

**SOBRIETY**

Posted by yiraishamaim - 04 May 2015 03:35

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I am so deliriously happy with reaching 180 days!

I remember reading a post a short time ago of a member here who is also a Ba'al Koreh in shul. He said that when he read Shir Hashirim in shul he got quite emotional. I really relate to that. It shows how low we really became with these actions and the stark difference between that and kedusha is major. That sudden realization brings on tears of joy!!!

I used to get so down when I read "VELO SASOOROO ACHAREI LEVASVCHEM VEACHAREI AYNAYCHEM ASHER ATEM ZONIM ACHAREIHEM" - now I beam with pride that I am on the right road. I used to not look at people in the eyes. I thought they probably can see I have P\_\_\_\_ eyes. Even though I learned Torah and had weeks or more of stretches when I did not indulge in the forbidden. Now I have no problem looking at people. No insecurity in that regard

I am so much more relaxed. I can multi-task easier. If I have stretches of time alone I do not have a sudden zombie robotic slave-like urge to to something filthy and stupid.

I am thrilled beyond thrilled.

I love and appreciate all participants in the forum. If you love someone you wish them the best.

I WISH YOU SOBRIETY ( Can you think of something better?)

May we all get sober AND STAY THAT WAY so we can be the true YIRASHAMAIM and AVDEI HASHEM that we were born to be.

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Re: SOBRIETY

Posted by yiraishamaim - 29 Jun 2015 22:51

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***Appreciation***

a bite to eat

a breath of fresh air

a walk in the park

a quick glance or stare

perhaps small things

in many a man's eye

who gives it a thought

no interest to buy

But for the wise

who value the reflection

they understand things' worth

that have no compensation

one must add to this list

that which deserves a benediction

living a meaningful life

without the burden of addiction

To simply exist

without the hunger or need

of pursuing the inappropriate

from slavery we are freed

With hearts full of gratitude

we forever sing thank you

to Hashem, source of all blessing

and the GYE crew

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Re: SOBRIETY

Posted by cordnoy - 30 Jun 2015 00:27

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[yiraishamaim wrote:](#)

I have not seen any posts from Shmeichel for a long time. Does anyone know why?

I miss him. I tried contacting him by e-mail but did not receive a response.

He did reply to an email or two from me. (I think it worked by fighting with him a bit) ...he says he's fighting the battle.

I told him we miss him but I didn't get a response.

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Re: SOBRIETY

Posted by stillgoing - 30 Jun 2015 16:28

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**pischoshelmachat**

I feel the same way. I feel so close to all my dear friends here and would love them at my simcha. Then maybe you are my brother, cousin, mechiten, or even son in law and really are at my simcha  
**stillgoing**

All of your talk of my (future) son-in-law, or (present) father-in-law could be here on gye? And he might even be YOU, is starting to get me a little nervous. All of us here are striving to grow and that's nothing at all to be ashamed of, yet some of my past mistakes... well, they can be a little embarrassing if you know what I mean.  
**yiraishamaim**

stillgoing you are doing so well. Please focus on your own words "... yet some of my **past** mistakes..."

Be'ezras Hashem they will remain behind you. So as you continue living a life of Sobriety and meaning the old past mistakes change from being items of shame to medals of honor and distinction.

Because of how you **CHOSE** to deal with these mistakes you have elevated both yourself and so many others as well.

Well now you know, They are not past anymore but present. Actually as I am writing this I realize that It *is* past! So what if it's only 13 hours past and not 64 days past. If we only look at the moment (one day at a time) then right now it is past! Hurray! I started writing this gloomily and ended happily. It must be the kedusha emulating from the threads author.

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Re: SOBRIETY  
Posted by yiraishamaim - 30 Jun 2015 23:20

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stillgoing you are a good man

I know your gonna raise yourself up and get back on the sobriety road.

If I got a dime for every time I fell I would be a rich man

Kol Tuv and keep on posting!

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Re: SOBRIETY  
Posted by stillgoing - 30 Jun 2015 23:26

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Yoo da best!

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Re: SOBRIETY  
Posted by yiraishamaim - 09 Jul 2015 00:45

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Went to a meeting today. Now get this. I am over 50. I go to the receptionist and state my arrival and that I have an appointment. This young woman of maybe 25-30 has to smile at me.

Then when she says Mr. so and so can see you now. She says let me lead you to his office and walks in front of me up two flights - totally unnecessary.

I am not foolish enough to think she actually liked me. She probably just likes that men should notice her. I did not smile back or show her any interest.

However, as you can see thoughts are still lingering.

Again we see that nisyonos and triggers can pop up any time.

May G-d save us!

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Re: SOBRIETY

Posted by serenity - 09 Jul 2015 01:28

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Some seriously addictive thinking there chaver.

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Re: SOBRIETY

Posted by yiraishamaim - 09 Jul 2015 01:34

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serenity, I respect your opinion, unfortunately I don't think I understand it.

Perhaps I am thinking too deeply into your words.

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Re: SOBRIETY

Posted by Bigmoish - 09 Jul 2015 03:00

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Maybe she just gets paid to be courteous, and her job includes smiling at clients and escorting them to the boss's office?

I honestly don't think this is so farfetched. She probably went right back to her game of solitaire without giving you a second thought.

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Re: SOBRIETY

Posted by yiraishamaim - 09 Jul 2015 03:05

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Oh I agree I was just displaying that it was a trigger.

I clearly stated she had no interest in me specifically.

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Re: SOBRIETY

Posted by Bigmoish - 09 Jul 2015 03:49

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[yiraishamaim wrote:](#)

I am not foolish enough to think she actually liked me. She probably just likes that men should notice her.

I was just saying, ??? ???? even that.

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Re: SOBRIETY

Posted by yiraishamaim - 09 Jul 2015 23:14

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Good day today.

Learned, davened and no illusions of women trying to get my admiration.

Thanks for setting me straight.

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Re: SOBRIETY

Posted by yiraishamaim - 14 Jul 2015 01:03

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You know this journey to sobriety is so precious. Lessons attained flow over to other parts of life.

I have definitely improved especially in my emunah.

For example my direct superior at work is a woman who has begun to be unreasonably difficult and demanding on me. The past couple of years many quality people in our organization have been let go and she hinted to me that perhaps I would be next.

I am handling it much better than I would of because of what I have learned and attained from the quest and journey to be free of lust.

As well, because I am sober for a while I also feel better about myself which makes for less anxiety.

I must admit that I still need more work on the emunah bitachon department but we all know that it takes constant work.

Thanks all for your continued support, but most of all for just being there.

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Re: SOBRIETY

Posted by shlomo613 - 21 Jul 2015 22:17

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Yiraishamayim,

An extra thank you for that post.

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Re: SOBRIETY

Posted by yiraishamaim - 02 Aug 2015 21:05

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I remember struggling with looking at legs of girls in my class in first grade. Can you imagine? The hormones were not to enter the equation for yet a number of years and I was already in the battle?

When I got married I shared this with my wife. She laughed. Apparently thinking that it was more cute than odd. I realize now that it is clear evidence of a compulsion innate in me that is extreme beyond the norm. I am thankful to Hashem that this interest in little girls was only when I myself was little. Never have I had an interest in child P\_\_\_\_. So my interest in Suzie was age appropriate.(in a sense/sort of??!! - a tad extreme I'm sure you'd all agree)

You know here on the the forum we tend to share our shortcomings, our challenges and our failures. Sometimes we also share our successes. From time to time we also mention how so many of us were of the top in our respective Yeshivas. With me I was a solid learner but I would not say I was a star learner. However, I did have a deep seated yearning to come close to Hashem. A particularly strong will to be Mezakeh es Harabim.

Whenever this happens in the smallest way I feel a certain simcha as if my neshama is crying out : "Hey Yirai -(what took you so long?) ya did well, You did what you were created to do!"

I believe - that the fact that so many of us who are afflicted with this compulsion for lust are also so very spiritual by nature is a reflection of our lofty neshamas.

Remember the story of Abayai Gemarah Sukkah 52a. Abayai was a spiritual giant in a generation of giants and he attests that he would not have passed a test(based on lust)that a person much inferior to him spiritually did pass. His struggle, the gemara explains - was a tough one directly because of his extremely lofty spiritual status.

"Kol hagadol machaveiro yitzro gadol haymenu"

If we continue to follow the appropriate program for ourselves, and be zoche for the siyata dishmaya to consistently stay clean and not act out, we can go out and accomplish other monumental spiritual accomplishments.

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