Free Choice?!!
Posted by stillgoing - 28 Apr 2015 23:01

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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 stillgoing - 06 Jul 2015 16:08

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Hello.

I absolutely love this post. to see it in context click here

inastruggle

While a filter is obviously not foolproof, it is a wise idea even for techies who can get around it. It still makes it more difficult and puts at least a "heker" between us and porn.

I am considering removing the railing by my staircase. It should be my responsibility not to walk too close to the edge of the stairs, and I can always jump over the railing anyways if I really .

There seems to be a certain mindset that says, Why do I need a filter? If I really wanted to control myself I will.

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Re: Free Choice?!!
Posted by yiraishamaim - 06 Jul 2015 16:33
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stillgoing - right on the money!

just my $.02

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Re: Free Choice?!!
Posted by stillgoing - 28 Jul 2015 21:57
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yiraishamaim

right on the money!

just my $.02

your two $.02 are worth more then a lot of peoples $2 million. (For everyone else, you too, so don't feel bad.)

The name of this thread is called, Free Choice, since that is what the whole struggle is all about. The ability to choose. Sounds so simple to me when I'm discussing it. But somehow when I'm faced with the choice, I say, "ok, free choice to choose the good will wait till next time, not I have free choice to do wrong" I should really post this on Big Shot, because that line that I tell myself

is such a stuck-up conceded line. Who says that there will be a next time. At some point the game's over. And when that scary thing happens, and we swear that this is it, I'll never do *** again, (like I said on a bouncing flight years ago). Somehow not long later we're back at it. Wake up's are a nice reset button, but if we let our lives continue the same we will end up right back where we were.

If I may take a page out of Serenity's book (not literally), this is part of a personal story written in the white book (p. 16-17) **[Note: The "I" in the story is not me SG]** He is talking about how things got so bad in his quest for lust that he just "knew" that he would need to stop. Somehow, it didn't happen....

WB

"Once I was arrested by vice officers and hauled out onto the sidewalk for the whole world to gape at. I wished I could have disappeared! While they were frisking me, spread-eagled against the graffiti blackened brick wall, I was saying to myself, Thank God! This is what I needed to make me stop. Never again! But it wasn't five minutes after my release that I was back out there looking for the same woman. Any woman!

Another time I was driving on the freeway. The compulsion had struck, I had quickly cashed a check and was racing out to the red-light district, when I saw a man lose

control of his car and spin off into the center divider, slamming into it just as I whizzed by inches away. His car struck the divider from the rear, and I saw his head jerk over the back of his seat and snap completely back in a grotesque U-shape, obviously breaking his neck. I pulled off the next ramp, shaken, acknowledging the incident as a warning from heaven. Thank God! I thought, That's what I needed to make me stop. Never again! Less than a minute later, however, I found my car getting back onto the freeway, heading for its original scarlet assignation.

Wake up calls only help if we don't go back to sleep afterwards...

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Re: Free Choice?!!
Posted by cordnoy - 29 Jul 2015 00:25

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[quote="stillgoing" post=260471]**yiraishamaim**

right on the money!

Wake up calls only help if we don't go back to sleep afterwards...

So, should we have a 2:00 call as well?

Howbout 3:00?

4:00 anybody?

Please don't publicize this, for then, Serenity will never be home.

b'hatzlachah

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Re: Free Choice?!!
Posted by serenity - 29 Jul 2015 01:40
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I read that you were talking something from Serenity and then I started reading the quote, and I

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Re: Free Choice?!!
Posted by serenity - 29 Jul 2015 01:43
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Even if I went to all those calls, I'd still have more time (Quality and Quantity) at work and with

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Re: Free Choice?!!
Posted by stillgoing - 17 Aug 2015 22:48

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yiraishamaim

A wise man told me lately: "we are in the business of efforts, Hashem is in the business of results"

If we truly yearn for sobriety, put in our truly best effort -work on emuna and limiting possible triggers Hashem will send the Yeshua

But that's not as easy as it sounds. I feel that I'm clearly *not* putting in my "truly best effort", if I was, I might actually succeed! The fact that I haven't succeeded is not why I say that this is not my "truly best effort", there are many times when I know clearly that I should go left, and I go right. Or leave, and I stay. I get myself into the mess almost every time. Like vertigo, instead of running away, I run right in.

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Re: Free Choice?!!
Posted by yiraishamaim - 18 Aug 2015 11:24

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Sure, that is the nature of addiction. "true best effort" cannot mean simply trying one's best to make the right choice of resisting lust and doing Hashem's will. If it did we would not need the forum and all other useful tools for recovery.

Doing one's best means on the journey to recovery a person is committed to do what ever it takes for sobriety - for each individual it is different. As well, it takes some time to hone the approach according to the individual. However, the passion to succeed has to be there. The commitment to do what it takes has to be there. Most of all the actions have to happen. That means any, a combination of,or all of the following: active member of this forum, 12 steps, attendance at SA meetings, medication, get a sponsor. I am sure I missed some other points that "al regel achas" I did not mention.

stillgoing, most people fall a number of times until they get into a groove - a program that works for them. Of course even then there is no guarantee it will last forever.

Pick yourself up and tweak your approach. Do whatever it takes for sobriety. I am personally floored by the efforts some people on this forum make for their sobriety. Some even have multiple addictions. But they are steadfast in their commitment and will do WHATEVER is necessary for recovery. And even though they might say that they are not in charge and they give themselves over to Hashem - which of course is true - do not take that to mean they just linger and participate in their recovery with one foot out the door - No sir,

they are doing their part, putting forth an hishtadlus with all their heart. A happy non- nervous heart but a serious committed heart just the same.

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Re: Free Choice?!!
Posted by stillgoing - 18 Aug 2015 21:09

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Re: Free Choice?!!
Posted by yiraishamaim - 19 Aug 2015 00:30

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Re: Free Choice?!!
Posted by stillgoing - 19 Aug 2015 23:12

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I love this clip from Gevurah's thread.

Sorry, I wasn't able to find it again to post the link to the thread (Hello my friends...) but it's worthwhile to see this. It's a study of little kids to see how long they can go in a room alone with a marshmallow sitting in front of them without eating it. If they can do it then they get two

marshmallows. Not all of the kids were able to do it, but the faces they make and the sneaking little bits when they thought they were alone is so similar to us white knuckling. We think no one is watching us...

...when really
Warning: Spoiler!

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Re: Free Choice?!!
Posted by stillgoing - 19 Aug 2015 23:16

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I love this clip from Gerurah's thread.

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Re: Free Choice?!!
Posted by stillgoing - 19 Aug 2015 23:16

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Re: Free Choice?!!
Posted by stillgoing - 19 Aug 2015 23:17

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Re: Free Choice?!!
Posted by stillgoing - 19 Aug 2015 23:17

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I love this clip from Gerurah's thread.

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