

This time I mean business!

Posted by Hashivalisesonyishecho - 27 Feb 2017 18:27

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Hi all,

Hashiva has hashiva-d. I don't know to what extent I will be posting or reading, but at this time I want to post about my current situation. I have been inconsistent. I guess I wasn't committed enough to be ready to do what it takes. Or maybe I thought that what it takes will not be possible for me to fulfill. But now I had a thought. Why do BTs usually remain BTs and never ever go back to be non frum? The answer is because they made a sharp cut. They cut themselves off from their old ways and paid a price. They bled when they cut. So it was a real cut - a real cut off. Up until now I have not really cut. There was nothing in place preventing me from going back in a weak moment. So I decided to cut.

I have given up internet access. My computer is whitelist only. My wife's computer is with a new changed password - her password which I don't know. I have decided not to access internet on my own. I am still in search for additional safeguards, which I plan to implement as I find them. Anyone with ideas for me, please say. I have started a new streak today. Not that I fell yesterday, but I have not been clean in the sense that I didn't cut. Today I cut, so today I'm considered clean. The streak is a plan of never return. I am discussing this with another GYE member, so that I make sure it's solid. I had been davening for a good plan, and Hashem hears even the prayers of sinners. May Hashem help us all.

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Re: This time I mean business!

Posted by Hashivalisesonyishecho - 19 Apr 2017 06:45

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Another thought.

I don't know how to define addiction. But from reading the posts of other members, I think I am not what would be considered an addict. I think therefore that my ideas are maybe not relevant for someone who is an addict. But they may be very relevant for someone else like myself. I think it is important to present ideas which are for people at the level that I'm on with these issues, because there probably are many such people.

I'm saying this to excuse myself for sharing my thoughts. I know that sharing isn't considered here to be something that needs to be excused, but I feel that I do need to.

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Re: This time I mean business!

Posted by Chaimel - 19 Apr 2017 18:24

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Thanks for sharing! I too (think) I fall in this category of 'have a problem but not addicted'

good luck in your journey!!!

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Re: This time I mean business!

Posted by Hashivalisesonyishecho - 20 Apr 2017 00:45

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Now that I mean business, I'm trying to be realistic as well. I used to have a fantasy of being 'derhoiben' in marital relations. At this point I've cast that aside for the foreseeable future. Wife = Mutar, Other = Assur. Truth, honesty, and clarity is worth everything.

Again, this approach is probably relevant only for people who aren't really addicts.

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Re: This time I mean business!

Posted by Hashivalisesonyishecho - 23 Apr 2017 04:48

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My son was chutzpadik to me, as he thought I treated him unfairly, and I was very pained by the cutzpa. I saw the Alshich this parsha that he says that when a person has a difficulty he should try to find how he does a similar bad thing, making his problem mida keneged mida. So I realized that sometimes I complain about how Hashem is giving me such difficulties, and it is disrespectful, and probably not good for the person who listens to me. So I decided not to do that any more, but rather to accept and be matzdik with the utmost respect. My son subsequently apologized.

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Re: This time I mean business!

Posted by Hashivalisesonyishecho - 23 Apr 2017 04:50

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I still can't get myself to learn. May Hashem help me.

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Re: This time I mean business!

Posted by Markz - 23 Apr 2017 05:03

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[Hashivalisesonyishecho wrote on 23 Apr 2017 04:48:](#)

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Re: This time I mean business!

Posted by Hashivalisesonyishecho - 23 Apr 2017 08:47

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[Markz wrote on 23 Apr 2017 05:03:](#)

[Hashivalisesonyishecho wrote on 23 Apr 2017 04:48:](#)

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I hoped you were gonna say you saw it in Rabbi Twersky on the Parsha of this week

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Re: This time I mean business!

Posted by Markz - 23 Apr 2017 11:14

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[Hashivalisesonyishecho wrote on 23 Apr 2017 08:47:](#)

[Markz wrote on 23 Apr 2017 05:03:](#)

[Hashivalisesonyishecho wrote on 23 Apr 2017 04:48:](#)

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You're giving a knowing wink, but I don't chapp.

It was in his book this week

The wink is because Rabbi Twersky speaks things that are very relevant to us non addicts / addicts and is a great book worth every penny

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Re: This time I mean business!

Posted by Hashivalisesonyishecho - 23 Apr 2017 13:34

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Did he say it's from The Alshich? Honestly, I didn't know because I didn't see his book and I don't have it, but you're recommending that I get it. Maybe I will. Though it's hard t get me to

read anything.

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Re: This time I mean business!

Posted by Markz - 23 Apr 2017 13:57

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[Hashivalisesonyishecho wrote on 23 Apr 2017 13:34:](#)

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Re: This time I mean business!

Posted by Hashivalisesonyishecho - 23 Apr 2017 14:03

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[Markz wrote on 23 Apr 2017 13:57:](#)

[Hashivalisesonyishecho wrote on 23 Apr 2017 13:34:](#)

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At the Shabbos table

I don't learn at the Shabbos table just as I don't text during weekday suppers. I relate to my family. I hardly have much time, and when I do actually make time to learn, I tend to prefer older sefarim like The Alshich, or Gemara.

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Re: This time I mean business!

Posted by Markz - 23 Apr 2017 14:05

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[Hashivalisesonyishecho wrote on 23 Apr 2017 14:03:](#)

[Markz wrote on 23 Apr 2017 13:57:](#)

[Hashivalisesonyishecho wrote on 23 Apr 2017 13:34:](#)

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It's not for the sake of learning

Its for sharing something inspiring at the table to uplift you and your family

Would your wife mind?

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Re: This time I mean business!

Posted by Hashivalisesonyishecho - 23 Apr 2017 14:16

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Oh, that might be a thought. Can you post something from there, so that I can see if I think it would make interesting listening and conversation for the family?

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Re: This time I mean business!

Posted by Hashivalisesonyishecho - 28 Apr 2017 03:02

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[Hashivalisesonyishecho wrote on 23 Apr 2017 04:48:](#)

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Today I had this nisoyon and I withstood it well, B"H. I am sure what happened is for the best, and I hope to see the good in it soon. I am also thankful for a good thing that I noticed today.

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Re: This time I mean business!

Posted by Hashivalisesonyishecho - 28 Apr 2017 04:04

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[Hashivalisesonyishecho wrote on 28 Apr 2017 03:02:](#)

[Hashivalisesonyishecho wrote on 23 Apr 2017 04:48:](#)

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I discuss things with a chashuver person whom I met (not really met, just phone talk without disclosing our names) through these forums. He had told me recently that I should try to notice good things and thank Hashem. That doesn't come to me naturally, and I need to be reminded, but It's good advice. Being a kvetch is not good, not for gashmius nor for ruchnius. Being thankful gives a good mood and helps with emuna. I am actually thankful to have been advised this. I am thankful that I didn't lose it today, in the face of difficulty.

Additionally, wifey was a total misery today, and I didn't fall apart. I am about to go to her now and be very magnanimous and to over ride her kvetchyness, and bring some good cheer, whether she likes it or not. I am saying a brief tefila that Hashem help me with this.

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