

Shalom aleichem!

Posted by metalking - 25 Mar 2014 21:33

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I've been around the site a little bit. I've been getting the chizuk emails for awhile now and have learnt alot from them. I actually discovered it awhile back but was doing pretty well just following the Breslev approach to life of Rabbi Arush and Rabbi Brody to strengthen one's Emuna in order to succeed in life. I truly believe that following their advice of an hour of hitbodedut a day can help cure even this@!

So why am I here? Because I've been failing at doing the hour of hitbodedut. and so I've been getting into cycles of 1 week clean, then 1-2 days of lots of shmutz and acting out. Lately, i've noticed the big emotion I'm feeling right before acting out is loneliness and disconnected. Too much time spent during the day by myself. Hashem gave me lots of free time to learn but I just can't seem to always sit and do so. Nor can I find someone to learn with. and as much as the Garden of Peace has helped my relationship with my wife, I still feel disconnected from her and others. After yesterday's acting out, Feeling so badly about it finally gave me the push to do hitbodedut for an hour committed to it, in a park walking by myself, the prescribed method. In the past, I would just talk to Hashem when it was convenient, like during my commute to and from work.

So I currently rate myself at level 4. I've decided to download the K9 filter as soon as I can get my wife to do the password/email part; no reason not to have a good fence. Will look into a filter for my phone as well. I read up about the Taphsic method. Its really intriguing and i'm interested in trying but I'm concerned about what distractions would work for me in the double condition method. I dont think the tzedaka or learning options would work for me. It'd be nice to connect better with someone. sometimes I feel as if im fighting not just this fight but the emunah fight by myself. I intellectually know Hashem is here with me but its hard not having even one good friend who I know really believes in this stuff and wants to work on it too. So this makes me finally see the necessity of the groups, the phone conferences, the chizuk calls. Its the connecting to others.

OK, im sure right after I submit this, I'll think of 20 other things to type but for now, that it. HI EVERYONE! oh, and its Metal King, not Me talking. Used to be a big fan of metal music.

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Re: Shalom aleichem!

Posted by Metal King - 26 Oct 2014 04:33

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Ah, isn't it most true of us addicts that we get so caught up in our complex thinking that we miss the simple answer right in front of our nose? And we need the addict in recovery to point out the simple truth.

Thanks Gibbor! :-)

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Re: Shalom aleichem!

Posted by Bigmoish - 26 Oct 2014 05:34

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Long live the king.

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Re: Shalom aleichem!

Posted by gibbor120 - 27 Oct 2014 21:28

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Metal\_King would also work.

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Re: Shalom aleichem!

Posted by Metal King - 27 Oct 2014 23:47

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[gibbor120 wrote:](#)

Metal\_King would also work.

wait, is it gib bor120? or is it Gib Bor1 20? G. Ibbo r120? I'm so confused!

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Re: Shalom aleichem!

Posted by Metal King - 07 Nov 2014 07:35

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Gotta get outta my head so here comes a little mental diarrhea. (Sorry for the imagery)

Last couple of weeks or so have really been a roller coaster. Ill have days that are smoother than smooth. Getting along with wife, children behaving or even when theyre not, He keeps me patient and anger at bay. Surrendering my negative emotions to Him makes them melt away. Life is grand.

Then a day later, nothing seems to be going right. I cant seem to open my mouth in personal prayer even when I beg Him for help. Start feeling overwhelmed by even accidental first glances on the street. Taking off my glasses feels so uncomfortable its practically gehennom. Snap or yell at kids. Lust starts to enter. Lsut even after wife.

And then a day later, smooth again.

Are my expectations so out of line of reality? I know life is not 100% Gan Eden even for those in recovery, but this seems way too choppy. Which makes me want to analyze where I went wrong. Did I not surrender enough? Am I being dishonest with myself somewhere? Is the Ribono Shel olam trying to get me to take on some new step or task?

Today is my birthday and He played a nice joke on me. My wife announces: "Honey, bad news: I'm a niddah." Yes, I can admit. I was hoping, nay expecting birthday sex. and now, I have to fight, check that, try and surrender the resentment I feel...to Him, for saying NOT TONIGHT, buddy! resentment to her for the way she relayed the information. The majority of the time, she's barely into sex but she gives me the bad news as if its a big disappointment to her also....Yeah riiiiight. Now you wont have to hurry me to finish already or complain about the whole messy cleanup to me.

I'm sorry, I know that part of my addiction is wanting others to lust after me, including my wife but is it so terrible that I EXPECT or HOPE that one day my wife would actually physically desire

to be with me because she actually enjoys sex with me? Because right now, I just dont buy it. And this leads to much unhappiness and part of the desire to act out: Why do I want to be with my real life wife who has no interest in being there when I could just masturbate and stare into the eyes of the porn star on the screen? its easier to pretend she's actually into me!

I definitely feel dry-drunk sober at the moment. Why is it that the only time I feel a reprieve from the pressure of life and falling off into the abyss is either when I'm adding personal prayer into my shemona esrai or when I'm at the one and only SA meeting per week that I can attend?

Why are there these days when no matter how many times I say it to Him, I cant seem to give up the resentments, the anger, the worry, the stress,? I admit my powerlessness to them. I feel like I'm working the first 3 steps and yet I get nowhere.

And then another day, I do the exeact same thing and everything works!! what the heck is going on?

I would love a vacation but I think I'd be happy even with smoother sailing.

thanks to anyone who reads this.

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Re: Shalom aleichem!

Posted by Metal King - 07 Nov 2014 22:19

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So today i was thinking about my inner lacking and the importance of a truly caring sponsor.

I recognize in myself the inability to believe that Hashem, who really knows me thru and thru, inside/out, all actions past and present, really loves me.

I think part of, if not all of the reason is because I've never experienced that with another

person. My wife doesn't, shouldn't, and couldn't know every thought of mine. I feel loved by my sisters but they certainly don't know everything. My mother passed away along time ago and my father has his own mess.

The SA meetings help to know others are like me and don't condemn me for my thoughts or actions, and can even relate and empathize. But still, i don't get a real vibe that any of them really give two cents about me outside of that hour either.

If I've found maybe one friend so far outta this, its BigMoish but anonymous online has its limitations.

This is where I'm starting to see the value of finding a sponsor to work the middle steps comes in. To make a real life connection, with someone else, who hears every dirty terrible secret, accepts me for who i am, wants to speak to me when i check in, cares about my success or not. What chizuk that would bring.

Hmmm, maybe then i can start to believe the same about G-d.

I think I'll start davening to Hashem to find me a sponsor. (if i have to ask, then i feel like a pity case)

Thoughts anyone?

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Re: Shalom aleichem!

Posted by cordnoy - 07 Nov 2014 22:28

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People could and do love you even if they don't know every thought of yours.

Perhaps your wife as well.

Although I do not know God, I do know that He loves you no matter what.

your sponsor might care and take a strong interest in you; i doubt he will love you.

The fellows here are all behind you.

We certainly care and want the best of each other.

We meet in coffee salons, bagel bites, pizza restaurants and bowlin' alleys.

You couldn't find a better group of guys.

b'hatzlachah

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Re: Shalom aleichem!

Posted by Metal King - 08 Nov 2014 01:52

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[cordnoy wrote:](#)

People could and do love you even if they don't know every thought of yours.

Perhaps your wife as well.

You missed what I'm saying. I believe my wife loves me. I'm not sure she could/would if she knew me thru and thru, everything I think and everything I've ever done.

And I have friends who I hang out with too. But they dont know everything about me. do yours?

It seems to me that a relationship with a good sponsor provides a real life person who knows the REAL me, all my deepest darkest secrets and still accepts and loves me for who I am. and cares what happens to me.

Experiencing that, I think, would allow me to MORE EASILY believe that Hashem loves me too, no matter what.

But I thank you for your kind words of support.

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Re: Shalom aleichem!

Posted by cordnoy - 09 Nov 2014 05:39

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So, what's stoppin' you?

Many of us took the plunge to open up to real live people; and yes - that does make it feel better.

Does that translate into knowin' that God loves us? I don't know.

b'hatzlachah

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Re: Shalom aleichem!

Posted by Metal King - 10 Nov 2014 16:30

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[cordnoy wrote:](#)

So, what's stoppin' you?

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Does that translate into knowin' that God loves us? I don't k

I know i sound like a girl pinning for the boy to ask her out, but Id prefer for the situation where someone asks me if i want him as a sponsor. If i ask, I'll wonder if he just didn't feel he could say no but wasn't really interested and now has me as this burden.

As for feeling Hashem's love for me more, i did raise that I've felt loved in the miraculous coincidences of life that i them realized weren't coincidences at all, they were His loving hand guiding me the whole time. Bli neder, i should start keeping a "thank you" book of all the times I've felt His hashgacha pratis. Still, having a real life person, a sponsor, to check I'm with, to connect to every day would help with that too, don't you think? Can't hurt :-)

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Re: Shalom aleichem!

Posted by Metal King - 10 Nov 2014 16:50

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Sobriety update:

Bh, Shabbat was two months sober! I continue to see each day that without His help i would fall in no time. I simply cannot cope with life's challenges by myself. Physical pain, like an ingrown toenail or pulled muscle, I'm a big baby. If i didn't pray to Him and stay connected, I'd easily end up turning to lust for a fix.

If i don't ask Him for help being a father, strength in patience and holding back anger and being kind, my kids will drive me nuts and I'll up snapping and yelling at them and making them cry. Which in turn makes me feel awful.

If i don't ask for help to be a good husband and help to internalize The Garden of Peace principles, i get pissed off at my wife and full of resentment.



The only thing keeping me sane and a mensch day to day is consistent prayer to Him.

In fact, as a rule, I'll say: every day of these two months where I squeezed out close to an hour of total personal praying, the day was wonderful; how life seems to be described in recovery.

And every day I failed to pray properly and enough, I felt closer to a dry drunk, the worst days barely white knuckling it to sleep.

Sounds simple but personal prayer for an hour is super tough. That's where maasim tovim really seem to help. Paying shiva calls, visiting the sick (need to do more), going to SA meetings, etc all help me see the blessings in my life and shift my view of reality to good making it much easier to thank Him and ask Him for help with being a better person in return. And that cycle just seems to build on itself.

Thank you Hashem, thank you GYE, thank you Garden books and SA books, thank you friends and fellow addicts who connect with me. Couldn't have done it without your help.

Please Ribono She Olam, please bless me and all the addicts out there in the world, those diagnosed and those sadly unaware to come closer to you and make teshuva, thru SA, GYE, thru the 12 steps, thru Breslev, thru all other avenues You see fit, Amen.

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Re: Shalom aleichem!

Posted by cordnoy - 10 Nov 2014 17:37

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I am not sure what you referrin' to that a sponsor should come knockin' on your door.

If there is such a thing, then go for it; pray for it to happen.

That bein' said, I am actively searchin' out my sponsor.

I will try to complete it today.

I know who I want, and I will keep you posted.

b'hatzlachah to you

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Re: Shalom aleichem!

Posted by Metal King - 10 Nov 2014 20:42

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The second meeting i ever went to, someone said "I'm looking to sponsor someone, is anyone interested"? But i was freshly sober (and i believe you're supposed to be sober 30 days before you get a sponsor.)

I go weekly to a meeting where several guys have been sober long enough to be sponsors. Is it so much to ask that one of them should actually ask me if i want their sponsorship? Or at least they make a general inquiry of who wants a sponsor? I would jump at an offer like that.

Still, I've learned that anytime someone says something to me there might be something to learn from it. So i will note your comment and if i hear the same from many others encouraging me to do the asking, bli neder, i will.

But for now, yes, i will pray to Hashem that he puts it into the right someone's heart and mind to offer sponsorship to me either specifically or generally.

If He's capable of curing you and me of our craziness, what's a little prayer for help with the thought of sponsorship to Him?

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Re: Shalom aleichem!

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Posted by cordnoy - 10 Nov 2014 21:16

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I am sorry if it was taken that way.

I have went to many SA meetin's and I have never heard anyone offer, but I'm sure it happened by you.

Since I was not aware of that fact, i only saw two things.

you want recovery with a sponsor but you are waitin' for him to come to you.

and you also pray to God about your situation (which is a grand thing to do...and one i wish i would utilize more).

That was the basis for my comment.

I apologize again.

I have never claimed to be the most sensitive guy in the world; I do try to speak the truth and get to the point.

My apologies again and hatzlachah on all.

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