

Community

Posted by Avrohom - 06 May 2016 23:07

I'm (semi) new here.

I've been struggling for years. It's not just lust-it's a lot more, but lust is closely connected, perhaps even central, and there are definitely common denominators and links.

I'm a Bachur, and i've been in therapy for a long while. I've somewhat tried the 12 step phone conferences, and then live SA meetings, but i never put myself in fully for long enough.

As i've been getting older, more and more i feel like my whole life is on pause due to these issues, most prominently lust. My parents get shiduchim suggestions, but they right away turn it down. At the same time as i'd badly like to entertain them, i can't. This year different things came together to give me the push to make big improvements, and i was very hopeful, and even when i'd slip up, it didn't feel like it's the end.

More recently that changed, as the time passes and the realization that once the zman ends it will be problematic if i drag longer, messing up meant more. I've lost a lot of hope. At the same time i've regressed. Sometimes (often-over the last few days) i just want to quit it all, and just do whatever i feel like. This doesn't make me feel good, or fulfilled, but it feels like at least i won't be torn apart. So, while i know that for some reason, i should take steps to take care of this, i don't really have what to motivate me. And often when i did get motivated, it only lasted for a bit.

So, i realized that i've got to get involved, and that i needed too find people to share with (although i already had some it wasn't constant, and required my choice a lot of times, which i often didn't make). So i spoke to a roommate, but he could be sympathetic, sometimes give me a little push, and listen when i mess up, it doesn't feel the same. So i came here.

I've been looking around for a couple of days (i've been on the site some times before, but never really looked around), and find a lot of the things confusing. I'm not sure if i'm just ready to throw myself into doing the actions necessary. And there may be some things, which will be hard for me. At the end of the day, i never really figured out what it means to give myself over to Hashem.

So i turn here, hoping to find people, who will just give me the support i need, the advice, and sometimes the push when it's needed.

Thank you.

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Re: Community

Posted by Avrohom - 07 Jun 2016 05:40

So this is another "i need to post".

I haven't been on much the last week, and even then not for long, definitely not enough to post. The last three days I've been out of things-generally, and that includes barely taking any actions for recovery, such as reaching out to people, and going to meetings. This included acting out yesterday, but it's not really that, it's more of no interest in doing things-generally, no interest in expending ANY effort on anything. In a certain sense, this is how i let go of doing things for recover in the past. So at the very least, i know i have to keep up some connection.

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Re: Community

Posted by shmirashachaim - 07 Jun 2016 17:13

Avrohom, I think you should you review principles 4,5,and 6 in the GYE handbook. You should probably review the whole thing but I feel those 3 particularly are relevant.

As I have told you before, I am not a bucki in any specific mihalech on recovery. I'm not a bucki in anything in this parshah for that matter. But what I feel strongly about is that if you aren't a TRUE ratzon, it's very likely you won't succeed, true determination is up to us, and ultimate success only comes if we want enough.

I think you should do a lot of soul searching. Walk. Put your head down. Whatever. You have to come to terms with who you are and the reasons why you are part of the "community" of GYE and your SA groups. For what are you putting all this time in for? This isn't a game. This is life. This is your life. You can choose ultimately what that means as long as you figure out what you want and than go for it. If you choose you want to do this than do it. If not not. I have said in the past- your at point A. You want to get to point C. Figure out what point B is and do it. No matter what and no matter how many times you might fail at it. But you have to figure out what C is in order to get there. What is your point C?

I hope I'm don't sound too harsh. Just feel that's the best thing for you to do right now.

I have been wary of giving advise to people as I am not an expert, but I guess you can call this advise. If anyone thinks what I said isn't accurate , too harsh, or something else should be said. Please let me know

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