

My Story

Posted by AvigdorBenYisroel - 03 Jan 2017 01:50

---

In a nutshell, lotsa struggle with p&m, getting married, thinking that divorce is my only option. Constantly needing a fix, constantly breaking barriers and crossing red lines just for the thrill of breaking them. Then needing to break them again, just because... well, you guys all know the story.

GYE came into my life when I was 19 and saved my life. But then I began to feel ok and started coasting along, I was ok, a fall here and there never hurt anyone, especially if I could fix it right away by giving someone else "chizuk".

Then I got married and suddenly it wasn't ok anymore... and then all of my different double lives sort of collided and I was forced into SA.

My life changed through working the 12 Steps. Maybe I'll give specific examples in the future.

But after a while I wasn't happy in SA, I felt I was wasting my life trying to maintain my sobriety and wasn't doing enough to grow spiritually in my "positive" sobriety.

That's when I discovered my Rebbe Rav Avigdor Miller zt"l and the growth is immeasurable. My wife says that I'm not the person she married, rather a much improved version.

=====  
=====

Re: My Story

Posted by Shlomo24 - 05 Jan 2017 00:38

---

I like the story with the bachur. Sounds like me, back in the day. Very amusing.

What about answering Cordnoy's questions?

=====  
=====

Re: My Story

Posted by AvigdorBenYisroel - 05 Jan 2017 00:44

---

Step one. We admitted that we were powerless over lust and that our lives were unmanageable.

Lots of people work this step by writing down a long detailed history of their acting out, then they go it over with their sponsor who points out to them- Do you see how powerless you were? Do you see how this made your life unmanageable?

The way I like doing it with my sponsees is the way a certain goy from Tennessee taught me:

Don't spend four months on it, don't write a story, and certainly don't write "pornographic details"...

What he recommended instead was: Look over your history and think over cases when you felt powerless. List them. Note cases where you felt life was getting unmanageable, list them.

Example:

*Powerless.*

Using the library computer to look for explicit images, although anybody could see exactly what I'm doing.

Being unable to keep promises not to act out.

Staying up late at night for just ten minutes, and then just ten minutes and then just ten minutes...

*Unmanageable.*

Coming late to work because of acting out.

Having to lie to my family constantly.

Missing important appointments.

The list goes on and on... Now, almost every sponsee I did this with asked "How do I know what's "powerless" and what's "unmanageable"?" And the answer is, it doesn't really matter, I'm not your teacher and I'm not grading this. The main thing is to do the work.

Once you have a list of like fifteen items [instead of working for four months on a full biography] it should be enough for the purpose of this step "We admitted".

=====

====

Re: My Story  
Posted by AvigdorBenYisroel - 05 Jan 2017 02:44

---

Why is this step necessary?

The Rambam's first step of Teshuva is "vidui", admission.

Vidui is not a list of alphabetized words that we rattle off from our siddur. Vidui is humbly "admitting" to Hashem "I did x, y, z."

Only when the past stares us in the face. When we see the facts clearly and objectively, without bias or denial, do we have any real impetus to change.

=====  
====

Re: My Story  
Posted by Markz - 05 Jan 2017 04:21

---

Love your posts

Please keep them coming!!

=====  
====

Re: My Story  
Posted by cordnoy - 05 Jan 2017 04:43

---

[AvigdorBenYisroel wrote on 05 Jan 2017 02:44:](#)

Why is this step necessary?

The Rambam's first step of Teshuva is "vidui", admission.

Vidui is not a list of alphabetized words that we rattle off from our siddur. Vidui is humbly "admitting" to Hashem "I did x, y, z."

Only when the past stares us in the face. When we see the facts clearly and objectively, without bias or denial, do we have any real impetus to change.

Like it was pointed out before, there is a bit of a mix/confusion perhaps here.

The first step of either admittin' that we are powerless or especially thatl our life is unmanageable, that itself is the impetus to change. It is not the teshuvah or the viduy that is encouragin' or proddin' us to change.

I am not sayin' that one cannotl change thru viduy; he probably canl, but that, I do not believe, is step one.

Disclaimer: I have been in serious recovery for close to four years. I still have not done teshuvah. I am not proud of this, but I do not allow the thought to fester.

=====  
=====

Re: My Story  
Posted by GrowStrong - 05 Jan 2017 05:29

---

Cords...

If your illness did not cause aveiros would you make teshuva for it?

Make Teshuva for the blessing that got you to today.

But not for an illness you were blessed with. Other than to get close to your tikkun.

imo

=====  
=====

Re: My Story  
Posted by Shlomo24 - 05 Jan 2017 07:36

---

[GrowStrong wrote on 05 Jan 2017 05:29:](#)

Cords...

If your illness did not cause aveiros would you make teshuva for it?

Make Teshuva for the blessing that got you to today.

But not for an illness you were blessed with. Other than to get close to your tikkun.

imo

I don't understand this post at all.

=====  
=====

Re: My Story

Posted by Shlomo24 - 05 Jan 2017 07:37

---

And while I appreciate the post about Step 1, I'm still bugged that Cordnoy's questions weren't answered. Mr. Avigdor, can you please answer them?

=====  
=====

Re: My Story

Posted by GrowStrong - 05 Jan 2017 08:08

---

[Shlomo24 wrote on 05 Jan 2017 07:36:](#)

[GrowStrong wrote on 05 Jan 2017 05:29:](#)

Cords...

If your illness did not cause aveiros would you make teshuva for it?

Make Teshuva for the blessing that got you to today.

But not for an illness you were blessed with. Other than to get close to your tikkun.

imo

I don't understand this post at all.

I was trying to say that the sickness/illness is not what we need to make teshuva for/about.

=====  
=====

Re: My Story

Posted by cordnoy - 05 Jan 2017 08:32

---

[GrowStrong wrote on 05 Jan 2017 08:08:](#)

[Shlomo24 wrote on 05 Jan 2017 07:36:](#)

[GrowStrong wrote on 05 Jan 2017 05:29:](#)

Cords...

If your illness did not cause aveiros would you make teshuva for it?

Make Teshuva for the blessing that got you to today.

But not for an illness you were blessed with. Other than to get close to your tikkun.

imo

I don't understand this post at all.

I was trying to say that the sickness/illness is not what we need to make teshuva for/about.

Il still don't understand.

Sorry.

=====  
=====

Re: My Story

Posted by GrowStrong - 05 Jan 2017 08:45

---

[cordnoy wrote on 05 Jan 2017 04:43:](#)

Disclaimer: I have been in serious recovery for close to four years. I still have not done teshuvah. I am not proud of this, but I do not allow the thought to fester.

OK ill go back a step..

The 12 steps are riddled with "Teshuva" yet you say you are in serious recovery and yet have not yet done Teshuva.

My interpretation of that works a few different ways, but what did you mean by it?

=====  
=====

Re: My Story

Posted by Singularity - 05 Jan 2017 10:19

---

Wonderful stuff, brother!

Keep us trucking!

=====  
=====

Re: My Story

Posted by cordnoy - 05 Jan 2017 11:39

---

[GrowStrong wrote on 05 Jan 2017 08:45:](#)

[cordnoy wrote on 05 Jan 2017 04:43:](#)

Disclaimer: I have been in serious recovery for close to four years. I still have not done teshuvah. I am not proud of this, but I do not allow the thought to fester.

OK ill go back a step..

The 12 steps are riddled with "Teshuva" yet you say you are in serious recovery and yet have not yet done Teshuva.

My interpretation of that works a few different ways, but what did you mean by it?

Thank you.

Il have worked the steps many times.

I did not see teshuvah there once.

=====  
=====

Re: My Story

Posted by Yosef Tikun HaYesod - 05 Jan 2017 11:51

---

I didn't get answers to my 4 questions either...



other than: "maybe it's yetzer hara" and "I don't know".

I just pointed out contradictions in your first couple of posts to the forum,

to try to understand you better. Your posts don't make sense to me:

leaving Torah because of what a sponsor said to you (maybe even a goy from Tennessee),

saying your Rebbe is Rav Avigdor Miller, who insisted one have a relationship with a living Rebbe,

saying that we need to make recovery the main thing, after saying that you left SA, to focus on spirituality,

joining the forum and gye now, when you seem to be both a sponsor and have a job offer as a Rov.

Please take a moment and try to answer these questions, so that we can all understand you better.

I just want to make sense of what you're saying...if possible. I won't enter into a long discussion or debate.

Thanks,

Yosef

p.s. I sure hope you don't sell porn or other drugs on the street corner.

=====  
=====

Re: My Story

Posted by gibbor120 - 05 Jan 2017 19:45

---

[AvigdorBenYisroel wrote on 04 Jan 2017 23:11:](#)

I'm NOT saying "do this, do that" I'm just going to be sharing positive parts of my journey, what worked for me!

My favorite sentence. I learned this from Dov years ago, and I try to keep to it for the most part.

=====  
=====

