

I thought I can do this alone.

Posted by realsimcha - 11 Mar 2011 20:07

This is really hard for me. I feel nervous and uncomfortable as I am posting this . I have been struggling for over twelve years. Twelve nightmarish long years. Some have been better and some have been worse. All have been painful. I have never reached out like this before. Its really hard for me, as I always convinced myself that I can do this alone. I was wrong. I hope that I can get what it seems like others on this website have. Strength. Simcha. Clarity. I don't have any more strength for this addiction, and I want to face the world around me with simcha and without feeling embarassed. Can you help?

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Re: I thought I can do this alone.

Posted by shmiraashachaim - 20 May 2016 05:39

Something I feel time to time. I'm usually a pretty serious highperfocused guy (or in a daze depending on the time)z but yes, I too get in those moods. Always wondered what to do to them. I found that it seems that should utilize it the but in a realistic way- in a small step-as Cordnoy said one step at a time. But don't ignore it

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Re: I thought I can do this alone.

Posted by realsimcha - 20 May 2016 13:07

[shmiraashachaim wrote on 20 May 2016 05:39:](#)

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Look, right now I am starting that journey by thinking about the fact that it is what I want. Cordnoy is right that I wrote it in a way that seems that I want it to change in a flash. I do want that. But I also know that that won't happen. I Think that Cords is referring to doing the work of ridding myself of resentments and giving up my fantasy of control etc. I am prepared to do that work. Yet, I don't regret that post. That post - as you seem to agree - was my heart yearning for the freedom to laugh. Please don't laugh at my mushy poetry. To me, just writing that brought

me one step closer. Just focusing outside of myself. Just smiling as I wrote it wistfully. So the post was a bit whimsical, and I do have work to do, and I do appreciate your chizuk to keep the inspiration for it alive.

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Re: I thought I can do this alone.

Posted by realsimcha - 20 May 2016 18:17

Day 12: I am not sure if I am starting to have fantasies in my brain more often or, of I am noticing them more because I am on this site and more aware of what it happening in my head. I am not even sure what is normal. Is it normal for an inappropriate thought to jump into my head for a moment about a woman? Nothing l'maaseh, and nothing that leads to any change in my words or actions. Just the brief thought infiltrating my mind. Today this happened. I had to interact with some women for work. A random thought popped into my head. I was a bit taken aback, not sure if this is something that I am just noticing now. I reminded myself that the woman were Hashem's children. The thought vanished completely. Normal?

Yesterday, I was driving, and a scene from a book [a historical fiction about a very prust guy] popped into my head. It is one of those things that for some reason really attached itself to me at the time. And when I thought of it, it really started to haunt me and I started to feel a very unwelcome feeling that in the past might have caused me to change my shopping list. BH I was ok. I got busy.

Today doing well. Very tired. Craving some mindless TV. Trying to stick to what's important. Thanks to you all for another week of chizuk.

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Re: I thought I can do this alone.

Posted by cordnoy - 20 May 2016 19:58

Random thoughts still invade me.

Difference between now and then....

1. Now, there is a turn off switch.

2. It is not constant.

B'hatzlachah

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Re: I thought I can do this alone.

Posted by inastruggle - 20 May 2016 23:22

I love laughing. I wouldn't be able to get through life without it.

It's great to see you trucking along.

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Re: I thought I can do this alone.

Posted by realsimcha - 22 May 2016 03:29

Day 13: Good day, but long and exhausting. Need to get to bed soon. Staying up this tired is not a good idea. So keeping it short for today. KOT everyone!

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Re: I thought I can do this alone.

Posted by shmirashachaim - 22 May 2016 03:43

[realsimcha wrote:](#)

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Today doing well. Very tired. Craving some mindless TV. Trying to stick to what's important. Thanks to you all for another week of chizuk.

Not that what I relate to should be considered normal, but that has been happening- for the most part, to me as long as I can remember. Even in my "good times", fleeting thoughts came to my head. Did I think about them twice? Depends. In my good times no. In my not too good times yes. That was always the difference for me. I'm sure you have learnt a technique how to deal with these thoughts, and state the obvious that the more you think about them the more they affect you. That's been a big yisod as I have been struggling with unwarranted thoughts for a long time(OCD apparently has that midday).

Glad your doing well and doing what's important.

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Re: I thought I can do this alone.

Posted by thanks613 - 22 May 2016 21:00

I think my imagination is more clear and vivid than it might otherwise be because of all the pictures and stuff I have stored up in it.

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Re: I thought I can do this alone.

Posted by gyeuser444 - 22 May 2016 22:58

[realsimcha wrote on 20 May 2016 18:17:](#)

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In my humble opinion:

Unless you're a tzadik, it's completely normal for an inappropriate thought to jump into your head. But there is a difference between that and fantasizing, which is understandable, but not so okay. The fantasizing part comes from a weakness of ???, which lets the yetzer hora indulge. The trick in strengthening ??? is not to get worked up about it. It's not so okay to fantasize, but in order to find that fine line between the original thought falling into your head and fantasizing about it, you need to be calm.

That is theoretically speaking. Really you shouldn't be getting involved in finding the fine line between a thought falling in and fantasizing in the first place. When you push the fantasy away properly as soon as you discover yourself fantasizing (which in the beginning may take a few more seconds than later, when you are used to it), without feelings of guilt from a potential aveira or regret over a missed pleasurable fantasy, it should be relatively easy to push it away. Eventually, you will immediately feel when a thought turns into a fantasy, and be able to immediately push it away, but as before, in that eventual case too, you will have to be unburdened from subconscious discomforts that may attach themselves to the effort.

If you have questions about how to not feel guilty, etc., please let me know.

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Re: I thought I can do this alone.

Posted by realsimcha - 22 May 2016 23:03

[gyeuser444 wrote on 22 May 2016 22:58:](#)

[realsimcha wrote on 20 May 2016 18:17:](#)

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If you have questions about how to not feel guilty, etc., please let me know.

Fascinating. A lot to think about. Thanks for your thoughts.

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Re: I thought I can do this alone.
Posted by realsimcha - 22 May 2016 23:13

Day 14: I need to do more. I have not fallen but I feel that I am losing my edge a little bit. I have to start doing more so that I am not here reporting to you what I need to do not to fall "again". I don't want to fall. I want to start doing those things now!!!!

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Re: I thought I can do this alone.
Posted by cordnoy - 22 May 2016 23:40

[gyeuser444 wrote on 22 May 2016 22:58:](#)

[realsimcha wrote on 20 May 2016 18:17:](#)

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If you have questions about how to not feel guilty, etc., please let me know.

I'm interested in your sources and in your history.

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Re: I thought I can do this alone.

Posted by gyeuser444 - 23 May 2016 02:58

Unless you're a tzadik, it's completely normal for an inappropriate thought to jump into your head:

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There should be no guilt/atzvus from the person's perceived imperfection. If there is it is quite possibly from ????. (See Chapters 26-31 where most any other type of feeling bad (worry of punishment/guilt from previous sins, etc.) is completely discouraged.)

I would add, that having guilt this time from realizing that one had that very guilt/atzvus during previous similar times -which perhaps came from ????, is also from ???? (or else is completely discouraged from elsewhere in Chapters 26-31).

A quote from ??? ??

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See Chapters 26-31 at length.

A person may not be immediately aware at first that he is ?????

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The above shows that there is a difference between the initial falling in and the subsequent cogitating/fantasizing.

There is also a difference between cogitating over the initial thought/s and fantasizing, though both are ?????. The difference between cogitating and fantasizing is similar to the difference between ??????? ?????? and fantasizing which clearly uses more mental effort. Cogitating also uses extra energy, more than ????????, but less than fantasizing.

The point about weak ??? is what in my opinion allows for the fantasizing.

See at length ????? ?????? ??????"? ??????? ?,?:

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Re: I thought I can do this alone.
Posted by markz - 23 May 2016 11:03

[gyeuser444 wrote on 23 May 2016 02:58:](#)

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Women are evil ?

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