

Solutions for Tonight

Posted by waydown - 16 Aug 2015 22:06

Guys I need some ideas how to overcome my yetzer for tonite. As I have posted before I normally fall asleep via J/O. And if I wake up in middle of the nite I'll do it again. Any ideas how not to? So far for starteres read something clean before sleeping.

I will be on only for another hour or two. I do not want log in to the internet once I get home from shul even if its just for GYE. Its just too dangerous.Thus the urgency

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Re: Solutions for Tonight

Posted by waydown - 22 Dec 2015 17:45

Eslaasos if its a PM and not in public then please send the whole origanl Thanks.

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Re: Solutions for Tonight

Posted by waydown - 22 Dec 2015 17:48

Stilgoing,

I am very cautious to use the word "I" when discussing the 12 steps. I only care about myself. I guess I am selfish LOL! I am trying to say that "I" don't relate to that pointer. Thus for me its a struggle. G-d forbid am I ever saying that anyone else should dismiss it. And yes I have gone thru the 12 steps. Work on the 12 steps is vague since its endless.

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Re: Solutions for Tonight

Posted by waydown - 22 Dec 2015 17:56

Moish pretty clear and yes its commendable to build relationships based on selflessness.

I just don't get the connection between breaking an addiction and selflessness. So it seems like you are suggesting the following. Its not our lust per say that defines us as being more or less selfish than a non luster. Rather by working on the idea of selflessness, it helps us give up or surrender our addiction. So its kind of like a recovery tool. But its not necessarily the root or reason as to why we lust. And just because we are addicted to lust doesn't mean we are more selfish than our neighbor who say is addicted to coffee or smoking.

Do you mean something along those lines?

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Re: Solutions for Tonight
Posted by stillgoing - 22 Dec 2015 17:58

[waydown wrote:](#)

Stilgoing,

I am very cautious to use the word "I" when discussing the 12 steps. I only care about myself. I guess I am selfish LOL! I am trying to say that "I" don't relate to that pointer. Thus for me its a struggle. G-d forbid am I ever saying that anyone else should dismiss it. And yes I have gone thru the 12 steps. Work on the 12 steps is vague since its endless.

I was also talking about you. I think that those who work on the 12 steps know that they do. I know that I don't. I have read them through numerous times, but I haven't "worked" them. I'm told that it requires daily effort (preferably in a group setting). I don't know if it would work for me, because I have never really tried it. I have some hesitations about parts of it, but I know that many other people who have had the same hesitations as I do Have tried it, and have been helped by it. Will I be helped by it? I don't know for sure, but I assume that I probably would.

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Re: Solutions for Tonight

Posted by Bigmoish - 22 Dec 2015 19:20

[waydown wrote:](#)

Moish pretty clear and yes its commendable to build relationships based on selflessness.

I just don't get the connection between breaking an addiction and selflessness. So it seems like you are suggesting the following. Its not our lust per say that defines us as being more or less selfish than a non luster. Rather by working on the idea of selflessness, it helps us give up or surrender our addiction. So its kind of like a recovery tool. But its not necessarily the root or reason as to why we lust. And just because we are addicted to lust doesn't mean we are more selfish than our neighbor who say is addicted to coffee or smoking.

Do you mean something along those lines?

I find it to be one of the main recovery tools. Whether or not we are "more" selfish than others is of no consequence. How and why it works is beyond me. Do I care? Heck no!

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Re: Solutions for Tonight
Posted by gibbor120 - 22 Dec 2015 19:41

Mr. Waydown,

Why not try an experiment? Try to conscously be more giving and less taking and see what happens. If it helps - great! If not - at least you became more of a baal chessed?

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Re: Solutions for Tonight
Posted by waydown - 22 Dec 2015 20:21

Fair Enough Moish.

The main point is that is that we are not selfish. (Its not that we are "more" or "less" selfish). Rather we have not reached a point of selflessness. Its a vastly different. Selfish means harming others while reaching a point of selflessness means there is no "I" regardless of whether I am harming others.(In Hebrew that would be called hasbatlus)

And then its unfair and incorrect to tell myself ("I was selfish" "I was self centered".etc...) Rather I should simply say "I strive to be selflessness"

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Re: Solutions for Tonight
Posted by Bigmoish - 22 Dec 2015 20:25

If you haven't done so yet, I would highly recommend reading chapter 5 of the book "Alcoholics Anonymous" (the Big book). Aside from the recovery aspect, it gives a fascinating insight into helping us recognize where we have been "more" selfish at times.

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Re: Solutions for Tonight
Posted by waydown - 22 Dec 2015 21:13

Thanks Moish I just went thru it and will read it again when I get a chance.

Right now while lots of pointers are nice overall it doesn't seem to describe me and I just fail to see the connection between a luster and "selfish" (I don't get how its connected to an alcoholic either. But I am not an alcoholic so that doesn't concern me.)

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Re: Solutions for Tonight
Posted by Bigmoish - 22 Dec 2015 21:32

If you read it carefully, you will notice that the actual content has very little to do with alcoholism. I am not an alcoholic either. You can remove every reference to alcohol and replace it with "jelly beans" and the content remains virtually unchanged.

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Re: Solutions for Tonight
Posted by waydown - 23 Dec 2015 17:11

I just think that there is another faucet not discussed. This comes into play whether we discuss if one is selfish or not or whether we say that lust stems from depression or low self esteem or pressure in life verse stam an addiction like starting to smoke.

(In my case although being raised charedi my own upbringing was not makpid on tznuis from dirty magazines to televisions to even openly showing love and so to me while rabbiem said it was bad in my mind it wasn't really so bad. So why not explore lust. Then the addiction kicks in. I don't see my lust as stemming from the typical suggested reasoning But leaving out my specific case)

The question is, is all lust one size fits all? Or better yet do solutions have to be custom tailored towards my specific DNA? Or no just follow the 12 steps even if it doesn't resonate and doesn't seem to address my DNA? (Is it kind of like experts are suggesting about cancer? Every cancer has its own DNA. Although there are some general medications applicable to all a targeted chemo to ones own genes maybe the answer. May no one on GYE nor their family ever have to remotely get near this cancer discussion). It would seem like the underlying consensus is that the 12 steps generally is for all no matter what ones DNA is.

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Re: Solutions for Tonight
Posted by Bigmoish - 23 Dec 2015 17:16

[waydown wrote:](#)

It would seem like the underlying consensus is that the 12 steps generally is for all no matter what ones DNA is.

Source?

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Re: Solutions for Tonight
Posted by waydown - 23 Dec 2015 18:32

Moish,

I have no source Henceforth I wrote "it would seem". I am basing my "assumption" totally on the mood of the forum which suggests that everyone is ultimately selfish or everyone has an underlying problem and lust doesn't come simply from an addiction like smoking. I have absolutely no proof to this. Its totally based on my observations of hanging around GYE. This is why I posted my question and I'd like to hear all sides.

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Re: Solutions for Tonight
Posted by markz - 23 Dec 2015 18:36

NEW POLL TO ALL USERS

Do you consider yourself selfish?

Markz - Yes

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