

Another day

Posted by ovadia - 24 Aug 2010 09:39

Yesterday was the first real clean day, I have had for a long time. I hope that today will be another.

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Re: Another day

Posted by frumfiend - 17 Oct 2010 12:20

Ovadia i dont know about the yh kvellining but he is shriveling up.

I think you are a ramchal yid! That is the whole ramchal in zrizus that the yh tries to make us too busy to think about what we are doing. Thw ramchal in derech aitz chaim says if a person would think enough about his ACTIONS there would be no yh.

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Re: Another day

Posted by kutan - 17 Oct 2010 14:10

Ovadia,

Your post is right on the mark, and you are right, everyone (well, half the planet, anyway) needs help in making it through such situations.

I learned from Steve that one way is to have a sponser/friend/? from the forum or otherwise, whom you can talk about it beforehand. Just the idea that you spoke to someone, and he is rooting for you, and you will be reporting back afterwards to him, is a big help.

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Re: Another day

Posted by ZemirosShabbos - 18 Oct 2010 16:38

hi Ovadia,

how are things?

zs

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Re: Another day

Posted by 1daat - 22 Oct 2010 05:49

Hi Ovadia, how are you? thanks for the flow of chizuk. Hope you're well.

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Re: Another day

Posted by kutan - 22 Oct 2010 12:13

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wondering how you are doing....

kutan

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Re: Another day

Posted by Dov - 22 Oct 2010 20:35

He is gathering nuts for hibernation near bards.

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Re: Another day

Posted by john.watson4181 - 24 Oct 2010 01:44

[ovadia wrote on 24 Aug 2010 09:39:](#)

Yesterday was the first real clean day, I have had for a long time. I hope that today will be another.

I just want to say congratulations. I'm new here but I believe if we give one step at a time we can finally reach our goal that is to be clean. During my search on internet I found an interesting article that says "One must try to eliminate negativity and trust on positive, as you get more and more positive, your trust level and courage will increase, courage bring new opportunities to life, new wonders to life, and if you make courage as a habit, life will become golden". If you want to read the complete article here is the address: quitporn.net/blog/2010/08/golden-future/ We must make our small daily victories in a habit.

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Re: Another day

Posted by Shteeble - 24 Oct 2010 02:30

[dov wrote on 22 Oct 2010 20:35:](#)

He is gathering nuts for hibernation near bards.

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hibernation equals isolation.

it rhymes too. don't get me started on that.

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Re: Another day

Posted by silentbattle - 24 Oct 2010 05:05

Very true...connecting with others is essential here.

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Re: Another day

Posted by ovadia - 24 Oct 2010 11:33

Whew guys! I didn't realize that I was going to get into trouble for hibernating.

Anyway, I found the nuts here. www.guardyoureyes.org/forum/index.php?topic=1065.675
(Scroll down to Reply # 685)

Seriously, I read something very thought provoking from Dov last week.

One of the differences between the average sweet yid who occasionally looks at porn and

masturbates when he wants to (and then regrets it), and the sweet suffering yid who is an addict is that the addict repetitively uses the schmutz, is obsessed with it, and masturbates even when he doesn't want to - because he really believes that he needs to[/i]. Of course he regrets it - but the fact that he finds himself doing it over and over proves to him that somewhere inside he really believes that he needs the lust pleasure exactly as everyone else needs food - that he cannot live without it. And that is pretty scary. He is truly stuck. **Tell him "you can stop for a day!" (misusing "One day at a time"), and he dutifully agrees - "yeah, I can fast for a day, too!"...eventually he'll have to 'eat', and he knows it.** Tell him all day long about his Neshama and his higher calling - and he'll believe you! But he also believes something else....because his body tells him it is so.

I realized that my attitude of "another day" for me was really just starving myself for a day at a time, rather than "one day at a time" whatever that means. So I am at the moment trying to understand how to live one day at a time. Any insights into this will be appreciated.

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Re: Another day

Posted by frumfiend - 24 Oct 2010 12:24

Baruch habaah Ovadia. It sounds like you are really getting it. Guess what? We get it to late. According to most people here the way they found to get rid of that need is through a twelve step program. Why wait to discover the wheel . People have done it already. We can keep on figuring out ourselves untill we die. Every time its the same thing. Aha now i really got it. Untill the next fall etc.

Hatzlacha thanks for everything. I really admire your preserverence.

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Re: Another day

Posted by kutan - 24 Oct 2010 13:16

Ovadia,

Dov is my Rebbe too.

The idea is to really trust Hashem, like klal yisroel going into the midbar. Surrendering the right to act out.

I'maasa, though, as FF so aptly put it, the best (only?) way to do it is with a chevra in the structure of the 12 step program.

The phone call program really does wonders for many of the callers. They should be starting again soon...

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Re: Another day

Posted by ovadia - 25 Oct 2010 09:37

Reb FF,

Very sharp and to the point. I sincerely accept what you wrote. However, first of all it has taken me a long time to realize that I have an addiction. Secondly, I know myself well enough to know that unless I am convinced that I need an SA group then I will not persevere. I am aware that I might feel later "shame that I waited so long" but at this point that is the best I can do. I am now trying to find a live SA group where I live. Otherwise I will join one of the phone groups.

Thank you Reb FF, Kutan and all the rest for your continued support, and chizuk.

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Re: Another day

Posted by frumfiend - 25 Oct 2010 10:04

The phone groups dont take preserverence! They are pashut fun!

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