

my journey

Posted by tryingtoworkonmyself - 19 Mar 2014 13:47

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Hi, after much deliberation I have finally decided to start posting. I don't know what it will accomplish but hopefully it will help form the foundation that I am trying to build my recovery, and the rest of my life on. One of the reasons I have been so hesitant to start posting is I'm afraid of what I will actually learn of myself. I consider myself to be a pretty solid guy, with a decent connection to HKBH, but I have had this secret that has only recently come out that has forced me to look at myself in a new light, and I'm afraid of what I might see. I have had a problem with masturbation and porn for sometime now, and have finally taken concrete steps to fix the problem. I don't want to call myself an addict, but I was "using" a little too much and it got a little out of control. As I write this I am now 43 days clean and still going strong. This is not the first time that I decided to stop, but this is the first time that I took serious measures and it is actually working. I apologize if this post seems a bit disjointed, but I'm really just typing what comes to mind and trying to have make sense. I guess I'll leave it at this for now, I'd just like some advice on how to keep my mind out of the gutter when I'm on the computer, as I am on often for college or just stam, and I find that boredom is the biggest trigger I have. Thanks for listening,

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Re: my journey

Posted by Pidaini - 27 Mar 2014 15:21

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Thanks for sharing!

Just one question, what's gonna be after 90 days? What are you going to look forward to after that?

and whatever that may be, then why the emphasis on the 90 days to begin with?

and whatever the answer is going to be for that, then why not use that to stay clean just for today?

KUTGW!!! KOMT!!!

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Re: my journey

Posted by tryingtoworkonmyself - 04 Apr 2014 10:04

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Day 59!! Almost two months sober! You know I never liked to use the word sober, preferring "clean". One session with my therapist I mentioned this and asked her what her opinion was on this. If I remember correctly, she said that clean just means I haven't acted out, slipped or fallen. Sober, however, means that I am living my life in a way that is beneficial to the quality of life that I am aiming for. Its more than just not doing something wrong/bad, its being proactive in shaping my future to what I want and what G-d wants. Just a thought that popped into my head and I thought I'd share with you guys and see what your thoughts are. Anyone else afraid to use the word sober?

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Re: my journey

Posted by Pidaini - 04 Apr 2014 13:37

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I have felt that before, not because I am scared but because I don't think that my entire clean time was sober time.

Sober to me is like a perfect life, where I don't get nervous about anything, where I don't get up tight, where I just go with life wherever life takes me. Now that I'm writing this I don't think that is the true meaning. We all have challenges, and if we deal with them correctly then we are sober. It doesn't mean that everything slides happily as if there were no bumps at all!!

Thank You for bringing that out

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Re: my journey

Posted by kilochalu - 06 Apr 2014 04:33

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webster says sober is "not drunk". It would seem that in our language 'not acting out' would

qualify for that term, but truthfully this is not so if the addiction is to lust than one would have to be not lusting to fit into this definition of sober.

There are other definitions there ayin sham.

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Re: my journey

Posted by kilochalu - 06 Apr 2014 04:38

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Some of us (I) have a hard time saying that we are sober because it reminds us that we are addicts. Your therapist's way of putting it helps to view our whole situation in the light of the positive impact that working on it has on our whole way of living in general. Thanks.

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Re: my journey

Posted by tryingtoworkonmyself - 10 Apr 2014 08:55

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"Some of us (I) have a hard time saying that we are sober because it reminds us that we are addicts."

So true! One of the hardest things in the beginning and still today is using that word. And even now, I still don't think I truly am, even though my problem interrupted my life in a major way. (One of the symptoms of addiction). Even my therapist agrees with me, but I have realized a very valuable lesson, now as I am typing and this flowing, call me an addict, an substance abuser, a guy with hyper hormones or a call me a yeshiva guy, working guy, whatever. Its just a label. As long as we (I) realize that there is a problem that very much needs addressing and fixing, and we are doing all that we can to do so, who cares what we are or were called. We are Yidden working on ourselves, to make our lives better, to make things better for our future, our families and those that care about us.

I am not an addict, I am a work in progress, and when my Father up there decides he wants me back after 120, I will be able to say, "I won!" and I am a son deserving of his Father's love.

(Sorry if none of this makes any sense, once it starts to flow I don't want it to stop.)

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Re: my journey

Posted by gibbor120 - 10 Apr 2014 19:12

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[tryingtoworkonmyself wrote:](#)

...and when my Father up there decides he wants me back after 120, I will be able to say, "I won!" and I am a son deserving of his Father's love.

Hashem loves us whether we are "deserving" or not. Don't worry about "deserving" his love. Feel His love, and love him back. Humbly serve Him to the best of your ability, and don't worry about "deserving" anything. Hashem gives us all much more than we "deserve" and that's ok.

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Re: my journey

Posted by kilochalu - 11 Apr 2014 02:10

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maybe eilu v'eilu...

by virtue of being His sons we are deserving

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Re: my journey

Posted by tryingtoshiteig - 11 Apr 2014 17:37

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I once heard a nice shtickel that relates to this:

The Mesillas Yescharim explains that Hashem created the world in order to give to us, because He is a Tov U'Meitiv. The "prize" that He wants to give us is olam haba, and deveikus BaHashem, which is the greatest possible pleasure that a neshama can experience. The reason we have to be sent to this world is so that we can do mitzvos and "earn" our olam haba, so it should not be ????, "bread of embarrassment," i.e. getting a freebie is shameful.

But the big question is, how does shuckeling a lulav, and eating matzah, and wearing tzitzis,  
) constitute "earning" the infinite

pleasure of being ???? ???? ??????? The effort exerted does not even come close to the magnitude of the "prize"!?!?

The answer I heard was that by doing mitzvos and following the instructions, it's not that we "worked hard enough to deserve the reward." Rather, by following G-d's instructions, we are solidifying our father-son relationship with Him. It is shameful to take a freebie from a stranger, but it is not shameful to receive help from your loving Father, who you have a relationship with. It's expected and natural that your Father gives you goodies, even if you didn't "earn" it! But we have to keep that relationship alive, so it is does not feel like we are getting goodies from our estranged Father.

Does that make sense?

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Re: my journey

Posted by gibbor120 - 11 Apr 2014 19:49

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Love it! Thanks!

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Re: my journey

Posted by tryingtoworkonmyself - 12 Apr 2014 00:35

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I just tried posting my response and it seems to not have worked. But the gist of it was that yes, it is so much more rewarding to know that you deserve His love and kindness, rather than know He only loves me because I am His son. Of course Hashem loves each and everyone of His creations, but some extra brownie points never hurt anyone.

(Day 66, and I'm trucking along!)

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Re: my journey

Posted by tryingtoworkonmyself - 17 Apr 2014 10:06

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Day 72!! (4xchai) who'd have thunk it? gotta keep on pushing forward, one day at a time, every minute on its own... let this yom tov of redemption be a redemption for all of us from all our stumbling blocks. Let's continue to grow and get to Shavuot on the 50th level (or whatever level )

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Re: my journey

Posted by dd - 17 Apr 2014 22:18

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GEVALDIG!!

we're holding at

lets focus on the one day at a time just like the sefirah

gut moed!!!

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Re: my journey

Posted by breath - 23 Apr 2014 15:58

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Hi , I'm here to say thank you:)

I follow your topic with a lot of attention (it's the first time i say that),

Keep posting ,you give me strength.

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