

Different Addictions.....

Posted by Yossi.L. - 28 Aug 2011 08:22

I was thinking, which is always interesting, and the following is bothering me. I was addicted to smoking cigarettes and after a calculated, non-compulsive decision, I stopped smoking for good. I only rarely get a desire to smoke. When this desire consumes me I easily go through the negative effects of smoking, and I cast aside the desire methodically. However, with my sex addiction it's quite different. When a sexual desire consumes me it's a fearsome battle. This addiction just doesn't go away with logical reasoning. Why are these addictions so far apart on the addiction spectrum? Is it simply because sexual addiction is a deeper addiction?

Also, whenever I ask people questions or advice on my addiction I feel like I really know the answer to the question. So why am I not able to realize the answer until someone else tells me? Is it my inner addict not allowing me to see the light? Or is it like the Hakdamah to the Mesilos Yeshorim(yes, your not the only one whose read that Hakdamah 257 times)?

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Re: Different Addictions.....

Posted by tehillimzugger - 28 Aug 2011 08:28

as for your question... i'll let "dov" answer it. (you'll find out who he is soon enough)

and the other question (about mesilas yesharim)- i only read it about 141 times ;D

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Re: Different Addictions.....

Posted by mechazek - 28 Aug 2011 17:28

chazal refer to these issues as YESOD it is the foundation of your being. When you have a messed up foundation the whole building is shaky and when your foundation becomes secure you start building.

The feeling you get when you hold back from smoking how does that compare when you have avoided the deep desires that the YH wants to arouse in you of lusting? Compare facing your wife after a battle of smoking to after the battle of looking touching or whatever he wanted you

to do today?

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