

Life

Posted by shmiraashachaim - 16 Oct 2016 19:18

Hello everyone

I'm not making a new user name this time rather a new thread. A new beginning. Haven't written anything for a while but have been snooping around. A lot has happened in the last few months but not up to writing about it. No matter how painful life seems, no matter how much hell I am in, I look forward to a happy life, a good life, and a meaningful life.

I am starting a new period now and it will be extremely challenging. I hope- no will, learn and implement what I learn, in order that I can have that fulfilling and meaningful life that I have always wanted.

Lust isn't just wrong. It ruins everything. I am committed for today to GUARD MY LIFE. One day hopefully I can enjoy life. Doesn't seem like it right now but living in the future isn't living. The past, at least for now, is impossible to leave and it will haunt me for a long long time, but I need to leave the future and not let that haunt me as well. I need to live in the present, no matter how hard and painful it may be, and- without taking the destructive escape route of lust, take the next best step, one day at a time.

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Re: Life

Posted by cordnoy - 27 Apr 2018 14:46

Good stuff!

Clear (although you have questions).

So do i.

Read my last post.

One day a time is good; so are goals; short term and long term.

Streaks create confidence, but they also promote complacency.

Life is a struggle.

Sometimes we use proper tools to overcome; sometimes we use anythin' - and at times, we use our old ways of escape.

Onward!

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Re: Life

Posted by Hashem Help Me - 27 Apr 2018 16:44

What worked for me was one day at a time with little goals in the back of my mind. Now it would be - clean until lag b'omer, then until shavuos..... but mainly one day at a time. But you should do whatever works for you.

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Re: Life

Posted by tzomah - 28 Apr 2018 20:39

i think odaat has many levels

but it's not just about only focusing on one day

rather surrendering everything but right now it's really about connecting to the source of life
which is beyond time

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Re: Life

Posted by shmirashachaim - 01 May 2018 12:37

[cordnoy wrote on 27 Apr 2018 14:46:](#)

Good stuff!

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Onward!

In a response to someone who was blamin' God, I wrote:

I'm sorry you feel that way.

I try to remain in the background, but I must say a few things (some may be unpopular).

My life (of well over four decades) - I was surrounded by sickness, death, hospitals, disease, pain, therapists, doctors, psychiatrists, jail, anguish, danger, and more, and by this I am includin' parents and grandparents (young ones), spouse, children, siblings, teachers and students, and I am not referrin' to flus, chicken pox and speedin' tickets.

And yes, all of my wonderful life I chose to ignore this and escape by the only means I knew how, and that was thru the wonderful world of lust, and boy was I good at that.

And when I began to recover, I would recoil when people spoke about God and higher power and stuff like that, for I had no idea who they were referencin'. Mind you, I am a shomer torah umitzvos par excellence. It's not that I didn't believe in God; I just didn't know Him. And I still

don't. I struggle with good and bad and Hashem's will and evil, but I block that all out, for the most part.

I made the lousy decisions, and I needed to fix them. I went to therapists and specialists and sponsors and meetings. It was my resolve that I messed up and I need to climb outta it. Was there Divine help? I have no idea, nor do I care. Do I feel more of a connection now that I'm sober for over three years? At times.

But if I choose to think too much, I could get very angry, so therefore, I don't.

Recovery is too precious. I am finally livin' a life, although there is so much pain around me. The pain stinks and sucks, but I need to live, and that is only thru sobriety.

God speed to all.

yesterday evenin' sucked.

[The night felt good (sleepin' on da couch).]

Mornin' ain't much better.

In the distant past, I'd have my soothin' outlets.

In the recent past, I'd at least entertain it.

I should have worked some of my tools.

Instead, I just basically shut my mouth, breathed deep, watched sports and fell asleep with a sefer.

Sadly, I feel sad that I didn't even entertain an alternative (unhealthy) option; I know that part of me is still there, but it didn't rear its head. Oh well.

Onward.

Thanks Cornoy

Was this the post that you were referring to? If yes, were you talking about the part about thinking too much? That you have questions as well? Or maybe something else?

Also, I didn't have time to ask you last week if this feedback was geared specifically to the other Shmira. I guess that would be good to know.

Is there another Shmira who has been posting recently? I haven't seen him but if he's here and still posting I guess I'll have to change my name. Someone called me that a while ago and I liked it so just went with it. ShmirasHachaim is too long. If anyone has any ideas of a new

name, please let me know

Wanted to ask this earlier but working with a broken computer over here...

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Re: Life

Posted by shmirashachaim - 01 May 2018 12:47

Thanks HHM and tzomah for the feedback. Means a lot. Gives me what to think about.

I guess that's kind of what I have been doing until now HHM. Just wasn't sure if it is something that would be viable for me in the long run.

Wow. Deep stuff tzomah. Talking about levels.

Again, if anyone has a thread, article, or speech to throw my way would greatly appreciate it.

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Re: Life

Posted by shmirashachaim - 17 May 2018 12:36

Little random, but I'm curious if anyone has what to say on the following sentence that I just read. I don't remember the last time being puzzled like this. It wasn't the main topic rather it was said in passing, so no elaboration was offered.

It said:

"Thinking of yourself as responsible for negative events actually gives you the illusion that you're in control"

Any thoughts?

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Re: Life

Posted by cordnoy - 17 May 2018 12:40

[shmirashachaim wrote on 17 May 2018 12:36:](#)

Little random, but I'm curious if anyone has what to say on the following sentence that I just read. I don't remember the last time being puzzled like this. It wasn't the main topic rather it was said in passing, so no elaboration was offered.

It said:

"Thinking of yourself as responsible for negative events actually gives you the illusion that you're in control"

Any thoughts?

Thanks for that. That is so true. I have been tellin' that to my wife lately several times....to no avail, I must add.

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Re: Life

Posted by shmirashachaim - 17 May 2018 12:50

Ha. At least I got one who sees truth in this statement...

The rest of us (including his wife)? In the dark with no flashlights.

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Re: Life

Posted by cordnoy - 17 May 2018 14:01

[shmirashachaim wrote on 17 May 2018 12:50:](#)

Ha. At least I got one who sees truth in this statement...

The rest of us (including his wife)? In the dark with no flashlights.

Thank you again. I will be expoundin' on this on the call today. If I have time, will do here as well. Bottom line, one cannot have it both ways. People think that God is in control of the future and we controlled the past.

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Re: Life

Posted by Gevura Shebyesod - 17 May 2018 14:59

We don't control either the past or the future, but there are consequences to our actions.

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Re: Life

Posted by cordnoy - 17 May 2018 15:27

[Gevura Shebyesod wrote on 17 May 2018 14:59:](#)

We don't control either the past or the future, but there are consequences to our actions.

Correct.

So, when we made a bad decision or committed a wrong, and that seemingly had a negative affect on somethin' else, did we cause that? Are we a failure for that?

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Re: Life

Posted by Gevura Shebyesod - 17 May 2018 16:55

[cordnoy wrote on 17 May 2018 15:27:](#)

[Gevura Shebyesod wrote on 17 May 2018 14:59:](#)

We don't control either the past or the future, but there are consequences to our actions.

Correct.

So, when we made a bad decision or committed a wrong, and that seemingly had a negative affect on somethin' else, did we cause that? Are we a failure for that?

The exact nature of the consequences, and when and how they will play out, is not in our control. So we can't look at a particular event and attribute it to our actions (or someone else's). But we must be aware that somehow, some way, our choices have an effect on what happens

in the world (both of them).

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Re: Life

Posted by shmirashachaim - 23 May 2018 12:12

[cordnoy wrote on 17 May 2018 14:01:](#)

[shmirashachaim wrote on 17 May 2018 12:50:](#)

Ha. At least I got one who sees truth in this statement...

The rest of us (including his wife)? In the dark with no flashlights.

Thank you again. I will be expoundin' on this on the call today. If I have time, will do here as well. Bottom line, one cannot have it both ways. People think that God is in control of the future and we controlled the past.

Just saw this now. Thanks.

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Re: Life

Posted by shmirashachaim - 23 May 2018 12:18

[Gevura Shebyesod wrote on 17 May 2018 16:55:](#)

[cordnoy wrote on 17 May 2018 15:27:](#)

[Gevura Shebyesod wrote on 17 May 2018 14:59:](#)

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Correct.

So, when we made a bad decision or committed a wrong, and that seemingly had a negative affect on somethin' else, did we cause that? Are we a failure for that?

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Thanks, although a hard concept to understand.

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