

20 painful years is coming to an end. NOW!!

Posted by Kleen4real - 23 Mar 2017 20:35

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I'm very grateful to be part of such a great program.

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Re: 20 painful years is coming to an end. NOW!!

Posted by cordnoy - 24 Mar 2017 17:58

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And I disagree. I am a sex addict. It is not a defensive mechanism.

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Re: 20 painful years is coming to an end. NOW!!

Posted by Hashem Help Me - 24 Mar 2017 20:07

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[eslaasos wrote on 24 Mar 2017 17:41:](#)

[Hashem Help Me wrote on 24 Mar 2017 12:50:](#)

Everyone here has had this "two lives" issue. Many of us (myself included) are in prominent positions and people's "hair would stand up" if "they knew". Part of the beauty of GYE is that we start to realize how many normal, erlich,intelligent people are suffering. Many of us thought we were the only hypocrite, the only rasha, the only loser. Now we see we were/are a choleh or someone really nice who needs serious help with a specific yetzer hora. We learn new ways of looking at ourselves and are given tools to work with that better our lives in general. We become more honest in many aspects of our lives and specifically in our relationship with our spouses, and the Ribono Shel Olam. We start living one life and deal with the issues that one life presents us with.

I like that you didn't say we manage to merge our two lives and live bishleimus because that

goal seems far away.

The way your post reads to me is that we start accepting ourselves, the good and the bad, and try to move the needle on the bad.

Is that what you meant?

Definitely. We learn to accept ourselves as normal good people who have a challenge. We realize that many of our perfectionist frum hanhagos were a desperate attempt to cover over our severe lack of self esteem. We were convinced that as far as Hashem was concerned we were dumped in the smelly garbage/sewer. We were hypocrites, losers, sinners. Now we see that Hashem created us as less than perfect humans who made mistakes and will continue to do so. And He loves us despite this. With this healthy way of thinking we can now embark on our life long journey of tikun ha-midos and aspire to dveikus baHashem. Please let me know if this clarified the issue.

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Re: 20 painful years is coming to an end. NOW!!  
Posted by tzomah - 26 Mar 2017 09:19

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Whenever we fall short of our ideals, we have a double standard. When someone knows that anger is not a good thing but he get angry, he's living a double standard. When he knows that ideally he shouldn't be mevatel Torah for even one minute, but he does, that's a double standard. And just because he's sexually sober, it doesn't mean that he's not living a double standard in some areas of his life. So unless we can somehow achieve perfection where we're always living according to our ideals 100%, then we're all living a double standard our whole life. So you see, living a double standard is unavoidable, and beating ourselves for having a "double standard" is both counterproductive and dangerous. It means that we're always going to find something to beat ourselves up about and be doomed to pretty miserable life as a result. So the reason for getting sober is not to shed the "double standard", but rather because we need to live and be productive and we can't do either without sobriety. So lets work towards sobriety and not worry about this so called "double standard", both in ourselves and in others. Hatzlachoh tzaddik, you're on the path.

i don't think someone who knows the truth and strives towards it is considered a double standard it just means that lo alecha hmelocho lgmor where as someone who has a part of him that doesn't or can't care like an addict that can be a double standard because he is escaping, meaning running away from **himself**

witch creates a double life and double standard

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Re: 20 painful years is coming to an end. NOW!!

Posted by tzomah - 26 Mar 2017 09:28

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interesting thing i saw on shabbos from the noam elimelech if you can't find a chisaron in a maaseh then the whole maaseh is worthless

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Re: 20 painful years is coming to an end. NOW!!

Posted by workingmyprogram - 26 Mar 2017 14:46

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Baruch HaShem we all get to choose how we identify ourselves. I am a sex addict as well, but I don't let it define my essence like some others do. I have no idea how you truly identify yourself, but I just wanted to throw the concept out there that being an addict shouldn't define us as an identity. This was taught to me very early on in recovery by an addiction therapist. To each his own! In all honesty, I have no idea what you're referring to when talking of Reb Chaim's test of truth, but sounds pretty intense :-)

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Re: 20 painful years is coming to an end. NOW!!

Posted by cordnoy - 26 Mar 2017 14:50

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[workingmyprogram wrote on 26 Mar 2017 14:46:](#)

Baruch HaShem we all get to choose how we identify ourselves. I am a sex addict as well, but I don't let it define my essence like some others do. I have no idea how you truly identify yourself, but I just wanted to throw the concept out there that being an addict shouldn't define us as an identity. This was taught to me very early on in recovery by an addiction therapist. To each his own! In all honesty, I have no idea what you're referring to when talking of Reb Chaim's test of truth, but sounds pretty intense :-)

CBT says to say, "I have addictive tendencies."

12 step meetings say to say, "I am a sex addict."

To each their own.

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Re: 20 painful years is coming to an end. NOW!!  
Posted by workingmyprogram - 26 Mar 2017 14:58

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I'm not referring to CBT. I think one can say he's a sex addict but still not let that become his identity. Just like one can say he has diabetes but not let it become his identity. Its about whether we choose to associate ourselves with our weaknesses or strengths.

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Re: 20 painful years is coming to an end. NOW!!  
Posted by cordnoy - 26 Mar 2017 15:02

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[workingmyprogram wrote on 26 Mar 2017 14:58:](#)

I'm not referring to CBT. I think one can say he's a sex addict but still not let that become his identity. Just like one can say he has diabetes but not let it become his identity. Its about whether we choose to associate ourselves with our weaknesses or strengths.

Il like it as my identity.

I like knowin' what to do.

I don't want to be hidin' under false pretenses.

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Re: 20 painful years is coming to an end. NOW!!  
Posted by workingmyprogram - 26 Mar 2017 15:07

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I know that any identity that helps me see the good in myself and others and brings more positivity in my life that I can share with those around me is a good one :-)

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Re: 20 painful years is coming to an end. NOW!!  
Posted by GrowStrong - 26 Mar 2017 15:30

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[workingmyprogram wrote on 26 Mar 2017 15:07:](#)

I know that any identity that helps me see the good in myself and others and brings more positivity in my life that I can share with those around me is a good one :-)

IMO much of this is semantics.

Being in recovery isn't necessarily about how I identify myself. But it is very much about how i relate to myself.

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Re: 20 painful years is coming to an end. NOW!!  
Posted by Kleen4real - 26 Mar 2017 20:19

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What are the chances of getting completely healed vs daily or periodically struggle?

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Re: 20 painful years is coming to an end. NOW!!  
Posted by MayanHamisgaber - 26 Mar 2017 20:47

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99% daily or periodically

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Re: 20 painful years is coming to an end. NOW!!  
Posted by GrowStrong - 26 Mar 2017 20:55

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[MayanHamisgaber wrote on 26 Mar 2017 20:47:](#)

99% daily or periodically

And that's coming from a non addict!

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Re: 20 painful years is coming to an end. NOW!!  
Posted by MayanHamisgaber - 26 Mar 2017 20:57

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