

Good intentions

Posted by Machshovo Tova - 19 Apr 2012 21:34

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Hi everybody,

After almost 6 months of observing this forum as a guest, I finally decided to introduce myself (...painfully shy - even in anonymity). I'm not a youngster - over 40 years on the roller coaster; so obviously my addiction started long before the internet. Like many of you, I've tried and failed over and over, but B"H never gave up. Until finally Hashem helped me discover GYE. I had a good streak of 168 days which ended this week (still not ready to say "f-e-l-l"). I am starting again be"H. The following is my 3-point plan, based on what I learned on this forum.

I am using a Mishne in Pirkei Avos to remember these 3 points:

Im ein ani li mi li - I must avoid all forms of lustful images and thoughts at all times.

Uchshe'ani le'atzmi moh ani - I must surrender my lust to Hashem and pray and ask for his help.

Ve'im lo achshav eimosai - Forget about yesterday or tomorrow - one day at a time.

Looking forward to meet you

MT

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Re: Good intentions

Posted by Machshovo Tova - 03 Aug 2012 15:10

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Wow! Impressive!

??? '????' ?????? ?" ???? ??????? (????? ??? ?????? ??? ????? - ??") ????, ????? ?????? ??? ???? ,  
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MT

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Re: Good intentions  
Posted by tehylimzugger - 06 Aug 2012 07:18

I'm reading all of Zeidy's [\[url=http://www.guardyoureyes.org/forum/index.php?topic=5318.msg136782#msg136782\]Here](http://www.guardyoureyes.org/forum/index.php?topic=5318.msg136782#msg136782) posts that I missed, and while there were many good stuffs that I missed out on, I couldn't just pass up on this one without proclaiming that I **LIKED** it [dov wrote on 08 Jul 2012 21:50](#):

I want to share with you MT, since you brought up that Rosho...(I prefer using *that* term for Bilaam rather than 'pervert', for there is no question that I *am* indeed a recovering pervert - and

The greatest lesson that is basic for me from the story of Bilaam and Balak was simply that they kept trying different mountain tops, different views, and different tricks to try and beat reality (that is, G-d's Will).

How many **hundreds** of times did I fail with my porn searches and other acting out. It didn't work either by: 1- not finding *exactly* what I wanted, 2- by getting *caught*, or 3- by *succeeding* in my desperate lust quest - but then feeling the emptiness of the result and the reality that I was not yet *fixed* and whole? Many hundreds of times indeed. At least Balak had the good sense to give up in *one day* of tries!

And how did I react every single time? By trying a different angle, a different view, a new girls image, a new technique, or a new location to act out in...whatever made it feel like a new chance at the ultimate success. And each and every time it was just me trying the *same* thing over and over and expecting a *totally* different result.

Those two guys were *totally* devoted to kishuf. Kishuf is trying to beat G-d in His own game and run the world *our* way. In other words, they were totally devoted to themselves...as many of us usually are. They *never even wanted* to have a real G-d. I was like them a little bit, at times - but then I hit bottom. From then on, I could not afford to be on my own team any more...for I failed at it. So I was *forced* to really **need** a real G-d.

I believe *that* is what makes me not a rosho, even though I *can* be a pervert.

Tov veyoshor Hashem - al kei **yoreh** (throws down) chato'im baderech. That's me! He used *my own masturbating and lusting* to throw me onto the path.

Amazing.

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Re: Good intentions

Posted by tehillimzugger - 06 Aug 2012 07:31

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Anyone else see a relation between these two Vorts [Warts-Vortim-Verter-Vertlach]?

[Machshovo wrote on 15 Jul 2012 17:20:](#)

There is a saying in Yiddish:

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[Machshovo wrote on 24 Jul 2012 15:46:](#)

Somebody pointed out to me a great vort in sefer Arugas Habosem Parshas Pinchas. He writes that when Chazal say, "????? ???"? ????? ????? ??", it means literally that only Hashem can help you succeed against the YH, i.e. it is not your own doing. So he asks the kashya, if so, why do we get schar? And what determines whether one person gets more schar than another? And he answers that the schar we get is based on how much we really acknowledge that it is all Hashem's doing.

I found that to be a powerful vort that people like us can relate to. Hope you agree.

MT

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Re: Good intentions

Posted by Machshovo Tova - 08 Aug 2012 15:15

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The following may help explain the 2 vorts:

[Machshovo wrote on 20 Apr 2012 16:04:](#)

...if you can look at the Chasam Sofer which I quoted previously, you will be amazed to learn that although we are considered to have bechira (free choice), but that only applies to our ability to 'want' and to ask Hashem for help. But it is not in our power to actually overcome the YH without His doing so for us.

So we must do our part in realizing that, and then Hashem will surely do His part.

MT

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Re: Good intentions  
Posted by Machshovo Tova - 08 Aug 2012 15:28

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**Interesting observation:**

Recently I was flying on an international flight. Before takeoff, there was an important announcement: "A passenger on the flight is highly allergic to nuts. All passengers are requested to please be considerate and refrain from eating or handling any nut-containing products throughout the flight."

Now, why not the following announcement: "A passenger on the flight is highly allergic to lust. All passengers are requested to please be considerate and refrain from displaying anything that may trigger his lust."

MT

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Re: Good intentions  
Posted by tehylimzugger - 08 Aug 2012 16:53

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Cute, but the Rebbe Reb Bards used to say: She may be a problem but she's not MY problem.

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Re: Good intentions  
Posted by Machshovo Tova - 08 Aug 2012 17:07

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Dear TZ,

Please see the GYE handbook:

It is also important to understand that once the addiction has advanced to a certain level, it will likely be there for life, as the saying goes: "Once an addict, always an addict." What that means is that once we have trained our minds to use lust as a type of drug, we must learn to keep far away from lust. And no matter how much progress we might think we've made in this struggle, once we let ourselves take that first "drink", we will feel powerless all over again. In the 12-Step literature, the addiction is compared to an allergy. If someone has an allergic reaction to peanuts for example, they can't get close to them without getting an allergic reaction. And even if they haven't had peanuts in 20 years, the moment they ingest peanuts again the allergic reaction will return in full force!

MT

(P.S. Where did that "like" disappear to, you wise-guy?)

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Re: Good intentions  
Posted by tehylimzugger - 08 Aug 2012 17:10

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Close, but unlike peanuts, you can only feel lust if you see it.

[Like!]

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Re: Good intentions  
Posted by ZemirosShabbos - 08 Aug 2012 17:18

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(like)

here are some allergy and lust free peanuts from R' A.J.Twerski

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Re: Good intentions

Posted by Dov - 08 Aug 2012 22:35

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At the risk of garnering suspicions that I enjoy disagreeing with you, MT (I don't), I want to say that TZ has a point. While you are right, that it seems inconsiderate and actually rude for many women to dress the way they do, TZ is referring to the idea that explains something interesting in my own life. I will try to avoid explicitness, here:

I am very sensitive to lust. *Epecially* now that many years have passed since I last had sex with myself or used images for sexual fantasy, it has gotten a lot easier to stay clean in my head. But I found that my sensitivity to lusting is greater than it ever was. Not my sensitivity to scantily clad women - but to *my lust*.

In other words, it *used* to be that I could look for a few **hours** at naked people on the computer - before I **had** to masturbate or act out in some other way....but over the past 15 years in recovery, I have discovered that my threshold has progressively *lowered*. I cannot even enjoy porn for a few seconds any more! (Does anyone secretly feel a bit sorry for me?) In fact, the behaviors that used to be part of my acting out - but not essentially sexual in nature - like lying, embellishing the truth, sneaking a look through other people's belongings, looking into other cars or windows, risky surfing of the net for (clean) fun - are all becoming more and more triggering to me. For they are parts of my old acting-out pattern and they are also not *right*. They started actually giving me an unwanted sexual rise inside when I did them. I just can't seem to be as naughty any more without feeling strangely like that familiar old, dirty masturbating feeling I used to have. Strange...

So am I *weaker* now? Now that I can only look at porn a *little* bit before I 'lose it' - while 16 years ago it would have taken a *few hours* for me to get 'worked up' to *that* point? Was my 'better' tolerance to porn and lusting in the old days because I was on a **higher** madreigah then?

Can't be. And many other recovering people share this same phenomena in their lives.

Q: Gevalt, what does it mean?

A: **I do not exactly know, and I do not exactly care.** There, the issue is over.

And here is the point I wanted to make that makes it all *even more weird*:

Fact: I can still, b"H, engage in normal, pleasant sex with my wife - and it does not set me off that way. Not in a second, and not in whatever time we take in the entire eisek. Strange, no? It does not turn on the thing in my gut that I used to get with five hours in front of the screen - or now with a *second* in front of the screen if I'd look at the 'good old' porn!

**Gevalt!** What does *that* mean? You mean, sex and lust are *not* the same??

Surprise: No!

They are not....if we are sober a while and surrendering lust for a while. Sex and lust begin to diverge pretty quickly, and the divergence increases over time. That's nice, no? For the many married guys who have success staying sober when away from home or in abstinence - but keep acting out during weeks that they *are* having relations with their wives, sex and lust are still probably the same thing *inside them*. Nu. They just need more time and surrender, I guess.

So seeing *her* image will 'do' only a little bit to me. My body will notice it and I will have a choice still, and can surrender the beauty and the pleasure - and be OK as me without it, be"H. I can daven for her and care for her as Hashem wants me to (*mainly* by ignoring her appropriately) and the lust in my body will certainly diminish. I can let Hashem in, or my lust in.

But even one second of *my intentional* bringing it in to *use* it? *That* will quickly overpower me. For that is the *only* thing I really have an allergy to. Not skin, but Lust. *Using* her skin is my problem.

I do not mean to oversimplify it, MT. You are right if you say that it is not so simple! But the shoshonah is simple, I think. And *applying* it takes practice and siyata diShmaya, and patience. But we can all get there and stay there for today.

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Re: Good intentions

Posted by Machshovo Tova - 09 Aug 2012 14:18

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Thanks Dov for your insightful (I didn't say inciteful) words. As we established previously, whatever works for you, and whatever works for me - that's what's important. Fact is that years ago such plane trips would end up very bad for me, but now B"H I breezed through it successfully and without any fight or any stress at all. So if for me it helps to look at it like 'chometz ossur bemashehu' or like a peanut allergy (kitniyos?), I'll stick to that, because B"H it has been working wonders (albeit not 14 years, but a day at a time for a while now). And perhaps it may work for others as well - that's why I share it - like you share what works for you. Any problem with that?



MT

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Re: Good intentions  
Posted by JustKeepGoing - 09 Aug 2012 14:45

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I once heard from R' Orlofsky on a tape he was answering questions, and one of them was why should it be our problem (I think a woman asked or a man was asking how do we answer this) that men cant watch there eyes. Well dress how we WANT and they have to deal with it themselves. He answered that although it may be true that its not the womans problem how other people look at her she should be considerate.

So thats a little different from peanuts because peanuts will involuntarily potentially end a mans life, while having a lust problem or looking at a woman as an object is more of the persons own fault and hes in control. or should be

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Re: Good intentions  
Posted by E-Tek - 09 Aug 2012 14:53

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JKG: That aint why the Torah instructs them to be tznius.

To be precise- a women must dress modestly because the Torah says so. If you want to tell me the Torah says so because men can't yadayada, that is irrelevant.

It is my problem if I give a nazir a grape. It ALSO happens to be his problem, AND the reason it is my problem is BECAUSE it is his problem... But as a responsible Yid, I am responsible wherever the responsibility falls in my lap to insure to the best of my ability that ALL OF KLAL YISRAEL does the right thing.

Rabbi Orlofsky does give shiurim to those less frum, who may need a less strongly worded

answer. When I get a chance I will BL"N ask him about it. As always I am mevatel daas to those older and wiser than me.

Hatzlacha!

Meir

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Re: Good intentions

Posted by tehylimzugger - 09 Aug 2012 15:33

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[Machshovo wrote on 09 Aug 2012 14:18:](#)

Any problem with that?

Careful Zaidy. I hear some hostility there.

[Read: that's not the way Reb Akiva Eiger would've written it ;) ]

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