

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 - 27 Sep 2016 06:03

[waydown wrote on 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"?

. I'd like to hear what you think you should do.

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Re: I am Back After a Long Leave Of Absence
Posted by waydown - 02 Oct 2016 17:05

Watson,

You are a smart man. I may not be a sherlock holmes though!!! But I'll try to suggest what I think I need to do both today and for the new year. For the time being, do whatever it takes not to entangle myself in lust. Ideas discussed a while back were distractions, davening better and avoiding triggers. We also discussed doing certain parts of the 12 steps like steps 4&5 . This will all be done even before I "officially" surrender. The hope is that the longer I hold myself back, the longer my willpower will get stronger to surrender. I think in my case this has to be the starting point. And I started last nite via not just davening that I should not be M"Z but rather asking hashem to take away the will power to M"Z. And although M shabbos is usually hard last night I was totally clean.

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Re: I am Back After a Long Leave Of Absence
Posted by Shlomo24 - 03 Oct 2016 06:51

Great stuff, waydown. If I can just give you one pointer; you don't need willpower to surrender, surrender comes from the lack of willpower. It's giving up. What is necessary is willingness, which is separate from willpower. There needs to be the level of honesty that one is powerless

and needs help.

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Re: I am Back After a Long Leave Of Absence
Posted by waydown - 05 Oct 2016 02:31

I still don't have a "willingness" to surrender nor do I fully believe I am powerless even though it may seem so.

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Re: I am Back After a Long Leave Of Absence
Posted by eslaasos - 05 Oct 2016 02:34

[waydown wrote on 05 Oct 2016 02:31:](#)

I still don't have a "willingness" to surrender nor do I fully believe I am powerless even though it may seem so.

But perhaps you sometimes want to have that willingness, or perhaps you wish you would want to have that willingness, or maybe you would like to wish you wanted to have that willingness, etc. etc.

I have a mesorah that up to 10 levels is also considered to be a "willingness".

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Re: I am Back After a Long Leave Of Absence
Posted by Shlomo24 - 05 Oct 2016 04:13

[eslaasos wrote on 05 Oct 2016 02:34:](#)

[waydown wrote on 05 Oct 2016 02:31:](#)

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I have asked God for the willingness to be willing, (and so on and so forth), on many an occasion.

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Re: I am Back After a Long Leave Of Absence
Posted by Yesh Tikva - 05 Oct 2016 08:11

OMG!! Just obsessing about whether I have the willingness would probably make me act-out.

Is powerlessness a state of mind, or is it something you work to achieve??

Is willingness a state of mind, or is it something you work to achieve??

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Re: I am Back After a Long Leave Of Absence
Posted by Shlomo24 - 05 Oct 2016 09:38

[Yesh Tikva wrote on 05 Oct 2016 08:11:](#)

OMG!! Just obsessing about whether I have the willingness would probably make me act-out.

Is powerlessness a state of mind, or is it something you work to achieve??

Is willingness a state of mind, or is it something you work to achieve??

No one said anything about being obsessive. For me, powerlessness is a fact and willingness is an attitude. By doing my 1st step I can see the extent of my powerlessness. In terms of willingness, sometimes I need to try to maintain the attitude and sometimes it's just there.

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Re: I am Back After a Long Leave Of Absence
Posted by Yesh Tikva - 05 Oct 2016 09:52

[eslaasos wrote on 05 Oct 2016 02:34:](#)

But perhaps you sometimes want to have that **willingness**, or perhaps you wish you would want to have that **willingness**, or maybe you would like to wish you wanted to have that **willingness**, etc. etc.

I have a mesorah that up to 10 levels is also considered to be a "**willingness**".

I was just thinking about the above and I was actually half-joking. You or whoever should do whatever works for you.

For me, sometimes the issue of whether I have willingness or whether I am powerless etc really

can backfire.

May HaShem be with us.

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Re: I am Back After a Long Leave Of Absence
Posted by Shlomo24 - 05 Oct 2016 09:58

[Yesh Tikva wrote on 05 Oct 2016 09:52:](#)

[eslaasos wrote on 05 Oct 2016 02:34:](#)

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I was just thinking about the above and I was actually half-joking. You or whoever should do whatever works for you.

For me, sometimes the issue of whether I have willingness or whether I am powerless etc really can backfire.

May HaShem be with us.

How so?

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Re: I am Back After a Long Leave Of Absence
Posted by waydown - 05 Oct 2016 19:33

I davened to hashem this rosh hashana that; just like during shofer, I had no desire for lust because it was just not the time and place (I did have a desire after davening unfortunately) so to hashem should make it that I have that feeling all year.

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Re: I am Back After a Long Leave Of Absence
Posted by Shlomo24 - 05 Oct 2016 20:14

[waydown wrote on 05 Oct 2016 19:33:](#)

I davened to hashem this rosh hashana that; just like during shofer, I had no desire for lust because it was just not the time and place (I did have a desire after davening unfortunately) so to hashem should make it that I have that feeling all year.

Connection with God is my primary source of recovery. Good work.

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Re: I am Back After a Long Leave Of Absence
Posted by Watson - 05 Oct 2016 21:48

[waydown wrote on 05 Oct 2016 02:31:](#)

I still don't have a "willingness" to surrender nor do I fully believe I am powerless even though it

may seem so.

My 2c - don't worry about it. Either you'll be able to stop entirely by yourself, in which case you're not powerless at all and not an addict, or, if you're anything like me, the willingness will come as you get kicked around more and more by the addiction.

Either way something's gonna happen sooner or later.

So keep on trying whatever you feel will work. If you're really honest with yourself, you'll figure out soon enough if you're taka powerless.

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Re: I am Back After a Long Leave Of Absence

Posted by waydown - 06 Oct 2016 16:23

Re "Either way something's gonna happen sooner or later."

That's what scares me. I am worried that by the time I figure it out or gain the willpower that something that's "gonna happen" aint gonna be pretty.

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