

my fall (i need help

Posted by melost - 11 Nov 2012 15:19

im the kind of guy who will or be the best or the worst that means ill have a good week i,ll be the best ill daven with kavanah etc or i wont daven at all kind of wierd. when i found gye and started counting i also started to daven learn but i davka din"t but not with kavana as if i go to high i fall well i was scared that when i"ll fall i wont be able to continue and bevcome depressed. this week i fell i said fanties is not against the rules well after that i decided so what iff i fell i can continue and wentt to daven as if it dint happen

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Re: my fall

Posted by Dov - 22 Nov 2012 07:51

Thank G-d! It's not because it is 'ritually forbidden!' You are so lucky that you see it takes over your life and that this is the real reason you want to stop. Now we are getting somewhere.

OK, with that relief, I now leave you to the chevra to get worked over.

Hatzlocha Mr Melost!!

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Re: my fall

Posted by ur-a-jew - 22 Nov 2012 22:12

I wrote this before I saw Dov's post. Just view it as somewhat of an elaboration on what he's saying.

I assume you didn't expect the question here since "its ossur" so why shouldn't you want to stop. It is true that masturbation is ossur and because its ossur you shouldn't do it, but how well has that reason worked for you in the past. Sounds like not too well. It doesn't surprise me either since while no doubt you say you believe in Hashem how deep is that belief. Seemingly not deep enough to recognise that even if you've masturbated Hashem is big enough to still love you and accept your tefillos. If you did I find it hard that you'd have such a hard time davening. I don't fault you for this. I'm probably not too much different. So what's the solution? If you recognise that giving in to lust is literally ruining your life in this world. That may be a start. What you think?

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Re: my fall

Posted by melost - 23 Nov 2012 10:42

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the reason i didnt expect the question here is that i thought its obvios that if im here i realize that its taking other my life . about the davening its not the reason that i dont believe that he doesn't love me its just that i dont feel the conection like i used to even when i speak to to hashem i do without any emotion

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Re: my fall

Posted by Machshovo Tova - 23 Nov 2012 14:54

Reminds me of a true story:

There was an old-time Rosh Yeshiva in Ponovez Yeshiva, Reb Dovid Povarsky zt"l (father of Reb Berel Povarsky Shlit"a). He was a big tzaddik and a big matmid. He had a very laid back personality. Like when he said a shiur or a shmuz, he would speak in a monotone without any emotion at all. Once a bochur came to him seeking for some chizzuk. "Rebby, what should I do? I have no cheshek to learn", said the bochur. And Reb Dovid replied - in a monotone, as usual: "Ich - leren - shoin - zibtzig - yohr - ohn - cheshek." (I'm learning already seventy years without emotion.)

I'm sur Reb Dovid never heard of the expression "Keep on trucking". But he did it for seventy years straight.

Emotion shmotion - KOT behatzlacha!

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Re: my fall
Posted by MBJ - 25 Nov 2012 08:32

MT that is an awesome story. ;D

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Re: my fall
Posted by melost - 25 Nov 2012 10:40

yesterday i fell 3 times. the only one to blame is me i knew that shabbos afternoon is a time i fall and i didnt keep to the safeguards. i said i would i said to myself just a bit fanteries i fell another 2 times later at night i didnt even try and stop myself im ill and powerlles. i have been working on my other higher powers and shabbos is again the hardest as i meet some people i cant stand but i was in control of my emotions

thank you hashem this is the way you want me to serve you with my addiction this is MY tafkid
:D ;D

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Re: my fall
Posted by Dov - 25 Nov 2012 12:30

#1: who told you that you are powerless? Maybe you are not, but just not trying because you have no true reason not to. Maybe all your 'reasons' not to, are still *fake* reasons to you.

#2: When the 1st step says "powerless" the main thing it means is that we are abnormal, because unlike other people, **we are powerless over using it in a healthy way**. We can't use a little porn, fantasy or touching ourselves - whenever we do it eventually goes way overboard and we lose control of our lives and relationships in the process. So every time we play with it (or ourselves), we fail to control it.

Nu?

#3: you said you were going to do something about it - and wrote "the 12 steps" (though I am) - maybe you have done nothing about it but decide that you do not want to masturbate...then masturbate some more.

#4: even if you are truly unable to stop forever on your own - in other words you are an addict - there is no program of any kind that takes off your personal responsibility to live the good life. 12 Step's is totally about taking responsibility for our lives and GETTING THE HELP WE NEED EVEN IF WE ARE ASHAMED AND AFRAID OF IT.

#5: how much do you need to suffer already? Or I ask you this: if you are afraid to get the help you really need, then how

So, what is your next step? ..besides maybe unzipping your pants and feeling yourself again, today? It really is up to you.

not sure what you mean by 'doing' them...do you mean just **think** about them? :

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Re: my fall

Posted by melost - 26 Nov 2012 17:35

[dov wrote on 25 Nov 2012 12:30:](#)

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So, what is your next step? ..besides maybe unzipping your pants and feeling yourself again, today? It really is up to you.

thanks dov i dont know im confused right now im lazy and im not working hard on it when im clean i,m happy go to sa but dont really work hard on myself on shabbos i fought against myself not to act out but the other times including yesterday i fell(actually i didnt fall i acted out on purpose i didnt try to fight) it was straight after the call with you i,m working on the second step that means i am taking away my other higher powers i dont hate resent . anyway im in a kind of cycle i act out on shabbos continue till monday then clean the rest of the week (once i act out i act out again and again) well thanks dov as always i need to work hard .today im clean this is

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Re: my fall

Posted by Dov - 26 Nov 2012 20:09

This 'quitting' of a habit is a big job - too big for us to handle - and is really very simple. Knowing I can't afford it, is the main ingredient. The engine.

As long as we keep doing it (enjoying it/using it), it means we still believe we can afford it - that it

is still in our best interest. Just because Hashem says it is bad for us means very little. He's not *right here*, is He? He isn't *showing* us how bad it is, is He?

Many have discovered that *suffering enough* is what's needed for them to know it is unaffordable by them. Simple. That's step 1.

But then we are in a very bad spot:

1- We see we cannot afford it - again, not because of irrelevant stuff like gehinom or whatever - but because **really it hurts** us personally. Iyov could lose a lot and still trust Hashem purely - but when the pain was in his own body, he lost it (at some level). Every man has his price. (Of course, TaPhsic is *artificially* induced pain, so it is not real suffering at all, in this respect.)

But,

2- We don't really **want** to stop - it's just too frightening scary. Being isolated makes this much too hard for some. Using frumkeit simultaneously as the motivator also makes this too hard for some - our yiddishkeit is so twisted that **it** pulls us over and over again *back* into our porn and masturbation just to relieve the pain of being a Jew.

The AA Big Book refers to this stage as "*Well, youv'e got us over the barrel, alright.*" It is where working step 2 begins, for addicts trying to work the 12 steps.

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Re: my fall

Posted by melost - 27 Nov 2012 15:09

justed acted out twice

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Re: my fall
Posted by Machshovo Tova - 27 Nov 2012 16:29

and?

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Re: my fall
Posted by yehoshua - 28 Nov 2012 14:22

Hey Bro, for me it really works to just breathe, slowly in and out. 3 times. Then admit helplessness.

Slowly dude, you got it, one day at a time. Just one. ;D

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Re: my fall
Posted by Dov - 28 Nov 2012 14:38

Do you believe that you truly don't want to stop yet?

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Re: my fall
Posted by melost - 28 Nov 2012 16:50

thanks everyone for the advice i really want to STOP but when it comes to it i dont try to STOP. i started going to sa meetings found a few hiemesh guys there .i relized that i cant do it alone and

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