

my background

Posted by plz hashem - 03 Jun 2020 04:12

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Re: my background

Posted by Hashem Help Me - 03 Jun 2020 04:34

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Wow! Excellent post. Honest, courageous, focused, and in complete understanding of the mechanisms at work. You will iyh get out of this mess and help many others. Hatzlocha tzaddik!

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Re: my background

Posted by Singularity - 04 Jun 2020 04:08

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I love the honesty and the part about "not-so-evil porn", haha :D

Your story sounds like a typical progressive story, your 'na'ase lo k'heter' understanding, I guess. We lower our bottom again and again.

If you're asking from an addict point of view, it would do you good to read the AA book or the SA book, to understand their program and how it's outlined to "fix / safely control" the issue.

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Re: my background

Posted by plz hashem - 04 Jun 2020 22:48

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thinking more about my journey so far, and what has helped me, many things come to mind. most of them i think are known things. but there was one thing that i wasn't sure about and would therefore like to share. i remember that i had once seen in a sefer about if a yid is in a matzav that he is so sunken in bad, for instance ?????? ??????, and he is so connected to it, and he cant control himself, so much so that it comes running after him and he cant get away from it. the eitzah is, he first needs a strong will to stop, (and the more you stop the weaker it gets). and the help given from above comes thru tzedaka (in a way of having rachmanus on the less fortunate). as it happens at the same i "started to stop" i had given a nice sum to tzedakah, (nothing major but something out of the ordinary for me).

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Re: my background

Posted by Singularity - 07 Jun 2020 04:53

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Look, it's a good eitzah and it might work for you, and siman 151 of the kitzur has a lot of nice eitzos (none of which worked for me. I tried to be a sandek at someone's bris but they threw me out!!! j/k)

I reiterate that if you feel you are addicted per se, then the issue here needs to be dealt with using a completely different perspective. This is what helped me. To gain such a perspective, find Dov's shiruiim on this site, they are incredible.

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Re: my background

Posted by plz hashem - 07 Jun 2020 15:08

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yes %100

**these eitzos will not cure the illness.** (like any other illness).

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just to clarify, this eitzah didn't work for me to cure me, there were a bunch of other practical things that i did, and of course **need** and plan to do.

(btw in kitzur 151 i don't think he is talking about addiction).

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