

Starting from scratch

Posted by roundabout - 10 Jun 2013 01:26

Hello all,

I am new to this site. been following for some time, but now I am ready to join. not sure what to say. I am mid 30s, been addicted since around age 12. had many streaks, particularly over four years ago. stayed clean for year and half, but had terrible fall, and for the past three years, I have been down down down.

Does anyone know of 12 steps program in Beit Shemesh area?

I know I have tried to look into it in the past, but not successful.

Anyway, I have lots to share. but the hour is late here in israel and I need to get some sleep. Just needed to jump into this. I had a terrible night with porn.

I am going to join the 90 day chart to keep me motivated.

Thanks chevra.

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Re: Starting from scratch

Posted by ontheedgeman - 18 Jul 2013 07:24

The punishment of the snake is that he is on the ground and has no need to turn to H for help. All of the snakes food is right there for him. A person who is bombarded with challenges on the other hand always has opportunities to call out for help to HaKBH. The question is whether those opportunities are leveraged into fodder for the animal drive or instead used to plead to Gcd.

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Re: Starting from scratch

Posted by Pidaini - 18 Jul 2013 12:24

I relate very much to the frustration, and it was one of the things that Ben Durdaya explained very well at our OINK meeting last week.

That is, we are control freaks, we have an entire plan of according to how much we work such and such is/isn't SUPPOSED to happen. we have that ingrained in our thought process, therefore when situations like the those come up, the calculations don't add up and we lose ourselves.

"let go and let GOD", "one day at a time", they are trying to teach us that we need to learn to accept life as life goes, not to anticipate outcomes that we cannot really predict. We don't run the world, we have to learn to accept what Hashem gives moment by moment, once we start living like that we will be able to live much happier and clear lives.

I hope that was understandable and that it is correct!!

Hatzlacha

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Re: Starting from scratch

Posted by gibbor120 - 18 Jul 2013 17:08

I had the same questions. As long as I had the questions, I could not let go of lust. As long as I focused on how Hashem's is treating me, that it's unfair etc.. I could not break free. Asking those questions is just a way to hang on to lust. It's a rationalization. We need to let go of our "right" to lust. We need to ask how can we surrender our will to Hashem.

I think that's what 12 steppers call "Asking G-d to take it away so I don't have to give it up". We need to give it up.

Does that make sense?

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Re: Starting from scratch

Posted by inastruggle - 18 Jul 2013 22:36

Not arguing with anything that anyone above said, but there are answers to the question so I'd like to say it just to have it there. I think that when you asked the question you also knew the answer but you were frustrated (i know exactly how you feel).

The simple answer to why we struggle is simply because Hashem wants to reward us in olam habah and without struggle then there really isn't what to reward us for.

But one important thing I want to point out is that it does seem impossible or at least extremely hard at the beginning, but it really isn't.

From what I can tell most people myself included have it pretty easy for the first little while, then it slowly gets harder and harder until the point where you feel that it's impossible, and then it starts getting easier.

Eventually you get to a point where most of it is habit and you only have to struggle every so often. Sounds like you're almost at the point of it getting easier. Hang on and KOT.

hatzlacha

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Re: Starting from scratch

Posted by cordnoy - 19 Jul 2013 03:43

Hey, I understand your frustration and I feel for you

It has happened by me as well that I was tempted to sin and my helper fell asleep with phone in hand.

Unlike the answers given before which are probably correct, id like to suggest that the question is not a question; its merely an excuse (and I talkin to myself mainly).

For example, when I was away for a night and I was tempted to visit a place of ill repute, I called my helper from parking lot and together I overcame desire. 20 minutes later, I called from a different place with the same result. A third time as well. By the time I gave in by fourth place, my helper was asleep, and boy, did I sin.

Should I complain to God that hey why'd you let her fall asleep? Don't You know that I needed help? That would be ludicrous.

I'm sure my example is not precisely like you're, but think about it a little. Is He always putting me in temptatious situations? Isn't it true that He prevents some of them from occurring as well? Doesn't it happen that I myself caused it?

I may be wrong (I may be crazy....), but those are my thoughts.

Main thing is it should be bhatzlachah

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Re: Starting from scratch

Posted by gibbor120 - 19 Jul 2013 21:11

[cordnoy wrote:](#)

I may be wrong (I may be crazy....), but those are my thoughts.

"But it just may be a lunatic you're looking for"
I thought it was "You may be right, I may be crazy"?

Hey, where is BOT (Back on Track) when you need him. Anyone hear from him lately???

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Re: Starting from scratch
Posted by roundabout - 21 Jul 2013 00:34

afreshstart39,

Thanks for making my thread so leibidig.

And thanks all for sharing your thoughts to afreshstart39's question. They were all very insightful and helpful.

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Re: Starting from scratch
Posted by cordnoy - 21 Jul 2013 07:32

[gibbor120 wrote:](#)

[cordnoy wrote:](#)

I may be wrong (I may be crazy....), but those are my thoughts.

"But it just may be a lunatic you're looking for"

Hey, where is BOT (Back on Track) when you need him. Anyone hear from him lately???

you are definitely right

"turn out the lights"

by the way; was my answer also correct?

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Re: Starting from scratch

Posted by gibbor120 - 23 Jul 2013 21:14

Sounds good to me.

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