me it wouldnt.

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Re: Not Counting... But Anyway...
Posted by Dov - 10 Aug 2012 20:41

Why do you ask, chaver? Do you happen to have a bull in your backyard that is having a tough time getting the job done? I mean, if this is not a shaylosh lemayseh, then how is it any better than lusting?

And "Torah hee, velilmod ani tzorich!" is a poor, poor rationale for a sexaholic - or probably for anyone who likes to look at porn and masturbate, even if he is not an addict. "Torah hi" was what led the Kadosh R' Akiva under the bed of his Rebbe during sex...could you or I do that without ending up masturbating (or wanting to)? It'd be disgusting and completely assur for many reasons. But for R' Akivah it was the right thing to do!

So forgive my sharpness, please. If you have a cow in trouble, then keep searching this sugyah to your hearts content. But I'm leaving it to the farmers...

BTW, Q: what does a Jewish cow say? A: Nuuuuuuuuuuuuuuuuuuuu.

OK, a little stale, but not spoiled ;D

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