

Free Choice?!!

Posted by stillgoing - 28 Apr 2015 23:01

Hello. I'm new here, and I was going through the handbook and I got a little bit stuck on the part about free choice. it seems from there (page 79 in case you haven't memorized it yet:)) that when we have a huge urge to act-out, we almost don't have bechira. But in that case then what we did was not a sin, since we had no free choice about it. When my two year old is alone at the table with a piece of gooey cake and he grabs it, I don't punish him for that since I know that he has no free choice, but MZ'L *is* a huge sin. Maybe someone can help me understand this.

Thanks.

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Re: Free Choice?!!

Posted by markz - 03 Mar 2016 01:56

My friend do you read my thread?

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Re: Free Choice?!!

Posted by stillgoing - 17 Apr 2016 16:52

[Shlomo24 wrote on 06 Apr 2016 02:06:](#)

My take is that I can't do tomorrow without doing today.

What an awesome line!! One of my biggest excuses for acting out that works almost all the time is *"sure, I want to be sober, I'll be clean after this one last time"* Shlomo's sayin that tomorrow never comes if we don't do today. (and If you think that that is obvious, then how come you're still acting out?)

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Re:i flubbed my Free Choice.

Posted by Abie - 10 Jun 2016 06:18

[stillgoing wrote on 04 Jun 2015 23:01:](#)

I'm debating because someone offered me an old guitar, but I live in a very crowded home (b"H), so I really don't know where I'd keep it. I may give it a try though. Thanks.

You can keep it in the hole in the wall.

(sorry I'm late for the party)

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Is she really triggering?

Posted by stillgoing - 30 Apr 2017 14:36

So, as you (might) know, I have ssa

which means that I get very triggered by a lot of ads in our "frum" newspapers & magazine's, boys clothing stores, swimming ads, even regular photos. Now, these magazines all have a strict policy to never print a lady's picture. (What would they have done if Hillary would have won!). Being involved with so many people at gye, I can appreciate how this policy can be very helpful to a lot of people. "Innocent" pictures of an average lady can be very triggering to many of us and it's a nice favor that they don't print them.

Heres my question, and before I ask it I just want to preference and say that I can be triggered by tons of things including many foods, a certain model car and more, so don't be embarrassed to answer yes. my question to all of the osa (opposite s attraction) guys here is, Would it make things any harder for you if they would print pictures of Hillary Clinton and blur out the boys swimming lessons ads?

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Re: Is she really triggering?

Posted by Gevura Shebyesod - 30 Apr 2017 14:40

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Re: Is she really triggering?

Posted by cordnoy - 30 Apr 2017 14:46

Sarah Palin would have been a problem, if not for the fact that she lives three igloos and two icebergs away from me.

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Re: Is she really triggering?

Posted by Markz - 30 Apr 2017 15:24

[stillgoing wrote on 30 Apr 2017 14:36:](#)

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Ok, so they don't include things that trigger SA fellows

so will have to ask them to remove pages for the SSA fellows

Now the recipes should come out for all the OEA fellows

The humor sections are not funny - those should go back where they came from

It's Zman that I should be haModia my Mishpacha to understand the Inyan of my Binyan

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Re: Is she really triggering?

Posted by stillgoing - 30 Apr 2017 15:28

Mark, I don't really think that those are all the same thing.

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Re: Is she really triggering?

Posted by Markz - 30 Apr 2017 15:48

[stillgoing wrote on 30 Apr 2017 15:28:](#)

Mark, I don't really think that those are all the same thing.

No not all

I meant about the OEA that each triggered may not understand the other fellows

My wife doesn't like me on gye

She doesn't understand my triggers

She has her own triggers regarding publications which I don't understand (although I may empathize)

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Re: Is she really triggering?

Posted by GrowStrong - 30 Apr 2017 16:03

In all honesty having hung around here for a few months I think its a very bad idea if they are really putting pics up of boys and swimming lessons.

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Re: Free Choice?!!

Posted by cordnoy - 30 Apr 2017 16:34

[cordnoy wrote on 20 Aug 2015 00:18:](#)

Toot!

Sex!

Ooh!

Ooh!

Better than tree, tree, tree

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Re: Is she really triggering?

Posted by eslaasos - 01 May 2017 20:44

[stillgoing wrote on 30 Apr 2017 14:36:](#)

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I don't really care if it's Hillary, Sarah Palin or the Don. Any time I spend reading any of the rags triggers RID. However I can see that some pictures may trigger something more than that (Ivanka's not my type but she's better looking than Hillary), so I hear you.

Question is what do you/I do about it?

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Re: Free Choice?!!

Posted by stillgoing - 10 May 2017 16:55

So Mark is always asking that we post 'what works for me'.

Evrything and nothing works for me, but here is something easy that has helped me over the past week.

We all know that it's very hard to count clean days, even one day at a time requires us to be sober for a while day! last week i started counting every time that I got triggered. I did it in my head and didn't lose track because it was a counstant count that was always going up. Since I can get triggered on a constant bases, using the triggers to help me stay focused helped me a lot. Often I would actually say the number out loud (a few people actually asked me "what did you say?" But they're not addicts, how could they understand) and that helped the lure of the trigger fade into the distance. Somtimes I tried for another glance after I counted, so I added another number since it was another test.

Somtimes I could go a few hours without adding any numbers (sleeping) and sometimes I could

add 10 in a few minutes (shachris). I began to actually welcome the triggeres as opportunities to add numbers (as opposed to welcoming then for a whole nother reason)

The rules are, be lenient when deciding if it's a trigger. If it might be then it is and it counts. We have all experienced good and natural neutral parive events can lead us to act out hours later. So don't analyze if it's a trigger or not. It probably is.

Even though my particular challenge does not include ladys I added for that too since even for an ssa guy, imodestly dressed lady's are wrong and I shouldn't assume that I'll never be tempted.

The numbers added up fast and yesterday on the highway I reached 100 (thanks to the passenger in the car next to mine). My reaction surprised me. I actually got emotional and thanked Hashem for these 100 opportunities. That 100 times Hashem tested me and I passed. When I only counted days I would get depressed that I only managed to stay clean for a few days, but look, it's 100 times!

At 104 I fell. I won't say 'so what' because falls hurt, but i now realize that I passed 104 out of 105. I think that it puts things into perspective.

I am not happy with the status quo, as the De'blasio said 'vision zero' for casualties. But I'm not starting from zero. I 'scored' 104 and am now continuing. Currently 110.

If anybody wants to try this on their own or as a group we can post here where we are holding or any thoughts/experiences about this.

COC

sg

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Re: Free Choice?!!

Posted by Singularity - 11 May 2017 07:40

[stillgoing wrote on 10 May 2017 16:55:](#)

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I guess you'd add a trigger for each guy in the minyan. Good thing you got to 10 then. But you added one for yourself?

Maybe go daven with Women of the Wall? Would that help?

b'Hatzlocha! May Hashem guide you in your counting during this auspicious period of counting!
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Re: Free Choice?!!

Posted by stillgoing - 12 May 2017 12:13

Thanks Sing, (are you Chinese?)

For all of the scores of people who are now counting (and just forgetting to post....) I just wanted to add that to count a trigger does not have to be something you saw. It can be a thought, a smell, a feeling (like the itch that our friend waydown would talk.about) anything that you know will often lead you down, can count as a trigger. The point is to cap the trigger/feeling/whatever right where it is, give it a name (a number) and we can then move on.

We all count, so count!

Count sg XIV

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