

just joined gye

Posted by icandoanything - 17 May 2017 19:28

Hi,

Don't feel like writing cuz it's making me feel very vulnerable but I guess I should do it. I struggled with acting out from my early teens until 2 years ago. (i'm about 35 years old). I'm happily married with amazing kids, but i used acting out to destress from life's regular ups and downs. so i've always had trouble finding some other way to destress. porn has also been an outlet and led to acting out. anyhow, the last 2 years i've basically been clean from porn and acting out. the last month or so, i've starting getting back to the porn a little and a couple of times acted out. i'm very upset at myself but am determined to get back on track. i will look through the gye filters to see what will work for me. also, i'd like to stop my habit of constantly surfing the web (sports, funny youtube videos) because i feel like it just eventually leads me off track. i'd like to find ways to relax without the web (reading, exercising, any other ideas?) but i have had a really hard time finding good habits which feel productive and are enjoyable enough for me to get the habits to stick.

Look forward to getting and giving help.

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Re: just joined gye

Posted by bear - 19 May 2017 04:58

Hey,

Welcome, maybe join Hatzolah. Good opportunity to use a high drive for stimulation in a very positive way.

Not saying people should join Hatzolah as an outlet, join to save lives. But a very good side affect can be it may also be a great outlet.

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Re: just joined gye

Posted by icandoanything - 19 May 2017 05:04

[bear wrote on 19 May 2017 04:58:](#)

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very neat idea! tx a lot

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Re: just joined gye

Posted by getthere - 19 May 2017 09:49

[bear wrote on 19 May 2017 04:58:](#)

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Thats an interesting way to look at Hatzolah - because usually you get more stressed when you get called, no?

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Re: just joined gye

Posted by getthere - 19 May 2017 09:59

Welcome Icandoanything

You've come to the rigth place especially with a positive user name like you have. I like coming here even when the going is good, then i am more active on the forum and the ideas sink more into the mind. When the going is tough then you need to have the ideas ready at your fingertips, if you first have to look for them then you probably end up faster on You Tube even before you

have a chance of looking up the great ideas that are out there.

There are many ways to destress, some like cooking, some baking others learning and others fitness, find what suits you best, i think the best is to tell someone what stresses you that way its out of your mind and you don't have to think about it anymore, i usually discuss the things that stress me with my wife and i feel calmer after that, and i really enjoy cooking.

Good luck

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Re: just joined gye

Posted by Hashem Help Me - 19 May 2017 11:18

I can, just look at all the welcomes you got! You asked about when and where to post. You can post on your thread or reply to other people on their thread. It is wise to keep posting. You stay connected to a group of people dedicated to success. Tons of advice, new concepts, and plain and poshut chizuk. Hatzlocha.

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Re: just joined gye

Posted by lionking - 19 May 2017 17:08

[getthere wrote on 19 May 2017 09:49:](#)

[bear wrote on 19 May 2017 04:58:](#)

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get called, no?

Looking for interesting ways to view Hatzolah. I know someone that joined the EMS Services so

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Re: just joined gye

Posted by bear - 19 May 2017 18:10

that he can respond to Woman in Labor calls. Lucky me, he lives over 100 miles away from me.

In regards to Hatzalah, ya its is true that it probably does cause stress and there can also be challenges of Shmeras Einayem on calls. But if your problem is that you are bored, don't have an outlet that excites you, or feel like you want more meaning in your life, I would think Hatzalah could be a great option.

Disclaimer: I am not currently part of Hatzalah, I wrote this in response to what could be a good way to spend time. While I was recommending Hatzalah I was also talking to myself because I commiserate with ICANDOANYTHING. We both are looking for something meaningful in our life that can also serve as an outlet we can get very involved in. As a Rebbe said "I am not looking for Chasiedem who are Tzadikem, rather I am looking for Chasideim who are too busy doing good they don't have time to do Aveiros". And also it could also help us by providing the excitement in our life we are wired to crave. Hey, Hashem wired us to seek out excitement, prn was probably not the excitement he had in mind. But joining Hatzalah may have been. (I think there is a Gemarah that reflects a very similar idea, I think it says something along the lines of Hashem has each person wired to what he is supposed to do). So by saving lives on hatzalah, for example, the ideas was we would not just be saving patients lives but ours as well.

Are their any Hatzalah members who could shed light on this issue from experience rather than my speculation?

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Re: just joined gye

Posted by icandoanything - 19 May 2017 21:10

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Good luck

it's reassuring to hear that you find it helpful to hang out here even when the going is good. the "ready at your fingertips" idea rings really true to me. truth is, since i joined a couple of days ago, i'm on a bit of a high and i'm really enjoying reading and writing on this forum. i'm just a bit nervous for when this high ends but i'm totally committed to make this work long term with Hashem's help. And I daven that everyone else thrives as well.

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Re: just joined gye

Posted by icandoanything - 19 May 2017 21:26

[bear wrote on 19 May 2017 18:10:](#)

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Are their any Hatzalah members who could shed light on this issue from experience rather than my speculation?

Any idea where that gemara is? I really like the "wired us to seek out excitement" line. it makes me feel like "this is how Hashem made me and i just have to channel it properly" as opposed to my normal thought process of "what's wrong with me that i can be like most people and just sit and enjoy reading a book?" thanks a lot for the chizuk! anyone else have thoughts on the "wired" concept?

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Re: just joined gye
Posted by cordnoy - 19 May 2017 21:30

Sorry, but I think that we basically are our own electricians.

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Re: just joined gye
Posted by cordnoy - 19 May 2017 21:31

There are exceptions.

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Re: just joined gye
Posted by bear - 19 May 2017 23:41

[icandoanything wrote on 19 May 2017 21:26:](#)

[bear wrote on 19 May 2017 18:10:](#)

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Hey hey. I am not sure were the gemarah is but if I remember correctly, one of the examples the gemarah gave is that some people who like blood, its because they should be a doctor. (so in this case some ppl who like excitement its because they should use it in a positive way, ex. join Hatzalah, go crazy making kids happy at camp Simcha/hasc, learn lyan with a fire(screaming, throwing chairs and all the geshmack stuff).

The idea is brought in many places. for example in the intro to orchos tzadikem I believe he writes that all middos have their place, the key is to use them in the right place, and not use them in the wrong place. I think this is also true in the Rambams "shvil Hazahuv"- "golden path" you have to use your excitement and all your other midos for the good and not for the bad. Its a rough balance, but if you do it right you are walking on the golden path.

I believe I also heard a very similar shmuz from Rav Gordon Shlita. I think it went something like this, it was about 4 years ago so I could be remembering it wrong, and adding in other stuff, but here goes...

I think there is a Mishna or something that says you are supposed to serve Hashem with your yetzer harah and your yetzer tov. The question is I get the yetzer tov what's pshat with yetzer harah. The answer is sometimes when you do an Aveira (well use prn here as an example) you do things you did not realize you were capable of. You get excited to a level you rarely feel, you stay up late even if you have to get up early the next day, you do such a good job of making sure no one knows about it, you concentrate on it for hours upon hours, you don't take no for an answer if there's an obstacle to watching you have found a way around it, etc. etc, etc,.....Now all of these characteristics you displayed while working so hard to watch prn, you can use for tremendous good!!!!

?The excitement as mentioned above can be used in many ways(in truth every thing you do in life, you can bring more excitement to it, and make it a whole nother ball game. Imagine davening without it being a pain but exciting). You realize you can stay up late, therefore even after a long day, you can still stay up and learn or accomplish a whole plethora of mitzvos. You learn to do an action not because of what others think, you can do chesed and give tzeduka without others knowing, you can learn more Le'shma and not as much for what others will say. At times we all say, learning is so hard it takes so much focus, the ravs shiur is so complex it takes so much focus. but we know now, that we can do it. We know we managed to focus for hours and hours on end in order to watch prn. same here Kal Ve'chomer we can focus on our chavrusa or ravs shiur. You don't take no for an answer, no matter how hard we found ways to watch. Same here, no excuses I can't say school/work is too hard or long, and therefore I can't become a talmed chachom, we can't say i messd up so much with shmeras einayem what hope do i have now. We can't say getting up for shul is too hard, we can't say staying calm in an argument is too hard, we can't say kebud av ve'am is too hard etc etc etc. because we know in every case how ever hard and how ever much the stacks were against us we still found a way around the obstacles in order to watch. We have to apply what we learned and realize we have a lot inside of us and WE WILL NOT TAKE NO FOR AN ANSWER. No matter what the challenge Be seyata deshmaya we will succeed. This is a pshat in how we serve Hashem with both the yetzer hara and tov. We use the Yetzer Harah to realize what we are capable of and use that in a positive way. This idea also explains the pshat of how by Teshuva Me'ahava the aveira becomes a Zechus, because from the aveira the person now learns how much he is capable of and uses his new found skill set for good. It also explains the mishna, i think, that says " in a place were balei teshuva stand, even complete tzadeikem can not stand". Because the Balei Teshuva who learned from their mistakes now know how much they are capable of. (just a thought while writing this popped into my head, i think only by teshuva me'ahava do we say that it becomes a zechus. i think it fits in nice with an idea from Rab Dessler (kuntrus hachessed) and Rav Chaim Shmulevitz(sichas muser parshas Noach) that what causes love is giving. so too here by teshuvah me'ahava the person gives from the new skill set he learns but by teshuvah me'yera he only stops sinning.)

While I do think it is also true that "we are own electricians", in the sense that if we have a drive

for excitement and use it to watch prn, we wire our brains to satisfy our drive for excitement by watching prn. and over time we need more and more prn to satisfy our excitement. But if we use our drive for excitement in a positive way, say hatzala, chai lifeline, or a crazy pumped eyun seder, over time we are going to need to do even more volunteering and learning to get that same high. Mitzvah Goreres Mitzvah. and Everah Goreres Everah. We have certain characteristics could be they were innate, or developed. But what we always control is how we use them if and when appropriate, and suppress them and over time diminish there force when inappropriate.

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Re: just joined gye

Posted by icandoanything - 21 May 2017 03:33

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[icandoanything wrote on 19 May 2017 21:26:](#)

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very very inspiring and helpful, especially on a motzei shabbos when i'm so used to browsing youtube videos at best. have not browsed youtube now in 4 days. at some points pretty painful but still feels very accomplishing. thanks a lot and may we all continue to have hatzlacha in our growth.

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Re: just joined gye

Posted by bear - 21 May 2017 03:42

Amen, thanks

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