

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 - 21 May 2017 10:35

[mikestruggling wrote on 21 May 2017 10:16:](#)

i believe the zohar says that the meaning of "barasi yetzer hora barasi torah tavlin" is that we can channel that energy to toirah though i never saw it inside i've heard similar concepts quoted countless times

Cool, thanks for sharing

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Re: just joined gye

Posted by cordnoy - 21 May 2017 12:14

The rambam is speakin' about ahavas Hashem, not learnin' Torah.

TheThe rambam is not instructin' one to channel anythin'; he is merely usin' the love for a woman, perhaps one's wife, as an example as to what the love for God should be.

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Re: just joined gye
Posted by Markz - 21 May 2017 12:38

[bear wrote on 21 May 2017 05:30:](#)

Just to add.

there is also a letter from Rav Huttner I heard from my mashgiach and from the GYE emails that says the passuk of sheva yepal tzadek vkom. Is saying that what makes a tzadik is that he falls, but he grows from his falls. Rav Huttner also writes that the chofetz chaim was not born perfect, he mestama had falls, but what made the chofetz chaim the chofetz chaim was that he grew from his falls.

Also heard a Rabbi describe Mir as a bunch of hormonal bochrem channeling their sexual energy to learning and this is what causes the "roar of Mir" (as his friend put it)

If this is your Rebbi, I have no comment

Please do not read on

If not, he and his friend may need more than the GYE Chinese Chef can offer

Unfortunately I've had seen too many cases of distinguished Rabbis in long garbs that garble and cover up theirs sex issues, their sex insanities - with ~~mir~~ more insanity

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Re: just joined gye
Posted by icandoanything - 21 May 2017 17:32

tx to all for the insightful, helpful, and inspiring posts. i'm just new at this whole posting thing. if i want to keep posting the ups and downs of my journey, do i continue in this "introduce yourself" thread or am i supposed to start a thread in a diff area?

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Re: just joined gye
Posted by GrowStrong - 21 May 2017 17:49

The current minhag is that here is a great place to keep us up to date with your progress, and you can also start a second thread in the bal batim section to share your marital diaries.

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Re: just joined gye
Posted by Markz - 21 May 2017 17:53

[icandoanything wrote on 21 May 2017 17:32:](#)

tx to all for the insightful, helpful, and inspiring posts. i'm just new at this whole posting thing. if i want to keep posting the ups and downs of my journey, do i continue in this "introduce yourself" thread or am i supposed to start a thread in a diff area?

Post all the ups here and the downs [there](#), and btw you should read all the other dov forum posts too

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Re: just joined gye
Posted by bear - 21 May 2017 19:33

[cordnoy wrote on 21 May 2017 12:14:](#)

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Fair enough it could just be a Mashul.

Icandoanything, I am sorry for causing a tangent on your thread. My apologies.

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Re: just joined gye

Posted by bear - 21 May 2017 19:40

Icandoanything, did you find an outlet or are you still looking?

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Re: just joined gye

Posted by icandoanything - 22 May 2017 04:39

[bear wrote on 21 May 2017 19:33:](#)

[cordnoy wrote on 21 May 2017 12:14:](#)

The rambam is speakin' about ahavas Hashem, not learnin' Torah.

TheThe rambam is not instructin' one to channel anythin'; he is merely usin' the love for a

woman, perhaps one's wife, as an example as to what the love for God should be.

Fair enough it could just be a Mashul.

Icandoanything, I am sorry for causing a tangent on your thread. My apologies.

No worries at all. I really like hearing everyone's take. let's not forget k'sheim she'ain partzufeihen domos zu lazuz, kach ain da'ioseihen... we each think differently, yet eizehu chochom, halomeid mekol adam, we gain tremendously from hearing and trying to understand each others' perspective. so i really enjoy this.

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Re: just joined gye
Posted by icandoanything - 22 May 2017 04:43

[bear wrote on 21 May 2017 19:40:](#)

Icandoanything, did you find an outlet or are you still looking?

tx for checking up. went jogging today for the first time in probably a year and a half. i really daven that i can get into a good groove cuz it really gets those endorphins (happy chemicals in the head) going. hope everyone is finding their nisyonos becoming a little easier. *Mar'eivo mas'bio.*

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Re: just joined gye
Posted by bear - 22 May 2017 05:05

Awesome!

Running will make you a GYE model.

I mean who needs prn just look in the mirror.

I should follow your lead, I have been meaning to go jogging. We will wave when we pass each other both by your actions and by enhancing your looks

Continued Hatzlacha!!!

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Re: just joined gye
Posted by icandoanything - 23 May 2017 03:14
other tomorrow.

tough day but not in terms of actual desire/slips etc. It's just that the high that I've been on for the last few days since joining GYE is starting to wear off. While I still have not surfed the web for fun in 5 days, but today, I think the adjustment started to get to me and I became a pretty irritable and did not have much patience for friends, wife, kids, etc. and I'm usually not like this. Is this normal? Will it get better? I'm gonna try to listen to some music then try to fall asleep now and see if the sleep helps me be more chilled in the morning.

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Re: just joined gye
Posted by bear - 23 May 2017 05:02

Hang in there, remember You Can Do Anything!!!!!!

?I have also had moods I am not proud of when trying to stop.

Though I am no GYE pro, wonder what the other guys think.

Hatzlacha

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Re: just joined gye
Posted by bear - 23 May 2017 07:45

Derech Agav/side point....

Cordnoy Shkoyach on the points you raised in the Rambam (Hil. Teshuva Perek 10 Hal. 3) that I tried to use as support for the idea that one can channel the drive for Women into learning. Your points got me, and led me to think over the Rambam. I think I have answers now to both of your points. In regards to your first point that the Rambam is talking about Ahavas Heshem and not learning, I think that can be answered from the Rambam in Sefer Hametzvos Mitzvah 3. Which writes that the way one attains Ahavas Heshem is through thinking and contemplating over the mitzvos(which I understand to be learning). Accordingly when the Rambam is saying your love for Hashem should be like your love for Women, he is essentially saying that you should be learning so well, that your love for Hashem will be like one who can not stop thinking about a girl. In regards to your second point, were you said that maybe the Rambam is not saying that the drive for women can be channeled to Ahavas Hashem/ learning, but rather is just giving an analogy and saying that Just like you go crazy over that girl, so too you should go crazy over Ahavas Heshem/Torah. I think one can respond as follows. The Rambam can only make sense if the drive for women can be channeled to Ahavas Hashem. To illustrate. For a Mom to tell her son the same way you love basketball should be the way you love Shakespeare, does not make any sense. Because maybe the kid likes basketball for the physical activity, adrenaline rush, and competition. And none of these factors are relevant to Shakespeare. Therefore, the mom can not tell her son the way you like basketball is the way you should love Shakespeare. Because his drive for basketball is completely different than what would drive someone to read Shakespeare. So Shakespeare will not satisfy his drives and therefore can not be compared to basketball. On the other hand if a friend tells you he likes watching MINOR league baseball, because he enjoys watching people play who are so much better than your average guy. You can respond, if thats the case than you would really love MAJOR league baseball games, where the players are even better than the minor league players. This comparison makes since, because in this case what is driving the activity (watching very athletic people play) is the same by both. So too by the Rambam in order for the Rambam to make sense the drive for both (women and Ahvas Heshem/learning) needs to be the same.

Also I think this Idea can be supported from the Noam Elimelech from one of the GYE emails. Here is the quote "The Holy Sefer, Noam Elimelech from Rav Elimelech of Lizensk writes that Yaakov Avinu's attribute was that of Tiferes, meaning "Awesome Beauty". This implies that Yaakov Avinu had the ability to be awestruck by G-dly beauty in all he saw. For example, the Noam Elimelech continues, "When a person eats a tasty food, he should say to himself, "if this food is so good in taste, is it not obvious that all the good and pleasantness is to be found in the Creator--may his name be blessed--without any limit or boundary!"..."and this is the secret of the Pasuk "and Yaakov kissed Rachel".How uplifting and beautiful it is to try to apply this midah of Yaakov Avinu to ourselves. Whenever we see something that turns our hearts to sexual desire, we need to tell ourselves, "If this woman is so beautiful and I desire her so much, ***how much more beautiful it must be to connect with G-d, who is the infinite source of all beauty, pleasantness and pleasure!***"

Lastly, in response to our dear friend and GYE legend Markz. First off want to clarify I love Markz, he was the first person who welcomed me to the Gye forum (as he has done for many other people) and I will always have very positive feelings toward him. Just in regards to what he wrote about the Rabbis who said the "roar of Mir" line. I think he may be using an availability and representativeness heuristics and making a base rate fallacy. We are all so involved ourselves in this struggle. And interact with and know so many stories of people who struggle. Some of whom happen to be very well respected Rabbis. This makes it very easy for us to imagine or project onto people that they severely struggle in this regard too. For arguments sake, let us say the "roar of Mir" line was completely factually wrong. The options for what was behind the Rabbis saying it is either the Rabbis made an honest mistake in saying that or, that they are hyper sexual and therefore say lines like that. I think the most probable answer is the first, that they just simply made an honest mistake. While true there are well respected Rabbis who struggle most do not. This is the only time I ever heard this Rabbi say a line like this (and I heard him many times), and I never heard his friend say any line like this (I also heard his friend many times). I therefore feel, the most logical conclusion is that these Rabbis (if the line was wrong) have made an honest mistake. I think to take one line, a person once said in their life, (especially when that line is the only thing you know about the person) and judge a person based off that in an extremely negative light is not fair and unjustified.

Hatzlacha to everyone, and to quote a mentor I look up to dearly "Stop Stopping, Start Living".

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