

Ki Nafalti , Gam Kamti

Posted by ben durdayah - 30 Dec 2010 08:14

:(Although I've had my ups and downs over the years, and some long streaks of abstinence from any P*** or M***, I never got off the roller coaster. Not that I think that I'm the most far gone person here as far as the quality and quantity of the shmutz, still I know that this is an addiction that never left me and never will if I do nothing about it.

This morning i thought of a mashal (someone else might have used it already, but for me it was a moment of clarity from heaven): A temporary bout with the YH about lust and P*** etc. is like a strep throat -take your antibiotics, drink fluids, rest up and it'll go away; if you don't catch the bacteria again -you're cured, and it's gone. But when the struggle for kedusha keeps on being just that, and with the slightest slip -you feel that you've lost control and your actions show that even years of self restraint didn't do the job (like ridin' a bicycle -ya never forget how to; same thing goes for sewage surfing...) that my friends is like Rachmana Litzlan Lo Aleinu V'lo Aleichem 'Yennerr Machla', and not the kind that attacks at first a specific organ or is operable; rather like the kinds of Yenner Machla in the blood -the best they can do is put it in remission, but it's there to stay -and when Chalila V'chas it's active -there's no limit to the damage it can do and the places that it will show up in. Same goes for addiction to Shmutz.

What's the point of this whole tirade? ... to be continued in the next installment (because it's too hard to type without seeing what your doing and I've filled the window and now it's dancing the Hora and making me dizzy...).

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Re: Ki Nafalti , Gam Kamti

Posted by pinokio - 07 Feb 2011 15:45

rav E, botzina kadisha, patish hechazak, ner hayimini,

what's the nature of the shvachkeit?

ain hechavush matir atzmo mibeis ha'asurim

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Re: Ki Nafalti , Gam Kamti

Posted by ZemirosShabbos - 07 Feb 2011 17:25

hi EBD, just checking in

hope you are doing good

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Re: Ki Nafalti , Gam Kamti

Posted by ben durdayah - 07 Feb 2011 18:54

Had another fall.

But here's what i learnt from it:

After the fall I had a week ago, I didn't really get back onto the GYE tractor-trailer/tricycle.

I started handling my struggles with this addiction like I had been doing for years **without realizing it**.

Yes, I was still here out of isolation, but I guess that just as we can't expect habits that took years to develop to disappear after a month or so of trying to think differently -somehow I was lulled back into the old 'fight the beast yourself with one hand tied behind the back, and earn raffle tickets for a free trip to Never Never Land'.

I forgot that it doesn't work, and I forgot that the program that had helped me in the first 31 day clean streak **requires** work.

And I really started derhering what Dov posts wherever he gets a chance: Cut out the counting days bit, and focus on today...

And so, the main conclusion which I have reached is that I have to go back to the basics. I don't have the "White Book" (my ISP based filter doesn't let me download it -maybe someone wants to send me it), but when I first started out here I studied the AA Big Book carefully, as well as studying the GYE Handbook and Attitude Handbook. I forgot that I am ill -not a sicko -and I forgot to take my medicine.

Of course the supplemental chizuk and Yiddishe approach to someone in my particular situation is a plus plus plus -it's a part of a holistic approach. But having mistakenly ignored the Recovery materials as a booster after the previous fall -I made the crucial error of treating strep with vitamin C, Sucrets, and Chicken Soup -while ignoring the antibiotics; and a week later the bacteria attacked my whole system -and I fell again.

Another I learnt was not to underestimate the physical effects of the common cold (which I was just about getting over, but I was feeling very battle-worn) on our addictive behavior, as is related in the following post on the GuardYourEyes.org website (here <http://www.guardyoureyes.org/?p=1825>):

Q. I was bedridden for a day with the flu and while I was nauseous, weak and miserable, I had one of the hardest days in terms of wanting to sin that I've had in a while. Everything was a trigger!!! What's going on with me?

A. This is very common. With any addiction, addicts use their "drug of choice" to medicate and sooth themselves whenever they feel uncomfortable with life, whether that be caused by depression, illness, stress, or what we call R.I.D (Restlessness, Irritability and Discontent). That is why when we feel sick we often want to "act-out" even more than usual.

I also noticed that both falls happened Sunday night. Sunday by me is always an "icchy" day -common by many of Acheinu B'nei Yisrael.

So now I realize that Sundays need extra precautions.

Also I made a TaPhSiC b'li neder (yes, *that's right a b'li neder- the thought of making a neder*

makes me neurotic), for the next 24 hours -which I plan on renewing every 24 hours at least for the next week -that if chalilah I fall I will have to say Tehillim from cover to cover -word by word - in one sitting (which takes me about 2 1/2 hours). I also "knassed" myself that I would do so today, which I did.

The truth is that Tehillim-zuggen is really a privilege and not a punishment. But for me it serves as a deterrent because of the time involved and the toll it takes on my stamina.

While saying the Tehillim today (I don't cry as easily as I would like to) I really felt like I was getting a lot off of my chest (and I do have a lot to get off of my chest), and surprisingly enough -even after finishing I still felt that I have a lot to get off of my chest. So I might just say some Tehillim even if (and hopefully this will be the case) I don't fall.

May we all be zocheh to share in each others simchas,

Humbled and Humbled,

Elazar ben Durdayah

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Re: Ki Nafalti , Gam Kamti

Posted by ZemirosShabbos - 07 Feb 2011 19:04

EBD, gevaldig!

you are doing great. aiy, you'll tell me that you just had a fall etc. the terutz is that you are learning and growing and working. not throwing in the towel and free-falling ch'v.

and as you say, we cannot expect to shake off a habit/addiction/sickness with a some chicken soup and vitamin c. we need to be patient with ourselves and learn how to live life with the

addiction as best we can (notice i did not say that we can get rid of the addiction).

bezras Hashem, with your efforts and striving, you will go far.

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Re: Ki Nafalti , Gam Kamti

Posted by pinokio - 07 Feb 2011 19:25

I wish i can give u a boost. If you don't mind, how did you fall this time? surely, you gave your password to the rebbentzin; if it was in another way,no need to reply.

When I'd feel "about to fall", i'd try to identify what i need to do to do the aveirah, and then ruin it- i'd start laining mishnayos really loud in my living room trying to wake up my wife(bec. i was too embrssed to tell her directly),

i'd call my rebbe in ey. he' stop anyone from an aveirah. just tell him "rebbe, i really want to be m'z' livat'-hisnum in ey-050-4133737-he's a 24 hotline to stop you from this-pm me for more

if u want-he's talmid of satmar rav, gadol mekubal, father was rebbe in torah vida'as/beis med' elyon

do something bravado and daring like buy a pair of handcuffs and cuff yourself to your bed-iv'e done this too-then toss the key way out of your reach.

Turn on rocked up purim music and start dancing bi'simcha back and forth in your living room, waking her up. i did this too.

Even when i fell, but the fact that i knassed myself **BEFORE** the maaseh, i felt like i went up a level-like i jogged really far out for an hour and then walked home, and then did aveira.....

Am i just yapping? i'm sorry.....it's just bec. like i said i wish i cud giv ya a boost.

You're on target with those handbooks, and bli neder i can email it to you, just pm me your address

the yappaty yapper flapper wrapper rapper, who hopes u'll send us good tidings

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Re: Ki Nafalti , Gam Kamti

Posted by ben durdayah - 07 Feb 2011 21:19

A moiradige vort that I heard this afternoon (b'sheim HaRav Geldzahler *I don't know if it's Shlit"a or Zatza"l*):

The Gemara says "K'sheim shemishenichnas Av Mema'atin be'simcha, kach mishenichnas Adar Marbin Besimcha" (or something like that)

What would you do if you walked into a shteeble on the 3rd of Av and saw a group of chassidim sitting around a table eating meat, drinking wine, and listening to music?

Of course, you'd run over to them taken aback and say "Chevrah! Es past duch nisht! (*This is inappropriate behavior*) for the month of Av", and you'd show them the Shulchan Aruch where these laws are discussed.

If so, what are you supposed to do when you enter a shteeble/beis medrash/Jewish home on the 3rd of Adar and you see them walking around with the blues, shoulders down, nose drooping down to the floor etc. etc.

Obviously, you should be doing the same thing!

Of course, you'd run over to them taken aback and say "Chevrah! Es past duch nisht! (*This is inappropriate behavior*) for the month of Adar", and you'd show them the Shulchan Aruch where

these laws are discussed, and maybe have a round or two of Mishe Mishe Mishe Nich Nas Adar...

Revving up our engines,

Love all of you,

E. ben Durdayah

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Re: Ki Nafalti , Gam Kamti
Posted by bardichev - 07 Feb 2011 21:42

typical Reb Lazer

ZT"L

biigest sheech and zukkin to fill

chaval al diavdin

we didnt deserve him

:'(

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Re: Ki Nafalti , Gam Kamti

Posted by Rising Up - 07 Feb 2011 21:43

[ben durdayah wrote on 07 Feb 2011 21:19:](#)

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Just wondering. What would you do if one of them turns around and says: "The baby's name is Eliezer shimon!!!" :o :o :o

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Re: Ki Nafalti , Gam Kamti

Posted by ben durdayah - 07 Feb 2011 21:45

[RisingUp wrote on 07 Feb 2011 21:43:](#)

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Just wondering. What would you do if one of them turns around and says: "The baby's name is Eliezer shimon!!!" :o :o :o

I would say...

Mazel Tov!

Pass the Woodford!

LOL!

PS Hey, one second -how does a bris answer the music? **Aha! Got you there!**

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Re: Ki Nafalti , Gam Kamti
Posted by ben durdayah - 07 Feb 2011 21:50

[bardichev wrote on 07 Feb 2011 21:42:](#)

typical Reb Lazer

ZT"L

biigest sheech and zukkin to fill

chaval al diavdin

we didnt deserve him

:'(

Reb b.

No atzvus...

Chaval Al D'avdin

But you see, b"h...

Shmaatseih Misbadrin B'Bey Midrasha...

E

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Re: Ki Nafalti , Gam Kamti

Posted by Rising Up - 07 Feb 2011 21:52

[ben durdayah wrote on 07 Feb 2011 21:19:](#)

If so, what are you supposed to do when you enter a shteeble/beis medrash/Jewish home on the 3rd of Adar and you see them walking around with the blues, shoulders down, nose drooping down to the floor etc. etc.

Obviously, you should be doing the same thing!

Of course, you'd run over to them taken aback and say "Chevrah! Es past duch nisht! (*This is inappropriate behavior*) for the month of Adar", and you'd show them the Shulchan Aruch where these laws are discussed, and maybe have a round or two of Mishe Mishe Mishe Nich Nas Adar...

What you do if one of them turns around and says: "He was 97 years old."

Wait!! I know what you would say

[ben durdayah wrote on 07 Feb 2011 21:45:](#)

I would say...

Mazel Tov!

Pass the Voodford!

LOL!

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Re: Ki Nafalti , Gam Kamti

Posted by ben durdayah - 07 Feb 2011 21:55

RisingUp!

Shkoiach!

BTW- there's a small addition to that previous post that you quoted -ayain sham...

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Re: Ki Nafalti , Gam Kamti

Posted by Rising Up - 07 Feb 2011 21:59

[ben durdayah wrote on 07 Feb 2011 21:45:](#)

[RisingUp wrote on 07 Feb 2011 21:43:](#)

[ben durdayah wrote on 07 Feb 2011 21:19:](#)

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Just wondering. What would you do if one of them turns around and says: "The baby's name is Eliezer shimon!!!" :o :o :o

I would say...

Mazel Tov!

Pass the Woodford!

LOL!

PS Hey, one second -how does a bris answer the music? **Aha! Got you there!**

They were Sefardim!!!! (Shvua she'chal bo)

HA!!

No... wait..... they're Chassidim. Shoots!

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Re: Ki Nafalti , Gam Kamti

Posted by ben durdayah - 07 Feb 2011 22:11

Moiradige!

Sefardishe Chassidim... There is such a thing!

You are sooooo gevaldigggg!

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