

From tragedy to redemption

Posted by Hashivalisesonyishecho - 08 Jan 2015 10:00

I am a middle aged person, highly talented, but leider unaccomplished. I seem to have some strengths but not the strength and the resolve to do what it takes to use my talents to be what I can be. I have had lot's of tzaros in my life which have gotten the better of me and eventually removed me from my learning and my general Ruchnius success. I was not omed benisoyon. I am ashamed of myself. On the outside I still seem like a basically Choshever person but nobody knows what I really am. When I was a Bochur and a young yungerman, everybody was sure I would turn out to be one of the Gedolim. That hasn't happened(yet). I would never tell anyone of my worst failings, but this failing of me not succeeding to fulfill my potential is known. I guess people may have long ago forgotten what was supposed to become of me but looking at me now they see nothing but an empty wasted soul. I haven't forgotten the original plan and somewhere deep down I still hope Hashem will give me back my neshama. My Boosha is maybe a good thing in a way because it keeps things from getting more out of hand. But it makes it impossible for me to get the support and encouragement that might help me do what I should. Maybe I could get the support here. I am middle aged but my mind knows that it isn't too late. I need my heart to know it too.

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Re: From tragedy to redemption

Posted by cordnoy - 18 Jun 2015 03:50

[Hashivalisesonyishecho wrote:](#)

You serious?!

That's like telling a woman 'I want you'. It's asking for trouble. Anyway at the very best it's turning our strictly business connection (at least officially) into a personal one. I think the more distance the better, and that would be being marbeh sicha in a big way.

no; I don't think you should tell her.

The other method discussed here - maybe.

But ultimately, we need to learn to live life; until then, we are treadin' water in deep waves.

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Re: From tragedy to redemption
Posted by shlomo613 - 18 Jun 2015 13:02

My industry doesn't have me dealing with people dressed a you've described - so I can't imagine how I would feel in such a meeting.

I know that *arayos nafsho shel odom mechamoson* - and it's like a red flag for a bull, all my hormones, lust and desire would kick in - as it jolly well ought to when presented with sights like that.

The guys on this site who suggest they've got to a place where they're not unbalanced by this is a real achievement and madreigo. Would I be wrong to suggest that previous generations wouldn't have managed it? And that it's only because we've been thrown into the den with this devil that we have had to learn to fight it. But wow! What a gedullah.

As I said, I haven't had such big challenges so I can't speak, but I hope I'm not wrong to suggest that with time and a large number of instances of effort; and with growing desire for kedush, it will ease?

I'm reminded of the story of Reb matisyahu Ben chorosh who poked out his eyes - and Hashem assured him he would no longer have a temptation. Maybe we can suggest the following pshat: His no longer being tempted wasn't so much a miracle as natural. This is because by him poking his eyes out he was moiser nefesh for shmiras einayim. When a person reaches a point that he so much doesn't want to sin (to the point of such mesiras nefesh!) then his desire is no longer to sin! It's like he's disassociated from lust. The desire not to sin has kind of taken over other bodily desires and booted them out.

So maybe, in our own little way when we through many small victories build up the desire to have shmiras einayim and kedusha, the temptation is less troubling and intense.

I'm interested to hear other suggestions how it works (if indeed it does) cos even of there's truth to this, it is probably just one aspect of how things work.

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Re: From tragedy to redemption
Posted by Hashivalisesonyishecho - 18 Jun 2015 14:22

[Gevura Shebyesod wrote:](#)

You don't have to actually tell her, just imagine that you had to. Or imagine that she could read your mind. I use a similar trick sometimes when I am in a place with lots of "interesting" people to look at. I pick someone who I respect and imagine that he can tell what I'm looking at and thinking.

The truth is that Hashem really does know all but for some reason it's harder to imagine that, it's easier when we pretend it's a person. "Halevai Sheyehei Morah Shomayim Kemorah Bassar Vadam..."

Ok I understand. I was taking serenity's idea too literally. I have another meeting today and I don't know whether there will be women. From my experience in this type of meeting, my guess is there may very likely. I plan to try this type of plan. Thanks.

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Re: From tragedy to redemption
Posted by serenity - 18 Jun 2015 14:33

Ditto, to what Gevura Shebyesod says. I'm talking about evoking a state of mind. I had no expectation that you would actually do that. Although if our state of mind was different, it could be a very effective tool. Personally I wouldn't have the guts to do it.

I will say though that I know a guy (married with kids) who is not religious at all and is approaching a year of sobriety who is constantly involved with women in his profession (he's a drama teacher). He was talking to a fellow female teacher and objectifying her. He said to her, I need to apologize to you because I'm objectifying you. She accepted the apology. My first thought was that she could actually find that attractive and could make things worse. I just want to say, that is really the thinking of a lust addict. We (lust addicts) are not seeking a loving intimate relationship with that woman we meet in business, no matter how much one may think he is. If we were seeking that, we'd go home to our wives. We are having inappropriate thoughts that we are ashamed of. They are inappropriate not only because Torah says so, but because they aren't healthy and are even more inappropriate if we are married and/or professing to be living a religious moral life. So we are having thoughts that betray our beliefs, wife, kids and friends. We are living a double life. This totally non-religious guy understands that and he knows that the more he keeps these thoughts as a deep dark secret, the more he will allow himself to have them. Once these thoughts come to light, he can no longer entertain them. That's the place where this shagetz am-haaretz guy (as some may look at him) with sobriety is holding and

many here can only dream of sobriety like his. Hashiva, you don't have a strictly business connection with these women, you just pretend to. I'm sorry to say but when we think like that, we are living one big lie.

As a continuation of the above point and in reference to some of your other comments, these women are not your problem. You are your problem, just as I am my problem. And every time I think that some woman is disgusting in anyway, I am just looking at myself in the mirror, because I am every bit as disgusting. I'm even more disgusting because I am living a lie and a double life. This woman is at least being honest.

You see a guy like Gevura Shebyesod has a response like he did for a reason. He's a healthy thinking guy and his sobriety shows it. He's living in the solution. He's not giving away his Power to women that he would otherwise may have at one time described as disgusting or pritzus. Hashiva, every time we look at a woman as our problem, or think of her as inappropriate or disgusting, we are giving our power away to her and we are giving her power over us. Aside from the lie we are telling ourselves, the lie that she and not we are the sick ones. She may be sick as well, but that really not our business and should evoke our ruchmanus if anything.

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Re: From tragedy to redemption
Posted by SIB101854 - 18 Jun 2015 15:26

I agree-the best approach that any of us should take when we see an inappropriately dressed woman either in a business setting or on the streets anywhere is rachmanus. and then adopt what I call the blank subway stare. It works wonders.

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Re: From tragedy to redemption
Posted by SIB101854 - 18 Jun 2015 15:32

I think that the approaches of rachmanus in the office setting and the subway stare when you are leaving work should be employed. Once you even imply that you have anything in common besides working together, you are asking for trouble.

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Re: From tragedy to redemption
Posted by serenity - 18 Jun 2015 15:46

I can relate to that. Thanks.

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Re: From tragedy to redemption
Posted by Hashivalisesonyishecho - 18 Jun 2015 16:18

[serenity wrote:](#)

We (lust addicts) are not seeking a loving intimate relationship with that woman we meet in business, no matter how much one may think he is. If we were seeking that, we'd go home to our wives.

Why would I think I'm seeking that?! I'm meeting about business with no other intention whatsoever, but then during the meeting other thoughts occur which I am trying to learn how to avoid having.

[serenity wrote:](#)

Hashiva, you don't have a strictly business connection with these women, you just pretend to. I'm sorry to say but when we think like that, we are living one big lie.

When a person needs to go to the grocery and on the way he doesn't control his eyes, that doesn't (necessarily) mean that part of his reason for walking outside was to see women. His reason was only to get to the grocery but on the way he had a nisoyn. The same is with this. I am speaking to this woman ONLY because of business, the same as that drama teacher you referred to who isn't there because he wants to fall. He's there to teach. But then we have certain difficulties. This is the truth. To be extra accusatory on oneself beyond the truth isn't productive, because it make being honest with true self accusations foggy because you don't feel that this one is really true because you attack yourself falsely too.

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Re: From tragedy to redemption
Posted by cordnoy - 18 Jun 2015 17:24

[serenity wrote:](#)

I can relate to that. Thanks.

I can't.

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Re: From tragedy to redemption
Posted by belmont4175 - 18 Jun 2015 20:48

[serenity wrote:](#)

As a continuation of the above point and in reference to some of your other comments, these women are not your problem. You are your problem, just as I am my problem. And every time I think that some woman is disgusting in anyway, I am just looking at myself in the mirror, because I am every bit as disgusting. I'm even more disgusting because I am living a lie and a double life. This woman is at least being honest.

You see a guy like Gevura Shebyesod has a response like he did for a reason. He's a healthy thinking guy and his sobriety shows it. He's living in the solution. He's not giving away his Power to women that he would otherwise may have at one time described as disgusting or pritzus. Hashiva, **every time we look at a woman as our problem, or think of her as inappropriate or disgusting, we are giving our power away to her and we are giving her power over us.** Aside from the lie we are telling ourselves, the lie that she and not we are the sick ones. She may be sick as well, but that really not our business and should evoke our ruchmanus if anything.

Serenity! very well said, it gives light to the whole issue, Congratulations to your 90 days, may you see many more years of real sobriety.

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Re: From tragedy to redemption
Posted by SIB101854 - 18 Jun 2015 20:54

In other words, the issue is not that of women's attire or being attractive , but rather how we choose to react to that phenomenon.

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Re: From tragedy to redemption
Posted by cordnoy - 18 Jun 2015 22:50

[9494 wrote:](#)

Hashiva, I have not analysed your posts too closely, so apologies if I am going off track here.

Maybe the problem is that you are approaching each meeting as some sort of milchama. In your mind, she is the yetser hora, she is a disgusting, tumadik, satanistic, pritsusdik, untznusdik "shwartzte shiksa". Perhaps you are obsessing over the situation and hyping it up way more than is necessary. It is true as you say that you have to meet with her, but from your posts it seems like you view each meetings as world war(maybe you even secretly enjoy the

battle:blink: ?).

Perhaps try to view it as exactly what it is: A business meeting between two adults, no big deal here. She dresses a certain way due to personal lifestyle choices. And you happen to be a healthy male who may notice her style of dress (or lack thereof).

But if you go into the meeting thinking constantly OMG OMG OMG OMG I have to meet now with this shikسادik pritzudik this and that - you are setting yourself up for disaster.(Although I am personally guilty of this all the time).

To summarise, perhaps we are trying to hard, thinking too hard, and really need to take a chill pill regarding these meetings with women.

amen!

a chill pill....hu?

perhaps like before one goes to university?

or perhaps before the kiddush shabbos day?

or perhaps before the exam?

or perhaps before the meal with family members?

or perhaps before vacation to the mainland?

or.....

b'hatzlachah

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Re: From tragedy to redemption
Posted by cordnoy - 18 Jun 2015 23:37

[9494 wrote:](#)

9494

(Although I am personally guilty of this all the time).

You da man!

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Re: From tragedy to redemption
Posted by Hashivalisesonyishecho - 19 Jun 2015 05:11

[9494 wrote:](#)

Perhaps try to view it as exactly what it is: A business meeting between two adults, no big deal here. She dresses a certain way due to personal lifestyle choices. And you happen to be a healthy male who may notice her style of dress (or lack thereof).

Right, it might ease the problem if I take a chill pill. But the situation itself, even when chilled, poses a problem. The problem is my healthy maleness noticing and the thoughts that follow.

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Re: From tragedy to redemption
Posted by shlomo613 - 19 Jun 2015 09:08

[cordnoy wrote:](#)

[9494 wrote:](#)

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or.....

b'hatzlachah

Maybe a chill patch or a chill injection..

Btw I'm loving this thread some good stuff coming up.

Really discussing relevant topical stuff in a practical way.

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