

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

=====

=====

Re: my fall ( i need help

Posted by melost - 06 Mar 2013 16:59

---

i started doing (its g-d not me ) a dsr meeting on the phone been doing my prayers the past few days with g-d help been sober a few days (no counting as dov says) my ssa problem i thought of doing some seminer that was on the ssa page my sponser said i shouldnt and treat it like i treat my addiction and not to worry yesterday at a face to face meeting i shared my ssa thing it was not easy i chickened out when i shared so i shared again it was good getting it off my chest targets for today call two new people from my meeting

=====

=====

Re: my fall ( i need help

Posted by moish u.k. - 06 Mar 2013 19:01

---

Avrohom,

I have alot of respect for your struggles.

I take alot of chizuk from you.

Its great to have people like you around.

=====

=====

Re: my fall ( i need help  
Posted by ZemirosShabbos - 06 Mar 2013 21:45

---

[moish u.k. wrote:](#)

Avrohom,

I have alot of respect for your struggles.

I take alot of chizuk from you.

Its great to have people like you around.

ditto!

=====

=====

Re: my fall ( i need help  
Posted by Dov - 08 Mar 2013 04:04

---

[melost wrote:](#)

b'h im doing better went to a meeting yesterday got motorvation to work the steps and get

And you also posted:

still not going easy but getting closer to my higher power

Chaver, I want to share with you that I suffered as much as the next guy in making a mistake you may be making, as well: **putting the cart before the horse**...and then we wonder why it is not working. Maybe you will say that I am not being nice. But what should I do - ignore mishega'as just because it is *well-meaning*? I care about you, too. So:

What's all this talk of "I am getting closer to Hashem/my Higher Power,"? Sure, it is a basic recovery *goal* and the fruit of this program (cuz it's part of sanity)...but why are you making that your goal-post *now*? The steps **END** with Step 11: "*sought through prayer and meditation to gain conscious contact (that is, closeness) with G-d, etc.*" They don't *begin* with them, at all. Yet here you are struggling to stay sober...*and measuring your success by how close you feel to Hashem!* I think you are just setting yourself up for emotional dissapointment and failure. You are putting the cart before the horse, amigo!

Relax. Your G-d will come into your life more and more as long as you make room for Him. And it is *His* business at this point in your recovery, not yours.

Sure you will get plenty gifts of real G-d-awareness here and there even from the beginning. But please: consider not making it your target now. Not yet. Keep your sights low and humble, and let a simply sober day be something you can really smile about under your covers while falling asleep every night, for a while.

People who are down and out are often told they need to "work on their self-esteem." But really, I and others have found that it's almost the opposite that they really need to work on, for relief. See, many people who are sad about themselves *are* that way because they have unrealistic

expectations. They essentially believe they *ought* to be what they imagine is 'great'. To 'madreigos'. Then when they collide with where they are *really* holding - especially being addicts starting recovery - we crumble under the failurehood of it all. We always have! It drove us to masturbate, ruined the pleasure of our avodas Hashem. Imperfection sucks, doesn't it? The tremendous weight of being 'a Torah loser', not holding a candle to the gedolim - or really to anybody around us - yes, that's what we do. We look around and see the faults of everyone else - or we see them as superior. The playing field is horribly unfair in our twisted minds, isn't it? No wonder we can go in just a day or two from crying at Lecho Dodi, to masturbating ourselves in the bathroom...

Sorry this was so long, melost. And sorry for doing a weak job explaining it. Hatzlocha with this and with working your program, or whatever you use instead of the 12 steps. Hashem is everywhere and helps everyone - everyone without exception - who really wants it (as we say in Ashrei). You definitely want it.

- Dov

=====

Re: my fall ( i need help  
Posted by melost - 08 Mar 2013 16:17

---

[Dov wrote:](#)

[melost wrote:](#)

b'h im doing better went to a meeting yesterday got motivation to work the steps and get

And you also posted:

still not going easy but getting closer to my higher power

Chaver, I want to share with you that I suffered as much as the next guy in making a mistake you may be making, as well: **putting the cart before the horse**...and then we wonder why it is not working. Maybe you will say that I am not being nice. But what should I do - ignore mishega'as just because it is *well-meaning*? I care about you, too. So:

What's all this talk of "I am getting closer to Hashem/my Higher Power,"? Sure, it is a basic recovery *goal* and the fruit of this program (cuz it's part of sanity)...but why are you making that your goal-post *now*? The steps **END** with Step 11: "*sought through prayer and meditation to gain conscious contact (that is, closeness) with G-d, etc.*" They don't *begin* with them, at all. Yet here you are struggling to stay sober...*and measuring your success by how close you feel to Hashem!* I think you are just setting yourself up for emotional dissapointment and failure. You are putting the cart before the horse, amigo!

Relax. Your G-d will come into your life more and more as long as you make room for Him. And it is *His* business at this point in your recovery, not yours.

Sure you will get plenty gifts of real G-d-awareness here and there even from the beginning. But please: consider not making it your target now. Not yet. Keep your sights low and humble, and let a simply sober day be something you can really smile about under your covers while falling asleep every night, for a while.

People who are down and out are often told they need to "work on their self-esteem." But really, I and others have found that it's almost the opposite that they really need to work on, for relief. See, many people who are sad about themselves *are* that way because they have unrealistic

expectations. They essentially believe they *ought* to be what they imagine is 'great'. To 'madreigos'. Then when they collide with where they are *really* holding - especially being addicts starting recovery - we crumble under the failurehood of it all. We always have! It drove us to masturbate, ruined the pleasure of our avodas Hashem. Imperfection sucks, doesn't it? The tremendous weight of being 'a Torah loser', not holding a candle to the gedolim - or really to anybody around us - yes, that's what we do. We look around and see the faults of everyone else - or we see them as superior. The playing field is horribly unfair in our twisted minds, isn't it? No wonder we can go in just a day or two from crying at Lecho Dodi, to masturbating ourselves in the bathroom...

Sorry this was so long, melost. And sorry for doing a weak job explaining it. Hatzlocha with this and with working your program, or whatever you use instead of the 12 steps. Hashem is everywhere and helps everyone - everyone without exception - who really wants it (as we say in Ashrei). You definitely want it.

- Dov

thank its good when someone is honest with me what do mean by im not doing the 12 steps program

=====

Re: my fall ( i need help

Posted by melost - 13 Mar 2013 16:26

---

been in bed from bedining of the week b'h feeling better i used to think hashem is punishing me for my sins well now i didn't i'm ill not sinful didnt really do step work didn't have the strenth my sponser told me to start writing 5 good thing every day

=====

Re: my fall ( i need help

Posted by melost - 16 Apr 2013 13:12

---

long time no see

=====

====

Re: my fall ( i need help

Posted by Machshovo Tova - 16 Apr 2013 19:15

---

so how've you been?

MT

=====  
=====

Re: my fall ( i need help

Posted by ZemirosShabbos - 16 Apr 2013 23:15

---

yeah, what's doing?

=====  
=====

Re: my fall ( i need help

Posted by Dov - 18 Apr 2013 16:53

---

Hey, Melost. Now that Hashem is done punishing you for your sins, can we get back to zambonying? Or is He still not done whipping you?

The ice rink is waiting, our peyos are tied behind our heads, and the puck is waiting for someone's teeth.

C'mon man. Get out here w the rest of us bozos!

=====  
=====

Re: my fall ( i need help

---

Posted by melost - 30 Jun 2013 23:47

---

hi guys long time not here to busy with sa meetings and talking to guys

=====

Re: my fall ( i need help

Posted by reallygettingthere - 30 Jun 2013 23:49

---

That's great!

=====

Re: my fall ( i need help

Posted by gibbor120 - 01 Jul 2013 19:31

---

how are you doing?

=====

Re: my fall ( i need help

Posted by Dov - 17 Jul 2013 07:35

---

Welcome back, our friend!!

great to know u r busy in good stuff!

Gonna be at the SA convention?



=====

=====