

I am Back After a Long Leave Of Absence

Posted by waydown - 12 Sep 2016 21:06

Hi All Ish Kodoshim,

Unfortunately , I have been gone for a long while. I have been out there up to no good. I'll just cut to the chase. Recently, I meet a semi- frum lady albiet not in person. She was almost ready to take it all the way. But as we continued to chat she made two observations which convinced her not to go further.

1) My marriage is basically a happy one. Despite the fact she was married too, her marriage was not a happy one while mine is (other than intimacy which is my own doing). Therefore, she felt that she was not comfortable wrecking someone else's marriage if at least the other party is in a happy marriage.

2) While we are both orthodox she is barley frum and does not always keep shabbos anymore. I on the other hand am a very upstanding jew in all other areas. I am a bal chesed and learned person. I still attend minyan 3 times a day etc... She felt it was unbecoming of me to sin. It did not pas for someone on my level to stoop so low.

I thought both those two thoughts were very powerful enough to send me back home. Plus its elul where we all return to our father. (whether we return or not hashem is near us in Elul. (ani ledodi vdoedi li). So I unplugged all sinful e-mails and social media profiles and I am back home.

I should add that it is a tough time now as BH my wife is in her first trimester. That means I need to be a single dad for the time being because she has no koach to clean the house , watch and take the kids on trips. of course no relations follow suit. But I am still glad to be back.

Before you all ask whats your plan just please let me settle down and then we will talk. This all happened today!!!!

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Re: I am Back After a Long Leave Of Absence

Posted by Watson - 23 Sep 2016 07:44

[Workingguy wrote on 23 Sep 2016 03:54:](#)

I've met people in the program that have said things like "I can't believe you still won't call your sponsor on Shabbos".

I am very surprised. Some things have come up in this thread that don't happen in the groups I go to.

You have a sponsor. Why are other people getting involved in how often you should call him?

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Re: I am Back After a Long Leave Of Absence
Posted by Watson - 23 Sep 2016 07:48

[cordnoy wrote on 23 Sep 2016 03:41:](#)

These high-bottom drunks came to AA by themselves. The question then became how to help them.

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Re: I am Back After a Long Leave Of Absence
Posted by Watson - 23 Sep 2016 07:51

[cordnoy wrote on 23 Sep 2016 03:41:](#)

[Watson wrote on 22 Sep 2016 20:24:](#)

Here's what the 12 and 12 says about hitting bottom.

Disclaimer. By quoting this I am not saying that I think this applies to everyone here. I am not saying this is the only way to look at it. I'm not saying anyone is or is not an addict. I'm not saying anyone specifically needs SA or any other fellowship. I'm not stating an opinion. I'm simply quoting the book for the one or two people who might find it interesting.

"In A.A.'s pioneering time, none but the most desperate cases could swallow and digest this unpalatable truth. Even these "last-gaspers" often had difficulty in realizing how hopeless they actually were. But a few did, and when these laid hold of A.A. principles with all the fervor with which the drowning seize life preservers, they almost invariably got well. That is why the first edition of the book "Alcoholics Anonymous," published when our membership was small, dealt with low-bottom cases only. Many less desperate alcoholics tried A.A., but did not succeed because they could not make the admission of hopelessness.

It is a tremendous satisfaction to record that in the following years this changed. Alcoholics who still had their health, their families, their jobs, and even two cars in the garage, began to recognize their alcoholism. As this trend

grew, they were joined by young people who were scarcely more than potential alcoholics. They were spared that last ten or fifteen years of literal hell the rest of us had gone through. Since Step One requires an admission that our lives have become unmanageable, how could people such as these take this Step?

It was obviously necessary to raise the bottom the rest of us had hit to the point where it would hit them. By going back in our own drinking histories, we could show that years before we realized it we were out of control, that our drinking even then was no mere habit, that it was indeed the beginning of a fatal progression. To the doubters we could say, "Perhaps you're not an alcoholic after all. Why don't you try some more controlled drinking, bearing in mind meanwhile what we have told you about alcoholism?" This attitude brought immediate and practical results. It was then discovered that when one alcoholic had planted in the mind of another the true nature of his malady, that person could never be the same again. Following every spree, he would say to himself, "Maybe those A.A.'s were right . . ." After a few such experiences, often years before the onset of extreme difficulties, he would return to us convinced. He had hit bottom as truly as any of us. John Barleycorn

himself had become our best advocate."

Why are you painting everyone with the same brush?

Who says everyone's an addict?

Does the fellowship give you the right to have an opinion?

Regarding the quote, it seems that they raised the bottom. They did this by convincing people that there's a good possibility that they will end up like them unless they took action. Now, it might be accurate, but it might not.

I don't understand how the book answered the question about hopelessness. Is it our job to convince someone else that he is hopeless or that his life is unmanageable? It seems to me that the program will only work if one comes to these conclusions by himself.

From the entire quote it does seem a bit like a ploy to increase membership.

I'm not a hundred percent sure why I'm going off script and analyzing a bit too much. Perhaps it is the effect of yet another fellow who called me this evening saying that he's in the program (partly due to my encouragement) and it is God's will, and it is also in God's plan that his wife should know, and yet, since joining the program, he finds that his observance of mitzvos has waned and the program people have no issues with that at all.

These high-bottom drunks came to AA by themselves. The question then became how to help them.

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Re: I am Back After a Long Leave Of Absence
Posted by cordnoy - 23 Sep 2016 11:22

[Watson wrote on 23 Sep 2016 07:48:](#)

[cordnoy wrote on 23 Sep 2016 03:41:](#)

These high-bottom drunks came to AA by themselves. The question then became how to help them.

I hear you.

I still have questions but that's fine.

I am still a strong proponent of the program.

I just think that there are downsides and some are serious.

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Re: I am Back After a Long Leave Of Absence
Posted by cordnoy - 23 Sep 2016 11:24

And for all....the first three questions of my post was with sarcasm.

The doc and I, although we don't communicate as much, are good friends. There is actually a certain spot where I travel often that I call watson's corner, for that was where our initial call was.

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Re: I am Back After a Long Leave Of Absence
Posted by Markz - 25 Sep 2016 03:50

[ttzyk wrote on 11 Sep 2013 22:23:](#)

I (like many people here) have a problem with internet porn and being motzi zera. I want to stop so badly. It's wrong, I'm ruining my spirituality and my relationship with G-d, and the guilt is overwhelming are among the reasons why I want to stop. But at the same time, at the risk of being blunt, it is really enjoyable. I enjoy watching that stuff... which is probably why I have such a ta'avah to do it. I'm not ready to stop cold turkey because I enjoy it too much.

I recently started the 90 day chart and I hope to go clean for 30 days. I have not done that in a while. I hope this is a first step towards recovery. But, I'll be completely honest, when (if) I hit the 30 day mark, I plan to celebrate by "falling." And not only that, but I probably won't feel so guilty about it because it's going to be coming after what I consider to be a major spiritual accomplishment. And then I hope to go another 30 days (or longer if I think I can handle it), and celebrate in the same way. I'm not gonna lie, there is a bit of a sinister motivation here as well... going clean for 30 days will also allow me to "fall" without feeling the guilt.

Which brings me back to my original question... how can I do teshuvah? One of the essential components of teshuvah is azivas hacheit- abandoning the sin... making a genuine commitment to stop doing the sin. I'm not doing that! I plan (hope) to tone it down this year (especially with all of your help), but I don't plan on stopping. In fact, I am really looking forward to day 30! How can I do teshuvah??? Is it even possible for me yet???

Sounds familiar?

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Re: I am Back After a Long Leave Of Absence

Posted by Watson - 25 Sep 2016 14:51

For me, every single time I struggle with lust, it's because I still want the lust. If I didn't want the lust, I could let it go, pray to G-d, carry on with my day and it wouldn't be on my mind. When I struggle, it's because I'm not willing to let it go, I just don't want it to overpower me. So I struggle with it. Even now, after all the trouble that lust has caused me, I still want it, I still enjoy it, I'm still not willing to let it go entirely and without reservation. And that has become my sticking point.

How hard is it to let go of lustful thoughts, anyway? Not intrinsically hard at all. But trying to push away lustful thoughts with one hand while clinging to it with the other is very hard work, and

ultimately I'm bound to lose.

As I'm typing, an image comes to mind of a guy who is attacked by a wild tiger. Amazingly, the man can fend off the tiger so after a while the tiger starts to leave. So the man thinks he'd like to have a pet tiger so he grabs it back and continues fighting it. Neither can get the upper hand, but every time the tiger starts to leave, the man grabs it for another round of fighting. That's how it feels.

I can't stay sober while I still want lust. I want to be sober because of how wonderful living sober and free feels, but if even a little part of me still wants to hold on to that lust, even a little bit, I can't stay sober. I can't let go of the lust while I still want it. And I do still want it. Not because I don't see the harm it causes me, but because despite all the problems, lust is still comfortable and attractive.

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Re: I am Back After a Long Leave Of Absence
Posted by waydown - 26 Sep 2016 00:06

just added a lock to my phone that would make it harder to browse. i know filters are not the end game but its a start.

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Re: I am Back After a Long Leave Of Absence
Posted by Markz - 26 Sep 2016 00:12

Do you need Internet access on your Phone for your work?

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Re: I am Back After a Long Leave Of Absence
Posted by stillgoing - 26 Sep 2016 03:28

[waydown wrote on 26 Sep 2016 00:06:](#)

just added a lock to my phone that would make it harder to browse. i know filters are not the end game but its a start.

That's great! It's not an easy thing to do. Of course you're right, it's not an end game, but we gotta start somewhere, and sometimes it does help.

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Re: I am Back After a Long Leave Of Absence
Posted by New Person - 26 Sep 2016 18:13

[waydown wrote on 18 Sep 2016 21:20:](#)

Markz,

Re, "Look guys I'm continuing masturbating, and am not looking to change. I just want to post daily here so that I don't return to chat rooms etc"

Its kind of how you spell it out. But I would not say not looking to change. Rather as I often said I don' t want to change. I do want to want to change the M"Z part too.

Waydown, (first, forgive me that me English is not so good)

Doesn't it sound funny to you? You don't want to stop, but you do want to want!

If you don't want then why do you want to want? When I don't want to dance, I'm not dancing & I don't even want to want to dance! well why should I? or when I don't want to cut trees I'm not doing it.

What's the reason you don't want to stop? Because it gives you a good feeling, if you will give it

up you will lose this pleasure, So if this is the matter, then why do you want to want? **Why change? continue doing it! what's the problem?**

I know why.

Because you know very well that M"Z is bad, you know that it's assur, you know that Hashem hates it, the Shulchan Aruch says that this is the worst Aveira in the torah! you are here on GYE for long time now & you know how dangerous it is, where the lust can bring, you read the stories of other chaveirim, and this gives you more then enough reasons to stop this behavior. So you truly want to want to stop, ok, then proceed, who doesn't let you want?

?Who doesn't let? Myself! I don't want!

OK, I have no problem with it, but why do you want to want then?

What's going on? Do you want or you don't want?

The answer for this contradiction was the key to my recovery, I will let you think, do you understand my question???

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Re: I am Back After a Long Leave Of Absence
Posted by waydown - 26 Sep 2016 19:28

New Person,

You really answered my dilemma in your post. I don't know what more to add. Its exactly as you say.

1) I know its against our torah

2) Lust is a dangerous pit for a married guy like me.

(Its been debated before if I was a non jew and single would I care. And perosnally I can say for myself probably not)

So why don't "I" want to stop? Because I love my lolli pops. In a similar vein I am over weight and should refrain from unhealthy food. I certainly want to want to refrain from it. But I don't refrain from it because I love chocolate cake and hate broccoli and spinach.

I really don't get the contradiction.

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Re: I am Back After a Long Leave Of Absence
Posted by waydown - 26 Sep 2016 19:30

Watson,

Very well said. So how do I do step 1? what should I do to not "want to lust"?

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Re: I am Back After a Long Leave Of Absence
Posted by Markz - 26 Sep 2016 20:06

I hear your question

I was in the same boat - and decided to jump off at a certain point. I know what it's like :-)

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