

Kedusha and Sanity

Posted by skeptical - 02 Aug 2013 21:48

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**Dov**

I hope you remember that the real problem here is not lusting, but lying. Few here get it. Most think this is some sort of religious kedusha struggle or something. It's really just being a real human being. Derech Eretz kodnmah laTorah. Once we have sanity, all the rest falls into place. Hatzlocha getting some and keeping it. It's certainly not a thing you are mesugal for doing successfully, so this will be a miracle - as it is with me.

Love,

Dov

**skeptical**

Lying/not lying is also a religious kedusha struggle, or something.

Derech Eretz is Torah.

**Dov**

skeptical wrote:

Lying/not lying is also a religious kedusha struggle, or something.

Derech Eretz is Torah.

It may make you feel nice to see your own struggle to remain honest and real, as falling under the rubrick of Torah and avodas Hashem, but do you see how the connection of this struggle in any way to Torah, Teshuvah, and Kedusha is poison for so many people? And if yes, do you see then that trying to be 'menachem' a person that "yes, your recovery is still Torah/kedusha," can really tempt them to run right back into the very 'holy' mentalities that have been fueling their porn and masturbation habit from day 1, 2, or 3?

Those are questions, not rhetorical, nor attacks. Just questions.

And have you read my post about "The Nuclear Reset Button"?

**mayer**

The answer (or rather my answer) to all of the above questions is yes, yes, and yes.

That being clarified at the outset (I have a sneaking feeling that this is gonna be a long hijacking), wouldn't it be fair to assume that the above mentioned "poison" is a distorted view of what Torah, Mitzvos, and Avodas Hashem are all about? They (Torah, Mitzvos, and Avodas Hashem) are NOT about MY oh so exalted levels of \_\_\_\_\_ (fill in the blank -Torah, Teshuvah, Kedushah, Chassidus, Mussar, etc.); that grain and perspective of humility, is game-changing. A more accurate, less "me-focused" perception and angle of Torah, etc. is indeed a (the?) (by)product of sobriety, no?

All Mr. Skeptical is saying, (I think) is that, if one truly has (something of the) the right perspective vis-à-vis Torah, etc., there is a way of looking at this endgame during the game, that's all; not removing it from the scope of Torah, without having his Avodas Hashem defined by masturbation.

As the saying goes "If the shoe fits, wear it!" Conversely, if it doesn't, (and if it's "poison", it certainly won't,) don't!

**Dov**

Yes, yes, and yes, Mayer. But my point is that if so, then WHY DON'T ALL THESE 'CORRECTED' JEWS HERE JUST KEEP THEIR ZIPPERS UP AND LEAVE THEIR PENISES ALONE!

But they do not.

Why?

Some of these good people (and I mean that 100% sincerely) are still searching for porn, still worshipping it, hot women, and sex with their wives, with devotion and mesiras nefesh that would be high madreigos in avodas Hashem, and are still keeping it private - so they can safely

keep doing it (hiding it and using fake names even n recovery here on GYE).

And if they are now enlightened and 'get the Torah right"...when did that sudden enlightenment occur? Did they undergo any real inner change that is a total revamping from the 'Torah' they knew and accepted back in the day (last week?) when they 'were still sinning regularly'? Or was it just a few posts they read that showed them a nice vort or chizzuk of some sort and 'now they've got it all right'? How can I have faith in quick sincerity-fixes rather than see them as gimmicks.

I have seen so many guys insist that they now 'get it', so many speeches from newbies still masturbating their brains out, spewing what they feel with their whole heart is sincere: about how "if you just trust hashem and do xy&z things, you will beat this thing!" And they 'fall' so badly they disappear in shame. This happens over and over. GYE helps a lot. But so many more than it helps, are lost to the denial of religious enlightenment.

Sorry for the rant here. But it hurts.

How is what you are saying any different than that? I just don't get it - please explain it to me, chaver.

## **MendelZ**

Dov is just keeping us real, as he is wont to do. I would like to take this opportunity to thank Dov for his super-valliant efforts to help us all realize that unless there is some serious paradigm shift occurring in the way we see life itself, we can be pretty sure that we've got a lot of work to do. Not to discourage us, chas v'shalom, but real recovery requires real realization. The misguided Torah lives we all live/lived is not the real Torah. We live/lived it because we thought it was about us. Its not. If we could see that as true, more true and real than whatever pleasurable feelings we had when we acted/act out, we would be able to make a little more room for the true and real Torah to have its glorious and uplifting effect on our lives.

**mayer**

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Sorry for the rant here. But it hurts.

How is what you are saying any different than that? I just don't get it - please explain it to me, chaver.

There is but one difference (and although it may be dismissed as mere semantics by some, it drives others up the wall) and that is the insistence that for some people who are deeply mired and entrapped in porn, masturbation, etc., Torah is NOT the (an) answer.

Yes - certainly, their Torah ain't - real Torah is. I think we all agree on that one.

The point of divergence is whether one can begin to live that while still entrenched in the dirt. Just as saying "I'm powerless", without truly recognizing it is merely a lesson in self-delusion, so too is the "sudden enlightenment" of "get the Torah right"; Torah is not a lesson in mental gymnastics or enlightenment, but in action. Just as any other mode of recovery is a process, so too is this. One must be honest - difficult, very difficult.

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Re: Kedusha and Sanity

Posted by chesky - 25 Aug 2013 10:27

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[Dov wrote:](#)

Try speaking to any one of more than 25 former GYE guys with whom I have posted and spoken, who are now sober and leading much better lives because they finally recognized that they were not resh'o'im, but just sick in the head. Each one of these guys finally got clean when they went and sat down with their peyos and yarmulkes in SA meetings[i] Just tell them that "you are using Torah - you simply found the aspects of Torah that you were not 'using properly' [i]until you got that sober goy (or yid) with a few years of real sobriety to open up with and learn about really trusting G-d instead of your penis for a change."

Just try it, see what he says. His experience will tell you that "all that is nice. Now - are you still masturbating yourself? If so, would you like to come to a meeting with me?"

Just for today I am living proof of this, and I am grateful to Dov for where I am today. I have no guarantee whether I will be clean and sober tomorrow but the facts are that 1)I AM sober today 2)I have met many guys in SA who are sober against all odds and 3)despite my best intentions, willpower and determination; before nothing worked for me long-term; not davening, learning, mussar, Yomim Noraim, marriage, you name it.

Guys, I resented(and sometimes still do) the fact that Dov was right. But I think that for me that was part of the opening words of the first step "who cares to admit defeat?" Believe me that it hurts me still today that all my Torah and Yiras Shomayim (and I think that I am genuine)did not and cannot help me stay clean and to this day I do not know the answer.

But I prefer to be a loser and sober, than a winner who is acting out, with all the heilige hihurai teshuva and my holy thoughts about how I have been entrusted with a tafkid to beat this Y"H.

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Re: Kedusha and Sanity

Posted by Dr.Watson - 25 Aug 2013 13:04

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If I've understood you correctly Dov, you're saying that all the musssar seforim, while being 100% emes, are written for sane people not for people who have mental illnesses, be they addiction or OCD. It's easy to see how someone with OCD will not be cured with shaarei teshuvah because even though it is 100% emes it doesn't address his specific problem. In the same way addicts need something that addresses their illness directly, ie the 12 steps which is perfectly in keeping with sifrei mussar but is not written explicitly in them. The only difficulty then becomes identifying who is an addict and who just needs chizzuk in their battle with the y"h.

If I've understood the other side of the debate correctly, it seems to be that of course the torah approach is always right and that should be all you need, how can it be harmful. But I don't think Dov is saying that learning torah is harmful, just not helpful for this particular problem. I mean, we'd all agree that learning bovo kama is a good thing to do, but equally I don't think any of us would say that it would teach an addict how to overcome his illness. Torah is always right but it's not always easy to know which part of torah will be most helpful to a specific problem.

Note that there is a distinction between learning torah and following a torah approach. The mishna says a person should be humble like Hillel and not a kapdan like Shammai. Does the mishna mean that Shammai had the wrong approach? Of course not, he was not ruled by his

y'h, he thought about it and came to the conclusion that he should be a kapdan (maybe it was to guard kovod hatorah). Both Shammai and Hillel knew kol hatorah kula, and they both acted in the way they decided was most appropriate, and they had different approaches. The mishna is telling us that for us, in our situation, we should adopt Hillel's approach, even though Shammai acted perfectly in his situation.

The is a story about the Chazzon Ish that an ill man went to him and said he was ill and the doctors couldn't operate on him. He looked into it and then had a meeting with one of the best doctors in E"Y and explained the procedure that needed to be done, even drawing a diagram. The doctor was astounded and asked where he had studied medicine, the Chazzan Ish told him it was all in meseches chullin! My point with this story is that of course torah is 100% emes, and it contains the knowledge of everything, but not everyone knows it well enough to get the right idea. If you came up to my with a knife and say "don't worry I learnt this in chullin" I'll run a 4 minute mile.

If a frum man studies medicine is he saying that the torah doesn't contain all this wisdom? No, he's saying that he doesn't know torah well enough to know what to do if someone's having a heart attack. That doesn't make it against torah though. In the way same way, a psychologist might recommend 12 steps to an addict, not because torah is not enough but because he doesn't know from the torah what to do for him. Does that mean he's against torah? Of course not.

wow, I was just going to write 2 or 3 lines. I think Dov's rubbing off on me.

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Re: Kedusha and Sanity

Posted by Dov - 25 Aug 2013 16:30

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No, Doc, that email was still way too short. U need more work...

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Re: Kedusha and Sanity

Posted by skeptical - 25 Aug 2013 19:14

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It seems that we are talking two different languages and have extremely different ideas of what living a Torah life is or isn't.

Therefore, I think it's futile to argue my point here on the forum.

For the record, I want to point out that for the past 8 months and several days, I have been clean. Sure, I had a fall after six months and another one about a month later, but both times I got back up immediately and continued being clean.

Before I started being clean 8 months and 13 days ago, I was "falling" several times a day. Whenever I had a free moment, I was busy falling. When I didn't have a free moment, I was busy thinking about *when* I would have a free moment. I would put off work and people in my life to pursue falling. My wife gave me hell for all of this, and I didn't care. She left me one night with an ultimatum, and even after that, I continued to fall for several YEARS.

I am what anyone would call an addict.

But I am not using the 12-steps. I never attended an SA meeting. The closest I've gotten to an SA meeting is listening into a few GYE phone conferences without saying a single word.

For the most part, I am using Torah ideas that I have always known. You can have all the knowledge in the world, but unless something clicks inside of you that says, "Enough is enough, I'm going to be honest and do what it takes to get out of this," none of that is going to help. Until one reaches that point, efforts to stop are not real efforts, for what we are really saying is, "I want to stop, but I also want to continue." Until you are ready to actually *apply* that knowledge, the knowledge is useless.

It's like walking. A kid could pull himself up to his feet and watch others walk around. He could have the knowledge that by placing one foot in front of the other, he could walk, but until the day comes when something clicks in his mind, he's not going to walk. Then when he tries to walk,

we expect him to fall, but we encourage him to get right back up and learn how to find the proper balance.

This is not edited and I have more to say, but I need to get to work, so I will continue later.

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Re: Kedusha and Sanity

Posted by Dr.Watson - 25 Aug 2013 19:35

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Can I ask you a question skeptical, and please think about it before answering. When you say you haven't used the 12 steps, is it possible that you have in fact done all the 12 steps without realising it, without calling what you did '12 steps'?

What I mean is, in the course of your recovery (congratulations btw, I'm impressed) did you feel like the y'h was more in control of your life than you were, believe Hashem (torah) can help you, work on bitochon, did a cheshbon hanefesh, spoke to people about the issue, forgave people who you were upset with, davened to Hashem, and kept posting chizzuk on GYE?

when you say you used torah ideas, do you perhaps mean the things I've mentioned (and many others as well perhaps)? If so I commend you for finding all 12 steps in the sifrei mussar. A rose by any other name...

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Re: Kedusha and Sanity

Posted by chaimcharlie - 25 Aug 2013 23:45

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[skeptical wrote:](#)

Welcome back, chaimcharlie!

I hope to get some clarification on your beautiful post, though.

**chaimcharlie**

so the whole Torah and Kedusha thing just isn't gonna work, all my crying and begging Hashem to get me sober is really crying and begging the Holy God of the Orgasm to get me sober, it's all lusting after the same old "big fix", just with a different name, perhaps.

and i would go to the bais medrash and cry my brains out for an hour to Hashem that He should help me fall asleep right away and give me koach to learn His Torah and become the next Gadol Hador (at least) and find me a zivug hagun immediately who will have a sweet, sexy, smile, and want to have sex all day and will be skinny and have a huge bosom - the next thing i did was go back to bed and masturbate till i was dizzy, and then do it again to straighten out.

it kinda makes sense - cause all that kedusha stuff wasn't about Hashem but about me, myself, I, and sex.

**chaimcharlie**

so that's why this 12 step buisness is really saving my life and sanity, it's all about making a connection and giving over my life to a G-d who i know only one thing about Him - he is not me, but a Power Greater than Myself. there lies the serenity, the calmness, the miracle of recovery, cause it's not all about me anymore, G-d has His will and role for me which may very well be something slightly different than what i can cook up in my sex-drunk brain, and that's really awesome.

Personally, I'm having trouble understanding how you came to differentiate that you are not G-d, but that G-d is a higher power. Why is it that you couldn't get that from Torah?

How does the 12-Step method of asking Hashem to take away your lust differ from your crying out to Hashem in the Beis Medrash to help you?

sorry it took so long to get back. um, the truth is that i don't know exactly the answer. that means that i can't tell you what was the specific screw that was missing or loose (and still is, cause it's just "a daily reprieve"). but i know what i had to do to live with the fact that there is something very off about my deep intense relationship with Hashem. and that is to give up fighting. i was on GYE for around 9 months, and was getting a bit better and more sober, then last Rosh Hashonoh I was stressed and masturbated in the bathroom during davening, and started a roller coaster the likes of which i hadn't seen in many a moon.

so i realized that the Torah approach i had been doing until now just wasn't working, i need to get help from someone else. until then i had been reading some 12 step like material and GYE stuff, and then worked seriously by myself to adapt the goyish zachin to more Toradik ideas. for example, they say in the 12 & 12 that humility is the basis for all the steps, so i set out to work on ?????. and since i need a Higher Power to keep me sober, i worked on my ??????. and i mean real, methodical, sincere, honest, work. thinking up ideas to try, writing them down in a sort of diary, trying them out, recording the results, etc. this is a big problem, and i was taking in responsibly.

and it seemed to be helping, i was falling less and less, and i was even getting a bit more stable in my ability to keep a schedule. but it wasn't perfect. so last rosh chodesh elul i committed to trying these methods until after chanukah (around 4 months), i thought there was deep mystical significance in choosing this span of time for my last try to get sober (all the mystics here can probably guess why, the rest of you muggles will just have to remain in the dark until me and my ego enlighten you). if i would get sober - good, if not, i'll have to get help from someone else.

but then when i had this crash i felt that something was really wrong. i was not getting better. i have a problem deeper than my sex drive, one that holding back won't solve, because it'll all just pop out like a volcano afterward. and i saw that after 9 months without a big binge - as a result of GYE and Torah methods - i was tumbling out of control, masturbating my brains out everywhere, i think in the sukkah too.

this wasn't a figured-out proved pshetl, one that i could put my finger on and say that this proves without the shadow of a doubt that i must go to SA today, no it wasn't.

but i was sick and tired of fighting and losing, i wanted something that would actually work, and i had heard from guys here that the Steps in SA is something that works. i didn't want to admit defeat, i can't tell you how many times that thought had gone through my head all through the years: "you'll beat this yourself one day, don't ask for help cause that means that the person you ask will know your secret forever, and why tell him if you can save the embarrassment by doing it yourself". but now i gave up, found out when the meetings were, and decided to go.

did i get sober by deciding to go? no. i continued acting my brains out until i actually went and started working the program. since then i'm sober, for 10 months and around 3 weeks. and i'm a different person, i hardly reckonize myself.

i used to need to understand everything in order to think about doing it, now i enjoy listenig to the advice of others, and doing what works for them.

someone explained to me that it's not that it's wrong to have it all figured out (like it's wrong to masturbate, turn on lights on shabbos, etc.), rather that i don't need to have it all worked out. it's just not necessary, and i have more fullfilling and worthwhile things to do with my time.

got a lot more to share, but gotta run, my wife's  
calling.....

chaim

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Re: Kedusha and Sanity

Posted by Dov - 26 Aug 2013 02:40

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I really tried to keep this short, but failed.

[skeptical wrote:](#)

It seems that we are talking two different languages and have extremely different ideas of what living a Torah life is or isn't...

But I am not using the 12-steps...For the most part, I am using Torah ideas that I have always

known. You can have all the knowledge in the world, but unless something clicks inside of you that says, "Enough is enough, I'm going to be honest and do what it takes to get out of this," none of that is going to help. Until one reaches that point, efforts to stop are not real efforts, for what we are really saying is, "I want to stop, but I also want to continue." Until you are ready to actually *apply* that knowledge, the knowledge is useless.

It sounds to me that you are simply saying that Torah is not what is saving you, but your **sincerity** in applying Torah ideas.

Sincerity itself *is* not 'Torah', and it is not *in* the Torah. I believe it is what the Shaa'rei Kedusha writes is the reason that the Torah does not clearly refer to tikun hamiddos. He says it need not be (and cannot be) shrunk into the Torah because it is the entire underpinning of it! Same with sincerity and self-honesty. Without it, you and I have nothing. But it is in *us*, not in the religion, nor in the Torah. In fact, goyim who do exactly what you are doing get better as well, sincerely following what *they* call *their* bible, as well.

The point is not *which* religion or spiritual principles the addict follows (you and I choose 'Torah'). Rather, the experience of many addicts has been that the turning point is our surrender/giving up of following our own old, *preferred* principles. Those principles include the ones that tell our hearts that "I sure want to be frum and good and go to heaven, but things are only *really* OK if I am having adequate sexual stimulation" - so whatever our religious beliefs are, we will run to get it when we feel like we really, really need it. **Unfortunately, we believe those principles with a pure faith that is at least as strong as our faith in Torah min haShomayim, Moshiach coming, etc.** The faith that things are horrible if she doesn't like me. Shekker. The faith that if she is not giving me the sex I want, she must not really like me. Shekker. The faith that our pay should really be higher, that our kids really should be healthier or better, that we should have been better-looking...whatever. All shekker...but until we truly surrender those ani ma'amins, we have pain that can only be assuaged by our sweet porn and sex-with-self. There is just no way out of that, as the AAs wrote:

*"We thought we could find an easier, softer way. But we could not...Some of us tried to hold onto our old ideas and the result was nil until we let go absolutely...Half measures availed us nothing. We stood at the turning point. We asked His protection and care with complete abandon."* (5th chapter of AA, p58, 59)

That is the principle of the 2nd step. We have some insanity and can't lose it. We will need a Power greater than ourselves to help us with our pure, misguided faith in some really stupid

ideas. You, skeptical, have found a Power greater than yourself and it restores you to some sanity manifested in you not needing the same feeding habits. Same for goyim the world over. '12 steps', 'AA meetings', etc. are all just tools. Men here and there have been finding these answers since the beginning of time without AA, SA, shrinks, or anything. But look at how many are dying every year of alcoholism and sexaholism and wrecking whole families on the way? What ***kills*** me is all the hundreds of frum - very frum - men I meet through GYE and SA who are perverts as I am, but can't stop. Your eitzah is that they just will not get better from Torah until they are ready to really be sincere about it. OK. I agree in principle. But it seems that there is a place that - unlike the beis midrash - *manufactures* sincerity and sobriety: 12 step groups.

The main difference between AA/SA and the men who discover it on their own, is that they are rare individuals! Like Noach in the mabul. Yet I know dozens and dozens of frum men who are living as you describe: clean for years and with marriages on a new basis, growing, open, honest and fair with their wives and kids, for a change. And they see they could do this only because they were part of a chevra that openly faces and works on this precious thing *you* found: sincerity in spirituality.

All I want to show is that the Torah has no monopoly in any way, shape, or form on that thing that enables people from all walks of life to do exactly what you have been doing. And incidentally, I do believe that the actual principles most successfully sober people follow *are* based on Torah - be they Christians or whatever, the ideas are found in the Torah and are holy. But the actual gift you found is not Torah, but sincerity. And *that* is the equal inheritance and property of all mankind.

Finally, I want to say that I have met many men through GYE who had great delays in getting better precisely because their masturbation and porning habits developed *in tandem* with their frumkeit - or at least with their adult version of connection to Hashem. As I tried to explain in the post called "The Nuclear Reset Button", one feeds the other. I'd say that it is asking a bit much to suggest that these guys 'just get sincere' about their clearly addictively-enmeshed Torah ideals. Sincerity is as likely as the *chovush* being *matir atzmo mibeis ha'asurim*...not likely. What ma'aliusa is there in encouraging people to keep trying that? I see none. So I share this 12 step chevra message, instead of 'Torah'. And in the end, after they are sober from their insanity for a while, these frum Jews will certainly use their newly found sincerity for their Torah, if they want to. That's not my eisek, though, but theirs.

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Re: Kedusha and Sanity  
Posted by Pidaini - 26 Aug 2013 13:18

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I just want to say a few things, not to really get into this whole thing.

1) I don't think Dov would call me an addict, I had a big problem that wasn't being helped by challenging learning, or mussar, or any Jewish literature.

2) The reason I want to stop was and is ONLY because it is assur, and I want to be a ehrlicher Yid who does the Ratzon Haboreih, if this would have been muttar I never would have thought of stopping (maybe if I were about to die from it, but watching porn and masturbating, don't think it would have pushed me to stop)

3) I don't think that any seforim would have helped me even after I truly wanted to change, because my veiwh of Torah and mussar was already so warped, and my mind was so twisted and everything was superficial, that would have continued. Only after seeing and reading truth, from whoever it be, was I able to re"install" emunah and bitachon into me, and can utilize it correctly. I have to be in touch with other people, because I don't trust myself not to become entirely self-centered again. the other people are all Frum and it is in a frum setting, and we are all moving forward together.

that was my experience, if you can relate then please learn from it.

Just one point, Derech Eretz Kadmah l'torah, true. What is Derech Eretz though? one example, the goyish world tells us that Derech eretz is womens rights, no mechitzah, minyanim, postions, for there has to be equality. The Torah tells us that is not true, women have their place and men have their place, and it is not a breach of Derech Eretz not to shake a woman's hand and not to daven or eat together. We have to learn what derech eretz is and make sure it is line with Torah, if not it is not derech eretz.

That being said, I think it is important for us to realize when we are being fixed by goyim (ar anyone for that matter) that we make sure that we are indeed getting Derech Eretz, if not then why get "fixed" only to be getting a different problem? So for me, being together with a group of Jewish and frum people is just an added bonus, I don't need to worry as much about getting the wrong Derech Eretz.

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Re: Kedusha and Sanity

Posted by Dov - 26 Aug 2013 16:37

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[Pidaini wrote:](#)

Only after seeing and reading truth, from whoever it be, was I able to re"install" emunah and bitachon into me, and can utilize it correctly.

Everything else you wrote makes sense to me. I just want to know exactly who "whoever it be" actually was, in your personal case, please.

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Re: Kedusha and Sanity

Posted by Pidaini - 26 Aug 2013 17:05

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"Whoever it be".....I can't really say exactly who it was.

I will try remembering and get back to this when I get back from seder, ly"H.

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Re: Kedusha and Sanity

Posted by skeptical - 26 Aug 2013 18:32

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**Dr. Watson**

When you say you haven't used the 12 steps, is it possible that you have in fact done all the 12 steps without realising it, without calling what you did '12 steps'?

This was actually going to be the second part of my post, before I had to run out.

I became clean by basically giving into my desire to really stop. We all have that desire, but sometimes the desire to continue with the pleasure we have come to know is at **least** a tiny bit stronger. After all, it is our default, what we are used to.

A lot of the tools I used were from what I was taught in yeshiva or from my parents growing up, and others just felt right. In most cases, I would find out later that one or another mirrored some kind of idea in therapy or the 12-steps. Or more likely, the 12-steps or therapy mirrored what I had been taught.

For example, when I decided to become clean, I was just winging it. I had the motivation and I committed to stay clean at least until a certain date. By the time I got to that date, I was feeling great about being clean. I decided to focus on the good feelings I felt being clean and to remember how disgusting and guilty I felt when I would fall. This is a whole different approach than what most of us were initially used to. We would get a thought in our mind to go look at or do something "exotic," we would think about how enjoyable it was, fall, feel like dirt, and then (either right away, or after resolving to stop but not being able to) go make ourselves feel better again, conveniently forgetting or putting aside how much like trash it made us feel. Now, this may or may not be a Torah approach (I don't know), but it didn't conflict with my Yiddishkeit at all. A short time later, I heard a segment on the radio about Cognitive Therapy and it sounded awfully close to what I just described - creating new associations for things that we do or don't do. (Incidentally, just after hearing the radio program, there was a whole discussion on here regarding Cognitive Therapy.)

From when I joined GYE, I recognized how powerful it is to have a community of like-minded (for the most part!) people who can really relate to each other. I didn't really utilize it very much for the first 3-4 months or so that I was on here, but when I signed up for chatting (shortly before going clean), I began talking to others and I offered my thoughts, feelings, and advice (if you can call it that.) As I told Dov in my first chat with him, "I've always enjoyed giving others chizzuk. It's easier to encourage others than it is to encourage oneself, so I kind of hope it rubs off on me."

A couple of months into being clean, someone on chat asked me what my method was. I told him,

"Me: Rule #1. Don't think about it

Me: Rule #2. When it comes to mind, tell it you're not interested

Me: Rule #3. Remind yourself that you're happier without it

Me: That's pretty much it

Me: Oh, one more rule

Me: Rule #4. Find other people who are struggling and try to help them with their struggle."

He wrote back, "Hey! You skipped straight to Step 12!"

I responded, "Is that the 12th Step? I find that I cull stuff from lots of places. Some of the stuff I say come from the 12 even though I never really looked at them, some is from cognitive therapy even though I never read anything real about that and some comes from Chassidus."

Obviously, I have developed things and have read a lot more since then. I have taken ideas that speak to me and I use them in my journey to continue being clean. I have no problem taking ideas from other sources as long as it doesn't conflict with Yiddishkeit.

This is a journey. I am constantly learning about how I function and what works for me.

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Re: Kedusha and Sanity

Posted by Pidaini - 26 Aug 2013 20:36

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[Dov wrote:](#)

[Pidaini wrote:](#)

Only after seeing and reading truth, from whoever it be, was I able to re"install" emunah and bitachon into me, and can utilize it correctly.

Everything else you wrote makes sense to me. I just want to know exactly who "whoever it be" actually was, in your personal case, please.

It wasn't one specific person. It was a lot of reading here on the forum, from you and the others who were where I was and worse, and they got out, where as I hadn't. I read no further than after Bill's story in the BB, it could be that that had an affect, but I don't think it was as much as from being interactive here on the forum. I don't remember a certain time when it all clicked, it was when I once fell and realized I wasn't getting anywhere that I decided to see what others had to say.

## **BIG EDIT**

There is one time period that I do distinctly remember. I was down, really down, totally bombed out. I called my friend (whom I had opened up to about 4 years before joining GYE) and started complaining about life, I realized then that that was where my life had been for quite a while, complaining about life and complaining, and complaining, (and I was right) and that I could continue that way forever if I didn't change something. I think that was a big turning point in my stopping. if that helps any.

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Re: Kedusha and Sanity  
Posted by Dov - 26 Aug 2013 20:46

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Fair enough. Thanks.

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Re: Kedusha and Sanity

Posted by Pidaini - 26 Aug 2013 21:07

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I would stop posting

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