

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 ddm11219 - 25 Jan 2015 20:47

lets ask hashem

we cant....

we are powerless....

ich ken nisht alein....

helf mir.....

ask for me too

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Re: A tragedy of the human condition

Posted by Hashivalisesonyishecho - 25 Jan 2015 20:55

[ddmm11219 wrote:](#)

lets ask hashem

we cant....

we are powerless....

ich ken nisht allein....

helf mir.....

ask for me too

I was thinking of following this advice when I daven mincha, but I'm thinking not to wait until then but just to ask hashem for this now in my own words.

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Re: A tragedy of the human condition

Posted by Gevura Shebyesod - 25 Jan 2015 21:10

Hatzlacha and KOMT!

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Re: A tragedy of the human condition

Posted by serenity - 26 Jan 2015 00:17

I was breaking some of my rules today. Starting to look and lust. I caught myself and made some calls and now I'm fine. So reaching out to people is definitely a good idea.

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Re: A tragedy of the human condition
Posted by newaction - 26 Jan 2015 18:35

Euphoria can be a cause of it , serenity . Like after reaching 90 days or when feeling too good and secure about ourselves . But just keep an eye on your track and keep up the good work ! Behatzlacha to all.

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Re: A tragedy of the human condition
Posted by Hashivalisesonyishecho - 27 Jan 2015 01:27

[Watson wrote:](#)

What I've seen in my time here is that when people start to overcome lust, the potential that was being held back starts to shine through.

I think I am functioning just an iota better. I still have a long way to go but a step in the right direction needs to be noted.

I attribute the improvement, as Watson says, to my new action in this area. I am not by any means in a state of euphoria nor am I looking for that, just a bit of serenity.

I thank you all.

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Re: A tragedy of the human condition
Posted by serenity - 27 Jan 2015 08:15

Hashiva, We were talking about motivations for change a while back. You were positing that fear may be whats finally motivates an addict. I would suggest that pain may be the greatest motivator for change.

Hatzlacha!

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Re: A tragedy of the human condition
Posted by shomer bro - 27 Jan 2015 08:23

My motivation is a mix. There's the pain it causes me spiritually when i lose my connection to Hashem. That usually leads to sadness, which translates to emotional pain. Then there's the fear that it's getting worse, and the knowledge that it's really up to me to work on it. Ultimately, it's the knowledge that i have to do it tells me that i CAN do it. Of course, it's very hard to then do the soul searching to locate the causes for my acting out and work on them.

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Re: A tragedy of the human condition
Posted by Hashivalisesonyishecho - 27 Jan 2015 08:50

[serenity wrote:](#)

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Hatzlacha!

[shomer bro wrote:](#)

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I think that when pain is the motivating factor that's a good sign. It means that there is an ego there(in the Freudian sense). 'I hate the way this feels to be this way. I want to be a mentch'. I think if you would give some thought to the pain, you would find out how much good you actually strive for, because that's the reason why you feel pain about not achieving that level. To take it a step further, we know that what you strive for and care about and what is truly meaningful to you, is actually what defines you. So your pain and striving and longing is a sign of the greatness and goodness that exists inside you and wants to come out. I think it's important to know what your pain is and therefore to know what you strive for. And then reach for it!

I also think that the more you really deeply see yourself as good and the more you see your strengths as a reality, the less likely you are to fall. Not out of fear or even pain but out of a non willingness to give up all the good that you have. The nisoyon will actually diminish. I think so.

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Re: A tragedy of the human condition

Posted by Hashivalisesonyishecho - 27 Jan 2015 09:10

I think that this was the source of my problem. I had a very lot of tzaros, lo alaichem. I was not able to sustain my previous levels of learning and zehiros bemitzvos. That made me feel like a nobody. That I couldn't withstand the nesoyon of what I was going through without giving up my ideals. It made me feel that my idealism wasn't real, because if it had been then nothing would have made me give it up. So if I'm anyway nothing then....

I think there were times when the only thing that actually allowed me to feel that I still have goodness in me was the fact that I was in pain about not being good. (Sometimes this even made me fall because falling gave me a good dose of pain which reminded me that I exist.) That's why I'm so longing for the ability, and for the reawakening of my strong desire and

resolve, to function, so that I can see myself as a person.

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Re: A tragedy of the human condition
Posted by Reb Yid - 01 Feb 2015 11:09

Hashiva,

We have met on another thread and I took the liberty to read through this wonderful thread of yours. Your growth and progress is truly amazing and beautiful.

After reading all of your posts, one thing seems to be jumping out at me. It is so very hard for you to be totally open and honest about your past challenges and current struggles. Even so, you have slowly but surely begun to reveal more and more. I encourage you to find the strength to continue to do so - at your own pace. For me, so much of the shame and guilt eased when I was able to be open and honest and fell the love and respect from the crowd.

As to not wanting somebody to know who you are: There are many people who you can talk to who will have no reason to know you in real life. Also, many of them would not judge you even if they did. I would urge you to follow some people on this site around. Meaning read their posts. Learn about their program and recovery. You will find so many people who even if they did know you would never reveal that info and would not judge you any less. I for one am a Sefardi Jew who lives in Lakewood, NJ. It is highly unlikely that our paths have ever crossed. Feel free to reach out to me via email and I'd be happy to talk over the phone.

Last but not least. As to the feelings of guilt. If you have not listened to Rabbi Reisman's shuir. Link here: (www.guardureyes.com/GUE/Music/mus/ShiurYesodos.mp3) I urge you to do so.

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Re: A tragedy of the human condition
Posted by Hashivalisesonyishecho - 01 Feb 2015 11:23

Reb Yid,

I was just in the middle of responding to you on the other thread when I noticed that you posted to me here. I totally agree with what you are saying here, about how wonderful the chaverim are. I thank you for the invitation, but I'm not ready yet.

I have been impressed many times by things that are communicated here, including your posts. Your most recent post on the other thread speaks volumes about your integrity. And your approach, although different from mine, is clearly one of integrity and courage as well as other good qualities. Although I have a different approach, I have learned and hope to grow from what have written on the subject.

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Re: A tragedy of the human condition

Posted by Hashivalisesonyishecho - 01 Feb 2015 11:27

I'm reporting about my business meeting on Friday. It well well in the sense that I kept clean from any small talk with the women. I looked at them the minimum needed in the discussions. I don't think I had this strength before I began using the tools on GYE.

I also must that Hashem and his loyal servants here that I past the 30 day mark.

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Re: A tragedy of the human condition

Posted by newaction - 01 Feb 2015 12:54

Wonderful report Hashivali , you are inspiring to us all. Always remember that a Power Greater than yourself is the ONE doing the job for you . He is the ONE fighting our old bad habits and helping us acquire new good ones. In last week's parsha , the mighty and powerful Egyptians started to run away , when ? when they realized

"?? ?" ????? ??? ??????" that Hashem is making the war for the jews against the Egyptians . Your job is to have Him in your mind and let Him be Boss of all your affairs and be mevatel yourself to His Will and then sit back to watch the miracles He will do for you . That is granted ! ????? ?????? ! Keep Up Mega Trucking And Hatzlacha in your journey .

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