

INH going through the 30 attitude principals

Posted by Ineedhelp!! - 15 Jun 2009 14:38

Hi poeple,

I am Bli Neder on my 6th day! I am using a new tactic to take it one day at a time. I was looking too far ahead and falling because of that. I have been davening to Hashem that he should help me TODAY and havent even thought about tommorrow yet.

Here we I'm going to give it try. I'll go through the 30 principals briefly maybe do 1-3 per post because they are relatively short. If I feel that I cant do it anymore i'll lket you guys know. I might now be able to do it everyday or even every other sometimes. Also, feel free to post comments with criticism and additions. I'm always looking to grow.

Principal #1

It is almost as important to understand who your enemy is as it is to underastand what his weaponry is. Our addiction to lust, assuming we can admit that, is the weaponry that the Yetzer Hara uses against us. Underastand that the addiction that we have is not only a psychological problem, but its a medical problem as well. Therefore, if someone C'V has cancer or other diseases, their will and inner strength are what get them to recovery also, but without medicine they wil not recover no matter how strong they are. It would go against every law of natural science for that person to recover without medicine and we too need "medicine" to recover from our "disease". And the more we feed ou disease, the deeper it engraves itself in us, making it harder to remove. Just like if a person with a heart problem continues to eat greasy food, the walls of his arteries continue to erode.

Principal #2

If we cant accpet that we need help, then what are we doing here? This website is not the only help we need, but it creates the idea in us that we cant do it ourselves. marriage and new relationships will not heal this problem or even lessen it, on the contrary it can stimulate it to become even more than it was before.

Principal #3

This is not in the handbook, but I feel this is true and has to do with this principal: Hashem

would not put us into a situation in which we cannot succeed in some way unless we dont have free will. We obviously have free will even though this is an addiction and addiction sort of takes that away. We can succeed with the right attitude and help. And do not use our falls as an excuse to say we cant do it because even if C'V we do fall, we have to pick ourselves up and start over. Understanding that we can be helped, is like knowing Halachos. If you dont know Halachos and you are Over on lets say Hilchos Shabbos then you are Patur because you just didnt know, but once you know that there might be something wrong with what your doing and decline to learn the Halacha then youre Chayav. Also here with lust, once you know that you can be helped and you can recover, don't use the excuse that you cant be helped because you already know that it is possible. If you do get the feeling that you cant be helped, thats probably the Yetzer Hara telling you that.

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Re: INH going through the 30 attitude principals
Posted by Ykv_schwartz - 17 Jun 2009 19:11

Great work. I am reading all your posts. I really enjoy them.

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Re: INH going through the 30 attitude principals
Posted by Ineedhelp!! - 20 Oct 2009 19:52

Hey INH is back with his take on the attitudes of the handbook principal by principal. We are up to #8, you can read 1-7 on the previous page.

Principal #8

Its a long, tough road ahead for our recovery but if we can remember one statement throughout if we ever feel like its too hard its this: "Le'phum Tzarah Agrah". This loosely translates into: The amount of effort and toil we put into it is the amount of reward we get. Hashem does not bring us down to this world so we can sit by a pool and sit on beach chairs and coast through life. He wants us to work and work hard. If at one point in the process it is too hard for you, you are on the right track. Fixing this addiction is our NUMBER 1 priority from now on. Nothing else that has to do just with us (thats for you all you fathers/mothers) should push this aside. If we make this secondary then it only gets secondary treatment. When was the last time everyone had a parade for the team that lost in the Super Bowl? Never. Doesnt happen because they came in second! Give the parade to healing our addictions to lust.

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Re: INH going through the 30 attitude principals
Posted by the.guard - 21 Oct 2009 21:16

Awesome post! Glad your back... I enjoy reading your comments, and I'm sure many others do too!

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Re: INH going through the 30 attitude principals
Posted by Ineedhelp!! - 26 Oct 2009 18:15

Principal #9

You build a tower from the foundation up. Many mepharshim explain that tikkun Habris is such a fundamental part to our lives that it encompasses all other things. The Handbook makes a great point that the foundation is the most important part of a building. Period. Yet its the part of the building that nobody sees. So too with our Shmiras habris its so fundamental for us and only we know about it. We need to strengthen this in order to build a great tower to Hakadosh Baruch Hu (not a physical tower like the Dor Haflaga, but a spiritual one). Hashem put is in this situation together so we can all succeed!

-INH

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