

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: A tragedy of the human condition

Posted by serenity - 16 Jan 2015 08:44

. An addict can't control his addiction. The control is to not take that first lust hit and to work my program. I was only able to stop the addictive behavior when I stopped trying to control it. As far as the 86 days go, thank you for your kind words. The only thing I can hope for is a daily reprieve from the obsession of lust.

I have a lot of work to do on my 1st step in SA, so I won't be able to post much for awhile.

Hatzlacha!!!

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Re: A tragedy of the human condition

Posted by newaction - 18 Jan 2015 17:32

Hi Hashiva , thinking about you --only good things .Keep up the good work !

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Re: A tragedy of the human condition

Posted by Hashivalisesonyishecho - 18 Jan 2015 19:49

There is an underlying philosophy in my posts on this thread and others. Actually it's what I have been(and continue to be) taught my my Rabbi. I don't wish to name him because that would identify me among those who know me. He says that the reason the 12 steps works is because it gives a new purpose and reality to the persons self. When a person has a 'self' then he doesn't wish to destroy it. The reason addicts are addicts is because they are lacking the ego(in the Freudian sense). What drives the addict to look for a solution in the first place is the negative motivation such as hitting a painful low. The non addict rules over his yetzer hora through positive motivation. He has something more valuable and doesn't want to trade. So while the person is in the 12 step program, he should also try to uncover his ego and find himself. He should try to get to know what his ambitions are and what he really likes and values in life.

The next post is specifically about me.

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Re: A tragedy of the human condition

Posted by Hashivalisesonyishecho - 18 Jan 2015 20:05

I read somewhere in these forums that someone tells about his having done well in the past but has fallen and now can't find the strength to do well again. I think I have an understanding of this and I'm afraid of it for myself.

I have been on a clean streak for over 2 weeks now. I've been clean for this long and even much longer in the past but this time is different. I'm clean in a way I don't remember being before. I'm behaving like the way I think is correct. I'm not looking at women on the street or anywhere. It's not that I'm walking around like a zombie with my eyes down. I'm just not looking and gazing. It's as though I wouldn't be interested. That's amazing for me. I feel as though I found a new strength in myself, a new self a new reality. I am also behaving with more tznius with my wife. The experience is less lusty and more wonderful. She actually seems to be

enjoying it like never before. What I'm afraid of is that if chas vesholom I fall I might feel like that new reality doesn't really exist and I don't know where I will get the strength to do it again. We have no idea how much we destroy ourselves with each time we fall.

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Re: A tragedy of the human condition

Posted by Hashivalisesonyishecho - 18 Jan 2015 20:31

newaction, thank you for thinking about me. Your ahavas yisroel is beautiful. I'm touched.

The same goes for belmont4175 serenity cordnoy watson and others. I have a lot to learn from you wonderful chaverim.

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Re: A tragedy of the human condition

Posted by cordnoy - 18 Jan 2015 20:51

[Hashivalisesonyishecho wrote:](#)

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Please, for your sake, don't worry about what will be or what won't be; it is not a healthy exercise.

Keep up the good work!

b'hatzlachah

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Re: A tragedy of the human condition
Posted by Hashivalisesonyishecho - 18 Jan 2015 20:54

cordnoy, can we be in control of what we worry about?

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Re: A tragedy of the human condition
Posted by newaction - 18 Jan 2015 22:50

Wow Hashiva li i am so impressed by how just by watching your eyes in a more mindful way is giving you this beautiful sensation . And your wife will sense it too. Elaborating a bit on what Cordnoy wrote and your question about it . I would say it is like driving a car . Your eyes have to be straight high on the road ahead;not thinking and worrying about every passing car to your right or to your left saying "what if this or that one ". You will feel too overloaded and wont be able to concentrate in what you really are supposed to be doing now at hand. It is good to have "trust in the process" and making sure you are doing your job. If C"V there is a fall, it shows that somewhere and somehow you were not watching all the street signs or keeping within speed limit or the like . Just look back learn and try again eventually it will work for you , with G.od's Help of course.

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Re: A tragedy of the human condition
Posted by cordnoy - 18 Jan 2015 23:14

[Hashivalisesonyishecho wrote:](#)

cordnoy, can we be in control of what we worry about?

Yes!

We can control what we obsess about - in most cases.

Most of what I say is from my experience.

I know that in the past, when a fantasy began in my mind, I allowed it to increase, expand and torture me. I now have the ability, with God's help and assistance, to curb this thought process, and it is what I call that we do not allow it to fester.

Regardin' the future, yes, I have been involved in many discussions on this site, but everyone knows me as the "no thinkin'" guy. We can think ourselves to death. We can torture ourselves. It does minimal good.

I have been involved in many 'thoughtful' conversations.

I started writin' some, then deleted 'em, for I was worried that some might take advantage and start to answer 'em, and that was not my intent.

Perhaps not all thoughts, but there are many that we can put a stop to - especially when we truly realize the stakes.

b'hatzlachah

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Re: A tragedy of the human condition

Posted by Hashivalisesonyishecho - 20 Jan 2015 01:51

Chello everybody, Chai!

Today is day 18, Chai.

It's certainly worth a L'CHAI'M. We should all be zoiche to nachas ans simcha from our accomplishments.

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Re: A tragedy of the human condition

Posted by belmont4175 - 20 Jan 2015 03:36

Hashiva! so do you still think of yourself as a failure? going forward and focusing on today is way better, continue you will get there IYH.

Be'Hatzlacha!

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Re: A tragedy of the human condition

Posted by Hashivalisesonyishecho - 20 Jan 2015 18:54

It'll take some work for me to feel not like a failure. The person who used to run the marathon should feel good that he is taking baby steps in recovery. It's something to work on and would probable be good for the actual recovery too.

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Re: A tragedy of the human condition
Posted by Watson - 21 Jan 2015 00:36

I think if you keep working your program one day at a time and allow Hashem to lead you along your path, one day you will not feel this way at all.

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Re: A tragedy of the human condition
Posted by gyeadmin - 21 Jan 2015 01:29

I agree with you

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