

post by lavi (love you all)

Posted by lavi - 24 Jun 2014 00:52

hello everyone out there. and in here.

i have been put under friendly pressure to write more about my struggle. i hereby cave in (me? are you kidding)

before i write my story, a want to thank all the people who viewed my post on "time for debate" and those who have taken time to chat with me. i thank all those of whom i had a geshmake time, and also those who criticize me or my views, (criticism is healthy. keep it up.) that's ok, i can take it. i have thick skin. maybe too thick, that is for you to decide. either way i love you all.

my addiction began with a combination of factors. i had to sell my house. my new business, which had every reason to work, (according to my wife- hey i have to blame someone-) went down the drain. i had to commute every day to work. and i have this computer totally free from a friend, with internet- which i got for business reasons. business was gone. internet wasn't. i'm not so stupid (i know what you're thinking about this) so i do a little surfing. a had a good filter so i didn't get into trouble right away, but something clicked in my mind internet= entertainment.

quite amazing all the info at your fingers. my favorite then was aish- great site.

then the next step someone showed me how to get wifi from different public places.

very cool free net. and my wife isn't peering over my shoulder to see what i'm doing.(they are good at that BH) and then i got a device that could pick up wifi from a mile away. but essentially still a good boy. next step. movies. i haven't watched for years, except now and then (on the plane, grandma's etc.) i discovered that without spending a dime, you can download and/or watch a nice movie. how relaxing. now i know that there are all types reading this, so i don't know if you personally can relate, but movies are gripping, and send the adrenaline rush to the head, (ok If it is a good one.) of course i have responsibilities, but i made thursday night movie night, and all friday kvetch day to my wife about my hard! week (beloney). so i settled for shorter clips. i found that my attention was drawn to what a lot of men pay attention to. women. i found that there was a pull of entertainment in a exciting way, that made the adrenalin rush more than movies. you can call it lust taavah, but the reason it is a little different was that i wasn't looking to masturbate only to get a fix of adrenalin. i guess everyone is a little different. for about a year of this go on, i had time when tried to cut back or stop for whole weeks- but it always came back with a vengeance. it is like a backward hora- one step forward and two back. somehow gye came up. (Hashem sent it), i've been off all entertainment sites for 2 weeks now and i have a picture block- so when i get the news- and don't get the junk. being on gye has saved me. already i see a lot of siatta dishmaya. just one catch, i like to preach to others. my weakness. thanks again for putting up with me.

your friend lavi

=====

=====

Re: post by lavi (love you all)

Posted by Dr.Watson - 26 Jun 2014 00:11

Thank you for elaborating Lavi.

My gut feeling is that this goes deeper than what you describe. What you're essentially saying is that you have an excuse (a very valid one no question) to act out. But that doesn't explain why you wanted to. There are any number of things you could have done, yet you chose to act out lustfully. That must have come from somewhere.

Unless you're not an addict at all, which is entirely possible.

You don't have to answer right away. In fact it might be better to just assume that I'm wrong.

Stick around and keep on posting with complete honesty and Hashem will guide you along your path. I hope your situation gets easier and your financial constraints are eased.

=====

=====

Re: post by lavi (love you all)

Posted by kilochalu - 26 Jun 2014 03:39

[lavi wrote:](#)

after 100's of hours of davening and hoping for salvation from poverty and want(the latter is more dangerous) inside i was ANGRY. when i say inside i mean deep deep, because which adult can logically be angry at Hashem. so the anger takes on a passive aggressiveness that says, ok Hashem have it your way, but don't have ta'anos (demands) on me for acting out. and the rest is history.

in other words one has to be on a high level and it is expected (gulp!) that he makes inner

peace with Hashem in order to clear himself totally of any temptation. and since i am not there yet and i daresay that there are others also not there yet, the challenge seem to be on a lower level on finding ways to improve. But i want to make clear that change has to take place on 2 different fronts, 1) trying anything to distance from triggers, situations etc. 2) generally trying to improve ones satisfaction with life in a positive way.

so my battle is taking place on the other front-distancing. And i know it may sound like just a band-aid. but i feel tremendously encouraged by the 2 and a half weeks clean and my spiritual strivings has risen dramatically.

your friend lavi.

you have quite a clear picture of what the avoda is but you also find the merchak from the knowing to the actually doing to be insurmountable (just like all of us). by a meeting someone brought up this issue of having tainos on Hashem and everyone there (besides maybe 1 person) all admitted to having had the same feelings.

it is hard to deal with what is 'deep deep inside' even though on the outside we have ideas of why it is not really right

did writing it out help at all to alleviate it in any way, maybe speaking it out with a friend or Rav (or your wife (not the pratim just the general nisayon of the dealing with the stressful situation)) etc would help even more,

also focusing (everyday or more) on the positive aspects of your life

I recently heard a nice remez on the gemara in taanis that when someone is sameach with yisurin that itself brings the yeshua. the ben ish chai explains how someone could possibly be sameach with yisurin. if he realizes that they are just temporary and they are there for his benefit so he says it is a vay (like oy) sha'ah (temporary) then those osiyos make the word yeshua ?? ???= ??????!

lastly there is nothing wrong with taking chizuk from the 2 and 1/2 weeks clean if this chizuk is used to help you to continue on with renewed kochos

=====

=====

Re: post by lavi (love you all)

Posted by Pidaini - 26 Jun 2014 07:41

Thank you, Lavi!!

As others have written, I have also experienced the "angry at Hashem, therefore "punishing" Him" attitude. The first thing needed for me to stay somewhat sane is for me to be completely honest with myself, and I do that by talking my feelings to others.

Of course, it's very difficult to admit "I am angry, insulted, jealous, etc" for we were taught that those are not good things to be, so we try deluding ourselves to believe that we don't have those terrible middos, starting the "double life" process. Realizing that we are Human, and that getting those feelings is part of the human nature, but we don't have to act on them and we can learn to deal with them correctly is a massive game changer!!

KUTGW!!! KOT!!!

=====

Re: post by lavi (love you all)

Posted by lavi - 26 Jun 2014 08:47

a yasher koiach-(thank-you) (or for the unfamiliar- may your strength be straight- does anyone know of a better english equivalent???) friends, for all your feedback.

there is also one more point that fuels my anger(see previous post), i call the great Unknown (as opposed to unanomon-who is the small unknown!! sorry, i couldn't help myself).

We are sometimes caught in a rut,(I mean myself-i'm just using plural to make it easier!!!) and we try everything, including asking gedolim, and intensive introspection of ourselves trying to find some kind of hint to what Hashem wants from us, and we come up totally empty-handed, and we stay that way for long time, waiting, hanging, etc. we cannot help but think "Hashem, i will go along(this time!!) with anything you want. one little, little favor please, LET ME KNOW WHAT YOU WANT FROM ME. either here or there, but no answer can be the worst. how different our rosh hashonah would be if afterwards we could see the results.

it takes a extra dose of patience- which brings to humility(and not despair) to accept and say Hashem- if you want me to run around in circles- then i'll do it-and believe that it is good for me

too!!! or take one of my recent examples- i daven with extra kavana for parnosa and i feel strengthened, and i saying some tehilim "thinking Hashem is all just, merciful, powerfull and loves you-" and then my phone rings "hello, this is your dear wife- can you bring home tonight a couple thousand in cash?" i look up to heaven and say "nu, what are You waiting for???"

or in other words" umm, what now, Lord?". and i have to add, yes i believe in everything that we are taught, but this lesson for me is the hardest (i'll get there one day imH).

your friend lavi.

=====
=====

Re: post by lavi (love you all)
Posted by lavi - 26 Jun 2014 20:41

dear pidaini

i would like to diccuss the movie issue with you.

do you have an address? it isn't fair to take up gye space for it.

your friend lavi.

=====
=====

Re: post by lavi (love you all)
Posted by skeptical - 26 Jun 2014 21:51

Why wouldn't it be fair to "use up" GYE space?

The discussion may help others.

Regarding the financial situation, I'm currently going through a very difficult time financially as well. I'm very much in debt (and could only dream of being able to bring \$2,000 home on request!) I know that Hashem is taking care of me and nothing can stand in His way of doing so, so I relax and am happy with what I have.

=====
=====

====

Re: post by lavi (love you all)

Posted by unanumun - 24 Jul 2014 23:36

Hey Lavi,

I was glancing through the 90 days chart. I see you are still going strong. Keep up the good work. I am very happy for you that doing what you do here is working for you.

KOT!

=====
=====

Re: post by lavi (love you all)

Posted by lavi - 25 Jul 2014 00:05

yeah thanks buddy

I am very happy for you that doing what you do here is working for you. -una

i think it's working for me, i just HOPE i'm not ANNOYING anyone.

=====
=====

Re: post by lavi (love you all)

Posted by cordnoy - 25 Jul 2014 00:11

Not me you ain't.

=====
=====

Re: post by lavi (love you all)

Posted by Pidaini - 25 Jul 2014 10:42

=====

=====

you are - saw what?

Re: post by lavi (love you all)

Posted by cordnoy - 31 Aug 2014 09:13

Hey Lavi,

Looks like you're goin' strong in the 80's!

Great news!

Keep it up!

Care to share how ya' doin' it?

No movies?

No shows?

No clips whatsoever?

Or you are, but they ain't leadin' to anythin' worse?

Whatever the case...continued hatzlachah

=====

=====

Re: post by lavi (love you all)

Posted by ineedchizuk - 31 Aug 2014 10:54

Thinking along the same lines, Lavi. (I'm sure your other friends here too.)

Although, as some say about popular threads, 'sex sells', I really identify with much of what you write. Your shares have been real and inspiring. I am sold by the realness in your shares.

84 days- great!

So how have things been going for u?

=====

Re: post by lavi (love you all)
Posted by lavi - 31 Aug 2014 20:21

thanks friends, for the questions and inquiries of my wellbeing.

my journey so far has been a real eye opener, on my own personality and actions.

i plan to post more about when i hit 90, imyirtzeh Hashem.

=====

Re: post by lavi (love you all)
Posted by lavi - 07 Sep 2014 01:41

hello friends and anyone out there.

i have just recently reached the nine-oh. really good feeling.

i wanna thank the staff at gye, and anyone involved with it.

to put in bluntly, they have saved my life, when things went spiraling outta control.

also the fellow posters, who have really give me a tremendous amount of chizzuk, advice and

pointer and corrections, etc. and have a big share in my recovery.

now about the "how"

i will honestly say, that i can only share what i understand, and there is a certain part of my recovery that i don't understand.

my problem was that i had a lot of anger/stress/resentment/frustration, and inside was looking for an outlet and escape from my lot. and the circumstances gave my access to computers with internet...

to be fair to others i didn't have a pre-existing addiction, that many others had for years, rather after viewing bad stuff for around a year, i began to need the thrill more and more often. i would hold out for a while, promising myself only to view decent stuff but somehow, when i felt down, i went for my exciting stuff. after cycles of this, my defences went down, and i repeatedly fell until i felt totally out of control. then i knew there is too much to handle on my own. at the same time, i was dead scared, i was thinking "where on earth am i headed too??"

in the course of a few days i got a decent filter and reached out online for help with addiction, and b.h i found gye.

what helped me was the basic material in the e-books, and more than that, the social connection with all you guys (gye's) and the great advice learning from others about the ins and out of the whole thing. i spent 90% of me free time on gye. easily 2 hours on a normal day and many times even more. this kept me out of trouble in a big way.

about all the movies that where triggers. as soon as i felt strengthened by all the above and i knew that i gotta avoid that tug to bad stuff, my inclination to movies dropped dramatically, my theory to this is, that inside the movies were just an excuse to get to the real stuff, and my vice knew, that if he could keep me on movies, i'll get sucked in sooner or later, so when i made a lot of conscious steps to avoid lust, the will for movies dropped tremendously, also to be honest i did watch a little but mainly 10 minutes here or there, and only the end of the movie, so i didn't get so brainwashed , as those who feel when they watch a whole movie. still room for improvement.

i am trying to take intzy wintzy steps into doing good things with my spare time, so i don't have to be kinda hooked to gye, although i love it, it ain't good to be hooked to anything i think.

the times i came really close to falling was when my computer went crazy and i had to use a different browser and options, where i was not on home territory where i has my presets, which give clean stuff. in the end of the day, i definitely think i got a lot of siatta dishmaya, because i know people who haven't made much progress, even though they may have done much more

recovery steps than me.

a small personal addition: i daven for everyone in gye every day. it is true. i love you all.

=====

=====