

A message for a recovering addict from the Parsha

Posted by yidintrouble - 27 Dec 2014 00:09

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My Parsha thought for the week: This week the Torah describes Yosef's revelation to his brothers. First he asks if his father is still alive and then he tells them not to worry about what they had done because it was all hashgacha. Chazal remind us that there was no need for Yosef to ask about Yaakov Avinu because the brothers already mentioned that he was alive.

Chazal teach us that Yosef was giving a subtle rebuke to his brothers and then immediately after the rebuke he brings them close to him. As I was studying this I thought to myself about how many times I rebuked myself for acting out and how the self rebuke was followed up. Chevra it is important to remember that when you rebuke someone it must be done with love especially if the one you are rebuking is yourself.

When you put someone on the spot their natural reaction is to get defensive. In my opinion this applies to self rebuke as well. If we do not rebuke ourselves with love we will become defensive internally. If we won't love ourselves and see our value in the hashgacha we will not be able to overcome our addiction. Love Hashem and love yourself and rather than treat yourself from a place of bitterness and disappointment treat yourself with love and respect. This will set you up for success!

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Re: A recovery message for Rosh Hashanah

Posted by yidintrouble - 11 Sep 2015 21:12

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Chevra,

I had just an epic realization as I am preparing myself for this last Shabbos of the year.

As I stood in front of HKB"H last year on the Yom Ha'Din I have no recollection of actually asking for the gift of sobriety this year. In fact on the contrary I kind of remember feeling hopelessly and helplessly doomed to die as an addict only to face the revelation of my secrets to all at the end of my days. As painful and depressing as this thought was it was never enough to get me into recovery, and I was tired of repeated failures of trying to stop on my own without the 12 step program.

Now pause for a moment and think about what I just wrote. I wasn't even asking for recovery

last year at this time. I was convinced that I had no way out.

As I prepare for this last Shabbos of the year, I feel full of life and full of emotions. I can feel this way in spite of the immense personal struggles I have been going through this week. It doesn't make any sense to me that this can even be possible (I just pinched myself to make sure that I'm not dreaming).

My friends, the essence of my message is this - Yeshuas Hashem K'Heref Ayin. Hashem can bring about salvation in the blink of an eye. It makes no sense that such a thing can be possible, but at whatever time HKB"H decides to give us the gifts of "serenity to accept the things we cannot change and the courage to change the things we can", from that instant it can be a Techiyas Maysim for those of us have been the walking dead in our addiction.

If it can happen to me then it can happen to anyone, and if you ask me how then you already know the answer! The answer is H - O - W

Honesty

Openness

Willingness

May we all be zocheh to the Yeshuas Hashem this year!

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Re: A recovery message for the New Year  
Posted by cordnoy - 06 Sep 2018 01:41

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[yidintrouble wrote on 11 Sep 2015 21:11:](#)

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"Walkin' dead in our addiction" - I believe Rabbi Wachsman said that last night at the Focus event.

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