

This time I mean business!

Posted by Hashivalisesonyishecho - 27 Feb 2017 18:27

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 - 09 May 2017 03:17

B"H some good things have been happening for me lately. I see things looking up. I am thankful.

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Re: This time I mean business!

Posted by Hashivalisesonyishecho - 16 May 2017 05:02

Warning - I am not speaking to addicts. My message is probably completely irrelevant for addicts. I understand that by using the term 'addict', I am referring to people who turn to their addictive behavior as a constant escape and as the only place to turn to. Although I have seen

many definitions of addiction on these forums, this definition is what I have understood from Dov's words. But what ever the definition is, my message is not for addicts. I should really post this clarification before every such message as the one I am about to give.

I have made a change of substance. I have no guarantee that it will last, but even just for the time that it's lasting it's tremendously valuable. There is certainly some truth in my approach as I see it works. Even though I don't have any way, at this point, of seeing how long term it is, just the fact that it works for 78 days means it has some validity, even if it isn't yet quite the whole picture or the whole solution. The change that I made this time is different from what I have done in the past. It's bringing me to make improvements on a constant basis. Not improvements of forcing myself to control myself against my nature, but improvements of finding a more satisfying way of life. Now I have begun learning a little bit more. I hope that will last. I hope it will grow. I am seeing some yeshuos in my life. I believe there is a connection to my behavior. As it says ?? ?? ????? ?? ?' ?????? ??? ????? ?????? ?? ?? ?????????? ??? ????????? ?????? ?????????? . I believe my acting out was actually standing in the way of the good stuff that was at my doorstep but not able to enter. As things are getting better for me, I am wanting to behave better. I am by nature a complainer, (not verbally, but in my own mind) but I am trying to teach myself to notice the good things and be grateful. In the face of the good things I have described here, I am trying to practice being grateful. Seeing the full part of the cup rather than only seeing the un-full part.

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Re: This time I mean business!
Posted by cordnoy - 16 May 2017 09:16

[Hashivalisesonyishecho wrote on 16 May 2017 05:02:](#)

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Not sure why this is just for "non addicts." Addicts need a life change. I'm not sure what you did, for you weren't clear. B"H either way. Sounds good. Keep it up.

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Re: This time I mean business!
Posted by eslaasos - 16 May 2017 14:29

[Hashivalisesonyishecho wrote on 16 May 2017 05:02:](#)

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Would you like to elaborate on the nature of the "change of substance"?

Thank you.

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Re: This time I mean business!
Posted by Hashivalisesonyishecho - 22 May 2017 03:36

My change is basically that I have become willing to give up the lifestyle which has the bad behavior in it, and have a totally different life style. Not just to make syagim. It's hard to explain in a nutshell, but I have been explaining it bit by bit in this entire thread. It has been developing over the time since I have started this thread. Now I will share my most recent important event and how I am dealing with it, as it is indicative of my new approach. On this past Thursday night I fell. I searched out and viewed bad things, although very limited because my filter which is very strong doesn't really allow, but I got something bad. After about 5 minutes I stopped, and I regretted it. I have been good since. The fact that it didn't become a 'spree', the fact that I didn't figure 'I already fell so I am in the mud, so I might as well....', is because I am not in a contest with anyone or even with myself. I'm not professing to be a tzaddik at all. I'm just trying to live a good and correct life. So the 'streak' matters little. 5 minutes of sin is bad enough, I don't have to sin more. So as soon as I came to my senses, I stopped. I never said I'm perfect. I did 5 minutes worth of bad and then I stopped. It doesn't define me, as I am not at all looking to define myself one way or the other. It's just a human failing, which is bound to happen, in this area or in other areas. So I cut my losses and continue to try to do the right thing when I can.

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Re: This time I mean business!
Posted by Hashivalisesonyishecho - 09 Jun 2017 13:58

I see a very important thing, which is relevant to all areas of self improvement. A person has an inspiration to better himself in a particular area. The inspiration is real, and he actually begins to make the change for the better, and to live with his new standard. (I'm not talking about a momentary inspiration which doesn't last the day. That's probably not very real. It's just to pacify his guilt. I'm talking about an inspiration which keeps him going for a while, and therefore seems to have some real scope.) As long as the inspiration is fresh with him, he follows it. But every

inspiration is bound to weaken with time. So the only way is to put into place an active plan to keep the program alive on a steady basis. To keep the inspiration alive. I think therefore a person has to carefully choose the areas which he seeks to improve, because a person can't have countless programs, or even multiple programs, at once. And whatever area it is that he has decided to work on, needs an real active program.

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Re: This time I mean business!
Posted by GrowStrong - 09 Jun 2017 14:51

This perfectly describes what I went through in deciding to join SA after I hit 90 days with GYE.

Gut Shabbos

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Re: This time I mean business!
Posted by Trouble - 26 Mar 2019 03:14

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

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.

In a similar vein: Although we do not see our own faults, we manage to see the faults of others. The Baal Shem Tov taught that we must look at other people as if we are looking in a mirror. When we see fault in others, it is a sign from Hashem that we must correct that fault in ourselves.

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Re: This time I mean business!
Posted by cordnoy - 26 Mar 2019 13:13

[Trouble wrote on 26 Mar 2019 03:14:](#)

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

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I hope that's not true when looking at one's wife; is it?

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Re: This time I mean business!
Posted by doingtshuva - 27 Mar 2019 00:35

Is it? or better said **It is**

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Re: This time I mean business!
Posted by YeshivaGuy - 23 Feb 2021 06:57

How u been?

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