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 though 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 - 01 Mar 2017 03:04

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Markz wrote on 01 Mar 2017 01:29**:**

Hashivalisesonyishecho wrote on 01 Mar 2017 00:20**:**

A few are advising a deeper look. It's true but it has no sof. To me the problem comes occasionally, and I don't see how I can make life life upsetness free that I won't feel an eptiness occasionally. I think for me it's more just about a sharp cut. But I hear Cords saying t read the books. Cords, is that a long term plan? Is that what's working for you? Or what is?

Porn also has no sof

Is that an impediment to perusing 1% when we are in lusting mode?

No

So why not put in 1% into sobriety. That's it. Not 1 bit more, and see where it takes you

Thinking about you my friend!!

Sometimes I expect people to read my mind, and so I don't make myself understood in my words. I meant to say that it's hard to say that the problem is deep rooted because in deep rootedness there is no sof, so if that's the problem then there will always be a problem. But there must be a way to cut off of bad behavior even before all deep issues are resolved. So while I should dig deeper, I should simultaneously be trying to stop this behavior even before I've done a satisfactory job with the deeper stuff.

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Re: This time I mean business!
Posted by Singularity - 01 Mar 2017 07:14

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I think that's the AA principle of the first step being to stop drinking entirely. Even if you're still a wreck of a person. So good you've realised that.

Also, I've read about your BT analogies, and I feel some of them are BS (haha sorry, couldn't resist).

I'm a BT. I'll have you know it's not all about making the cut. Actually, the more I cut, the more I was cutting myself. And BT's who make the biggest cuts usually burn out the quickest. Keep it in mind.

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Re: This time I mean business!
Posted by Singularity - 01 Mar 2017 07:16

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Just to append to the above (in lieu of editing, because I want another post in my post count), about stopping before dealing with deeper issues, Rav Twerski says in *"Teshuva through Recovery"* that he agrees addiction is a *primary* disease, and even if based on deep

psychological issues, must be addressed independently. I've heard Dov mirror these thoughts as well.

Guess just bringing more *ra'ayos*.

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Re: This time I mean business!
Posted by Hashivalisesonyishecho - 01 Mar 2017 14:33

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Then you are the right person to please tell me what becoming a BT is about.

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Re: This time I mean business!
Posted by unanumun - 01 Mar 2017 17:42

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Hashivalisesonyishecho wrote on 01 Mar 2017 00:20**:**

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Life never became upset free for me and I continue to deal with difficult times, but the way I deal with them changed because I managed to identify what was really bothering me, and deal with that.

And yes it is true that going deeper has no sof. The deeper I have gone over the few years since joining gye, the healthier i have become and the more content and happy I have become. And at every stage new worlds of self awareness open up and it is beautiful. It is a positive thing and not negative.

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I know I did. I tried fasting, I tried learning mussar, I tried filters, only to fall again and again. Yes each thing helped for a while.. until the next time. Eventually, I came to GYE and learned I was going about it the wrong way (for me at least) and only by changing my outlook, did I manage to stay clean for an extended period of time.

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Re: This time I mean business!
Posted by eslaasos - 01 Mar 2017 17:49

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Una, I relate to all you wrote but could you elaborate some more?

Like you, I also learnt through the people here on GYE how to deal with life differently and I have also experienced this change where in a situation of stress I focus on my "side of the street", which is very liberating.

However, I haven't been able to keep away completely from escaping, so although there have been very big changes, it hasn't been as complete as yours.

Can you do a remote diagnosis?

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Re: This time I mean business!
Posted by eslaasos - 01 Mar 2017 17:52

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Also, if I may add to Hashivah, the ein lo sof is not a reason not to do it. All growth is ein lo sof, but that's our purpose, and also as Una said, each stage of growth is its own world of change and brings its own dividends.

Hope this is appropriate.

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Re: This time I mean business!
Posted by Hashivalisesonyishecho - 01 Mar 2017 17:54

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Re: This time I mean business!
Posted by cordnoy - 01 Mar 2017 18:30

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You know my answer.

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Re: This time I mean business!
Posted by Hashivalisesonyishecho - 01 Mar 2017 18:39

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cordnoy wrote on 01 Mar 2017 18:30**:**

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You know my answer.

Your answer is too hard for me. We're trying to be honest, right?

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Re: This time I mean business!
Posted by cordnoy - 01 Mar 2017 18:44

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You know my answer.

Your answer is too hard for me. We're trying to be honest, right?

I think you just helped me make an extremely tough medical decision.

Thanks; greatly appreciated.

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Re: This time I mean business!
Posted by Hashivalisesonyishecho - 01 Mar 2017 18:49

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It's true that all you told me to do is a serious reading of the books, but you expect that to lesad to your following statement:

I went to meetings.

I had sponsors.

I read the books.

I worked the steps.

I spoke to therapists.

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I met others.

Maybe I'm just not a truly sincere enough person. I say that I desperately want to better myself and my life, but when you make suggestions like that, I find myself unwilling. I would sooner physically cut myself, than do those things. I tell myself, it isn't the right way for me. But That's what it is folks, so as long as I am this not sincere enough person, which at this point seems to be still for a long time ahead, I will try to find an easier road that will work well, if that could be.

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Posted by cordnoy - 01 Mar 2017 19:33

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Point taken.

But, all, or many of those things that I did, I did them one at a time. One tough decision after another. I wasn't born in the basement of a church. I didn't grow up with a chassideshe yid from Monroe as my sponsor. I didn't become bar mitzvah with a white book in my hand. My first phone call wasn't on a conference with 14 other people on talkin' about lingerie and clubs. I never had coffee in Starbucks with a Catholic teacher before workin' on our step sheets. My first doctor visit wasn't on the third floor of a non descript buildin' with a female sex therapist. I never thought I'd appreciate the park bench in yerushalayim, discussin' recovery with pidaini, dd, lavi, lizhensk, and more - even more than the kosel. Who would have thunk that I would use skype at one in the morning to chat with a geeky right wing zealot of a therapist instead of my favorite Romanian?

My point is that it took one tough step of positive action after another, all pointin' and headin' to changin' myself, my thoughts, my feelin's, my defects, and none of those had anythin' to do with guardin' my eyes (apologies to this site, and it is super if you work on guardin' your eyes as well).

B'hatzlachah

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Re: This time I mean business!
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Maybe I'm just not a truly sincere enough person. I say that I desperately want to better myself and my life, but when you make suggestions like that, I find myself unwilling. I would sooner physically cut myself, than do those things. I tell myself, it isn't the right way for me. But That's what it is folks, so as long as I am this not sincere enough person, which at this point seems to be still for a long time ahead, I will try to find an easier road that will work well, if that could be.

Point taken.

But, all, or many of those things that I did, I did them one at a time. One tough decision after another. I wasn't born in the basement of a church. I didn't grow up with a chassideshe yid from Monroe as my sponsor. I didn't become bar mitzvah with a white book in my hand. My first phone call wasn't on a conference with 14 other people on talkin' about lingerie and clubs. I never had coffee in Starbucks with a Catholic teacher before workin' on our step sheets. My first doctor visit wasn't on the third floor of a non descript buildin' with a female sex therapist. I never thought I'd appreciate the park bench in yerushalayim, discussin' recovery with pidaini, dd, lavi, lizhensk, and more - even more than the kosel. Who would have thunk that I would use skype at one in the morning to chat with a geeky right wing zealot of a therapist instead of my favorite Romanian?

My point is that it took one tough step of positive action after another, all pointin' and headin' to changin' myself, my thoughts, my feelin's, my defects, and none of those had anythin' to do with guardin' my eyes (apologies to this site, and it is super if you work on guardin' your eyes as well).

B'hatzlachah

I understood that well. That's why I refuse to read the book. Because I know the direction where it's heading.

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Re: This time I mean business!
Posted by cordnoy - 01 Mar 2017 19:39

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Ok.

Then we have reached an impasse.

B'hatzlachah

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