

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 unanumun - 01 Feb 2015 16:38

Great accomplishment. Be proud of youraelf. Keep up the good work.

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Re: A tragedy of the human condition

Posted by Hashivalisesonyishecho - 06 Feb 2015 04:43

I'm worried. I'm lately not as good as I had been in the earlier part of my clean streak. I don't think what I did is considered a fall but it is certainly a slip. I don't want to say exactly what I did because I don't want to give anyone any ideas. But in short I was looking for trouble but didn't quite find it. Not in a very bad way at least. I wasn't looking for major trouble but I was heading down the wrong path for sure. Also besides for that isolated incident I'm generally not as sober. Interestingly what I had reported that my intimacy with my wife has improved with my higher level of being clean, that seems to have dwindled a little along with the general dwindle. I don't see exactly what I did to cause that but the coincidence is remarkable. I feel that I desperately need to fill the voids in my functioning in general in terms of learning. I should really give that issue over to hashem. I do daven for it a lot, but it still hasn't really improved. I feel that while I'm

generally wasting my days I'm in a bigger danger of falling in the shmiras ainayim area. I wish I could get my act together.

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Re: A tragedy of the human condition
Posted by serenity - 06 Feb 2015 05:16

Since you had a test and didn't fail, you may find that you feel really good about that tomorrow. That was my experience a few times anyway.

Hatzlacha!

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Re: A tragedy of the human condition
Posted by newaction - 07 Feb 2015 16:45

Thank you for sharing that , you did a very but very important step in writing it down and sharing it with the forum. I think your logic is the other way around. By not saying what happened you give us many ideas so the general rule is the more you share the better it is for yourself so you get feedback on the specifics and not just on the general .Worrying has NEVER helped anybody , that is not what you are supposed to be doing. AWARENESS is essential and that is what you did , you are feeling the change of "winds" and where are they heading. Use your lust / slip / almost fall , for your advantage . Meaning its like an "alarm light" telling you that your tank of spirituality got a low reading and now its time to fill it up . That is all . See what needs Chizuk , reinforcement , going over the basics or adding tools .

Hatzlacha in Journey towards healing !!

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Re: A tragedy of the human condition
Posted by cordnoy - 08 Feb 2015 15:21

thanks for the share.

As long as you're not explicit in nature, it usually goes well.

Take a look at step 1.

b'hatzlachah

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Re: A tragedy of the human condition

Posted by Hashivalisesonyishecho - 09 Feb 2015 23:14

Thank you for referring me to step 1. A while back I started reading the white book but then neglected to continue. Now you have brought back to it. I read steps 1-3 and I see that there is a tremendous amount of wisdom there. They basically cover the ikarim of emuna and that therefore we must place ourselves under hashem's rule. We all knew this all along but in order for it to work, to bring a person to really be close to hashem it needs to be real. And the steps explain this clearly and demand particular actions in order to make sure that it's for real. One such action is admit to another person/other people. This is a major step. I am not ready to attend meetings. But I am getting close to the idea of talking to a single individual. I don't know whether I am considered an addict by certain definitions but I have gone against my better judgement and viewed porn. At the time it seemed as though I was overtaken. It is certainly a testimony to my flawed character. I also find that I am not following my better judgement in certain other areas of my life and I see that these steps include all flaws not just the main one being addressed. I often allow the hours to pass when I could be learning and I just lazily do other meaningless things instead. I don't know whether this is under the same umbrella exactly but I see this as another case of my flawed character and the lack of being capable and that I am helpless. Step 2 calls for coming to know that there is a power controlling this, that power being hashem as we know him. This becomes apparent to the person by seeing other people who were helplessly drowning and were uplifted from their rut. If a person just attributes it to fate he will ultimately not surrender to anyone so he needs to see clearly that there is a power controlling things and not just chance. This is an indispensable element of emuna. I don't exactly see how to get there though. In other words for it to be real.

I beg hashem to help me.

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Re: A tragedy of the human condition

Posted by newaction - 10 Feb 2015 00:15

Thanks for your share Hashiva . You wrote you dont exactly know how to get there . Its a work of a lifetime . But i can tell that slowly but surely , you ARE getting there. Keep on Trucking. The whole 12 steps could be summarized in six words : Trust G.od , Clean House ,Help Others. Behatzlacha !

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Re: A tragedy of the human condition
Posted by yiraishamaim - 10 Feb 2015 01:41

I know to some extent how you must be feeling. I am in my fifties - and I certainly have underachieved. Just humbly follow the GYE ways and you will most certainly become a *kaily* that is worthy of Bracha Vehatzlocho. Then look ahead. You will indeed make it - put your best foot forward and let G-D be your pilot.

Hatzlocho!

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Re: A tragedy of the human condition
Posted by serenity - 10 Feb 2015 03:47

Not sure if I sent you these recordings previously, but I think you find them to be very helpful.
www.dropbox.com/sh/a6tngb17x023a3m/AACjRMouhxj5rbW15XPuuJUXa?dl=0

Hatzlacha!

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Re: A tragedy of the human condition
Posted by Hashivalisesonyishecho - 10 Feb 2015 03:58

yiraishamaim, I see that you mentioned underachievement. Several people here have

mentioned it, and for me it is a major issue, which I still hope to resolve, although I don't know how.

I wonder if I may dare suggest something and i wonder if the moderators would consider it appropriate. I have already eluded to this before. Maybe we can make a thread or a category of threads which discuss and deal with achievement and the problem of underachievement. I think lots of the same principles of the 12 steps can apply to this problem too.

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Re: A tragedy of the human condition
Posted by GYEmember - 10 Feb 2015 05:22

[Hashivalisesonyishecho wrote:](#)

Here goes.

I was once at a friend's house and his younger sister was sleeping on the couch and not properly covered. She was sound asleep so I took the opportunity and kissed her in the very worst place.

You are not alone in this type of thing. I did something similar when I was a young bachur.

However the girl was really awake and I did not know it. She told my sisters, and I got in trouble. For that I have done complete t'shuva b"H, but I am still overcoming my problem with pornography and masturbation. I also have a rebbi who deals with all these sorts of issues, who told me, when I told him my story, that he'd heard similar. I guess we are not alone.

I write this to give you chizuk in this area that you are not alone.

Much hatzlacha!

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Re: A tragedy of the human condition

Posted by Hashivalisesonyishecho - 10 Feb 2015 05:55

[serenity wrote:](#)

Not sure if I sent you these recordings previously, but I think you find them to be very helpful.

www.dropbox.com/sh/a6tngb17x023a3m/AACjRMouhxj5rbW15XPuuJUXa?dl=0

Hatzlacha!

Thank you. I'm listening to the first audio. I heard something which I also actually understood from my reading earlier today. That one doesn't admit and surrender until they reach the bottom. Only then can they potentially recognize that their way doesn't work. Bill described their reaching bottom as 'falling faster than they can lower their standard'. So what if someone isn't exactly at such a bottom, is there no hope for him? I would like to make today's level to be the bottom for me. I think in order to do this I need to think about and discuss with others how bad my current position is until I feel the 'bottom' feeling. I do hate myself for being the way I am but apparently not enough. What could be more disgusting than destroying one's self. But I suppose because I have been basically the same failure throughout the years, it hasn't shocked my system. But the fact is I have discarded and continue to discard my life and capabilities and opportunities. It is a bloodless suicide. I am a churban. I would like to surrender this way of life.

May hashem help us all, and me too among the rest.

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Re: A tragedy of the human condition

Posted by newaction - 10 Feb 2015 07:16

You were under the influence of a big sickness (and you still are , and you always will be). To think of yourself as a "churban" doesnt really help. But the truth is Hashem has done for you a Chesed Olam in enlighten you , bringing you to GYE , having you start your journey to recovery , starting you in recognizing how to be humble , etc., etc., ?? ?-??-?-? ?-?-?-? . So you should rejoice in your lot. And be strong to continue , its a long road ahead of us and you need all the ???? and right attitude to life to travel in it. Hatzlacha !

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Re: A tragedy of the human condition
Posted by serenity - 10 Feb 2015 15:14

Read chapter 3 of the AA Big Book. It talks about the ability to stop at the early stages of the disease if the desire is great enough.

I believe your bottom is where you decide it should be. When you decide to stop digging you're at bottom. There will always be someone else, who has dug down deeper. I think the struggle to decide whether or not we are at bottom, is merely the struggle to decide if we are ready to give up our drug. I was arguably far from bottom concerning alcohol, and yet I remain full force in AA and haven't had alcohol in 17 months. It just isn't the person I want to be anymore. I don't need to end up almost dead in the ER to decide I hit bottom. Another way to look at bottom is when I start climbing, I'm done with digging. Just keep climbing one day at a time. Personally I don't think bottom is decided by how low you've gone. I think it's determined by how high you want to go. Why flirt with disaster? Why flirt with bottom. Btw looking to other people to see if your at bottom is very common among addicts.

Hatzlacha!

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