

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 Dov - 11 Aug 2015 16:59

You guys are too funny!

Regarding a three-legged stool, one of the brass 24hr-chips I carry in my pocket has these words on it:

Honesty, Openness, Willingness (HOW)

For me, **Honesty** isn't fully real till it is with another person. And the person must be one who already thinks they know me...but my admission clarifies to them **full** truth about myself.

Openness is a skill to learn - not merely a thing we do. That's why dramatically 'telling all' is not what it's about. It's about what happens afterward: establishing honest, safe relationships in

which I can consistently stay open and honest about what's doing with me day after day without fear of being looked down on for my blemishes and mistakes.

Willingness is the precious hachno'oh that a man or woman has when we really *are* doing whatever it takes to get well for today. Things like abstinence from any sex with the spouse for a few months; admitting our problem to someone it affected or endangers; leaving an area we are unable to stay safe, even though it's embarrassing; not walking into our first real meeting while etc., day after day, after day...

wearing a paper bag on my head or using my 'English' name (or middle name) there

OK now, back to the jokes!

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Re: From tragedy to redemption
Posted by Hashivalisesonyishecho - 11 Aug 2015 19:12

[Dov wrote:](#)

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OK now, back to the jokes!

If everything that my mind can grasp is utter foolishness and jokes, then I don't have the capacity to comprehend wise words from Dov either, so I guess there's no hope then.

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Re: From tragedy to redemption
Posted by jack - 11 Aug 2015 19:16

it seems to me that 3 is a good number to use because pirke avos chose 3 that the world stands on. why didn't the mishna choose 613? it's not that they are not important. ch'v. it's that the mishna saw these three as being REALLY foundational. the others? important, of course, but the world wont fall apart if u dont have them. whereas these 3, torah, avodah, & gemilas chasodim are absolutely necessary for the world to endure.

so also i am saying that in recovery not that the other ingredients are not important, but i have found that if these 3 are absent, the recovery will be extremely low-level, if at all.

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Re: From tragedy to redemption
Posted by jack - 11 Aug 2015 19:20

also, we say that recovery is not religion-based. it is a medical issue, as opposed to a G-d issue or a Torah issue. but if that's true, why is G-d mentioned in the 12 steps? we should be addressing the doctor, or a psychologist, or a psychiatrist, or medical literature as a higher power!!! obviously, it IS religion-based. true or not true?

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Re: From tragedy to redemption
Posted by peloni almoni - 11 Aug 2015 19:28

[jack wrote:](#)

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addiction is a SPIRITUAL issue, not a religious one. there is a big difference. (for one thing, religion is easier to hide behind, bs, etc.)

i highly recommend you read the book "god of our understanding" by shais taub.

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Re: From tragedy to redemption
Posted by cordnoy - 11 Aug 2015 19:28

[jack wrote:](#)

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your assumption is off base.

firstly, you say 'recovery,' and then you mention 12 steps.

There are many different methods of recovery.

Secondly, the steps are entirely based upon livin' a Godly life, buildin' a stronger connection with God. I don't know what you call religious, but that's what it's about.

Some might not view the sin or the disease or the addiction as a religious issue, but that I am stayin' far away from.

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Re: From tragedy to redemption
Posted by jack - 11 Aug 2015 20:13

i am only talking to myself - i have no right to tell anyone anything.

ok, u dont have to be so medakdek in my words - by recovery i mean ANY type of recovery.and by religious i also mean G-dly.

but all this only helps so far as I can learn to surrender my desires to what G-d says.u bet recovery is G-d based.it better be - as Dov says, if we rely on our own selves, we're going to get into trouble. I've been around here about 7 years, collecting wisdom as I go along. I was on dov's call for a year, and heard the wonderful things he had to say.and one of them was:'DONT RELY ON YOUR OWN THINKING!' that's what got u here in the 1st place! it happens to be a posuk in mishle - 'v'el binascha al tisha'ayn'. so we **better** rely on something outside of ourselves - and it HAS to be G-d.because another person also has our challenges.we have to listen to what G-d tells us to do because we trust that He will not lead us astray.He knows what's good for us - period the end.and it doesn't matter how much gemara u know - if u can't surrender, what good is it? how do i know this? because when i first came to GYE 7 years ago, i saw talmidey chachamim on this site that had the same challenges that I did.IMAGINE! a guy that knew shas backwards has the same challenges as me! or as someone who doesn't know the aleph-bays (that's not me).that guy who doesnt know the aleph-bays can have better recovery than the guy who knows every rashi and tosfos and has them on his fingertips! he just has to be willing to surrender his bodily desires to what G-d says.i hope that talmid chacham can surrender his bodily desires too.but I saw on GYE that that's not always the case.it says in the beginning of mesilas yesharim - when are you going to stop learnng gemara and do a cheshbon hanefesh and become a REAL jew? (dont take this the wrong way - i'm sure r' luzzato wanted u to know gemara too - but u get his idea). we **better** believe that recovery is religion based - what else is there?

jack

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Re: From tragedy to redemption
Posted by Dov - 11 Aug 2015 21:14

[Hashivalisesonyishecho wrote:](#)

If everything that my mind can grasp is utter foolishness and jokes, then I don't have the capacity to comprehend wise words from Dov either, so I guess there's no hope then.

Huh?

What your mind can grasp is jokes? What are you referring to?

The guys here were joking around, I had a rather serious post to throw in - but I love joking around even more - so I just wrote, "Now back to the jokes!", cuz joking around is fantastic thing to do. Particularly when things are heavy, heavy, heavy. I am a prankster, chaver. But you seem to have taken something out of context and your post is hard to understand. So please clarify. If you want to vent to me in specific, you can call or email me!

Now really! Back to the jokes!!

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Re: From tragedy to redemption

Posted by Hashivalisesonyishecho - 11 Aug 2015 21:21

Wow! What a misunderstanding if there ever was one. As it says in Mishlay

?? ??? ????? ???

Dov, I apologise to you. It shows you where I'm at.

I'm not deleting my post because let it be seen how wrong a person can be when he thinks he sees it so clearly and he thinks he is so right.

Wow, the human limitation, mine specifically.

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Re: From tragedy to redemption
Posted by Dov - 11 Aug 2015 21:22

[jack wrote:](#)

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Please try to find a post called "The Nuclear Reset Button." If you can't search it easily here, you can probably find it with help from a guy here who goes by "Gibbor120"

It may start to shed some light on the big topic you are beginning to discuss.

Hatzlocha, man

Gotta run!

- Dov

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Re: From tragedy to redemption
Posted by Dov - 11 Aug 2015 21:23

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Wow, the human limitation, mine specifically.

I love you. Plain and simple. And thanks for trying to help me. I hope you succeed where others have failed, seriously.

Later, chaver...

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Re: From tragedy to redemption
Posted by Hashivalisesonyishecho - 11 Aug 2015 21:36

[Dov wrote:](#)

[Hashivalisesonyishecho wrote:](#)

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Wow, the human limitation, mine specifically.

I love you. Plain and simple. And thanks for trying to help me. I hope you succeed where others have failed, seriously.

Later, chaver...

Big of you to me maavir al midosov.

From Mishlay again

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Re: From tragedy to redemption
Posted by newaction - 11 Aug 2015 21:45

[Hashivalisesonyishecho wrote:](#)

If everything that my mind can grasp is utter foolishness and jokes, then I don't have the capacity to comprehend wise words from Dov either, so I guess there's no hope then.

I hope you did not get offended by Dov's post.

He is trying to make a point; he loves you guys very much and wants the best for us.

He is the prototype of the sexaholic that hit rock bottom , really hard,and through real honesty and willingness embraced Sexaholics Anonymous two decades ago and is doing the program of twelve steps ??????? ???? ????? at its purest. Sometimes many of us either are not addicts to sex-lust or we are but try to circumvent the real honest way to do it because it takes a lot of guts from us to do it right. The first question we have to ask ourselves is "can we live in a manageable way" or "is my life manageable". Can i live a day, a week,a month without the threat that lures behind my back that i will "act out". Can i dont act out?

If i can then my life is manageable. if i can not, not act out, then my life is UNMANAGEABLE.

The first of the 12 steps says "We admitted we were powerless over alcohol or lust or sex or porn or M or etc.,- we admittted that our lives were UNMANAGEABLE."

So the 12 steps were designed for people whose lives are UNMANAGEABLE. I could not live my entire life without recurring to M.And without the need to gaze at woman or fantasize about them. That is where my life was NOT MANAGEABLE so i needed to do the 12 steps. Do i go to live meetings ? No . Is that good ? i am not sure . Do i want to go ? Yes. Am i afraid to go ? You bet i am . Am in danger of falling ? Yes i am . If i would go to live meetings , do i reduce the chances to fall ? Definitely !!. I would not in your place make a fuss about Dov's style of talking. I would pay attention to the message with real humility.

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Re: From tragedy to redemption
Posted by newaction - 11 Aug 2015 21:51

Sorry it took me long to write my post i see that Dov already clarified his words.

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