

Lost everything, hit bottom

Posted by anonymous.lost.everything - 30 Sep 2021 20:41

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Hello. Depression and addiction to masturbation. I got divorced and I can't even see my kids because I have been a basket case, my ex wife does not trust me with my kids. Recently I had to call a crisis hotline and then went to an ER to make sure I would not end my life. That day I decided that I must change and signed up for sexaholics anonymous. I have been dealing with this for decades and I am satisfied that SA is necessary for someone with my particular problems.

I hope to receive and give some love and support here, and make some friends.

After a lifetime building, I lost everything, but I also found everything I needed, to be honest.

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Re: Lost everything, hit bottom

Posted by DavidT - 03 Nov 2021 16:04

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[anonymous.lost.everything wrote on 02 Nov 2021 22:47:](#)

[Shmuel wrote on 02 Nov 2021 21:44:](#)

[anonymous.lost.everything wrote on 02 Nov 2021 18:46:](#)

Right. I wonder how Hashem viewed that guy.

Im sure he views him the same way he does the everyone else. Lovingly.

Yes but there's tough love too.

It says it in the chumash that if we say that Hashem hates us then He will, that's why we have tisha b'av. There's an interaction there. His attitude depends on ours.

So I was wondering if He related to the alkie differently because the alkie didn't believe God

existed. It's just a kashia

Sorry but what you're writing is very far from the truth.

Hashem's action's can many times reflect ours, but not the way he relates to us. **Hashem has unconditional love for us** and because of this we can always experience the most comforting feeling in existence. Regardless of how far we have fallen, Hashem still loves us and cares about us.

Hashem created all challenges, and He knows exactly what goes on. He knows we want to do good, and He never looks down on us or rejects us.

When Hashem miraculously split the sea for the Jews in front of them, the Egyptians chased after the Jews — right into the sea! Yet, wicked as they were, when they had to be killed, Hashem was saddened. He would not let the angels sing praise to Him, even though He had just saved His chosen nation! If this is how much Hashem loved these wicked gentiles, we cannot fathom how much Hashem loves every member of His chosen nation.

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Re: Lost everything, hit bottom

Posted by anonymous.lost.everything - 04 Nov 2021 00:24

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My contention is that there is a difference between what how view really view Hashem and how they say they view him. Because we teach Jews to never say or even think certain things.

And I think that's a good approach if you are a person with good mental health, but if you're sick in the head it's better to be honest.

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Re: Lost everything, hit bottom

Posted by anonymous.lost.everything - 04 Nov 2021 00:25

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[Trouble wrote on 03 Nov 2021 15:16:](#)

[anonymous.lost.everything wrote on 02 Nov 2021 22:47:](#)

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i don't believe the chumash says any such thing.

This is what they said about Hashem, and He changed His behavior because of how they chose to see Him;

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He even calls them bad.

You have to understand that there's a difference between the rationalizations and sugar coatings that we teach people, and the facts. Precisely because Hashem reacts this way it's important that we keep teaching people to interpret His actions always in a good light. But people can connect the dots. We see Hashem's actions and draw our conclusions, regardless of the official party line.

But it's a mental illness and a relationship gone bad. Rationally, we can tell that Hashem made the world because He wants to benefit us.

It's important to understand that we addicts subconsciously want to maintain this twisted view of Hashem because it gives us a reason to feel that ephemeral pleasure that we're God ourselves. That is why the meetings are so effective: the behaviors there are inconsistent with this "lens."

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Re: Lost everything, hit bottom  
Posted by Gevura Shebyesod - 04 Nov 2021 01:57

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It says (????? ?:??) that they said "????? ?? ??????..." and they were punished for it, but nowhere does it say that Hashem hated them

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Re: Lost everything, hit bottom  
Posted by anonymous.lost.everything - 04 Nov 2021 02:14

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I have to find it.

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Re: Lost everything, hit bottom  
Posted by anonymous.lost.everything - 04 Nov 2021 12:25

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All of a sudden I am freaking out. I feel like I want to lust. I'm calling SA people left and right and nobody picks up the phone.

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Re: Lost everything, hit bottom  
Posted by DavidT - 04 Nov 2021 14:27

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[Gevura Shebyesod wrote on 04 Nov 2021 01:57:](#)

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Re: Lost everything, hit bottom  
Posted by wilnevergiveup - 04 Nov 2021 14:55

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[DavidT wrote on 03 Nov 2021 16:04:](#)

[anonymous.lost.everything wrote on 02 Nov 2021 22:47:](#)

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It's possible that Hashem's love is unconditional on the lowest level, but the level on which He relates to us is directly related to how we relate to Him. This is learned out of the four levels that Adam and Chava related to each other. The lowest level is *zanav*, then *achor b'achor*, then *panim el panim*, and finally *yechidus (bassar echad)*.

When we relate to Hashem in a back to back manner, i.e., we don't want to see Him rather we just want him to provide us with our need and not punish us (*avodah m'yirah*), he reciprocates by providing for us but without wanting to look at us. When we relate to Hashem like a tail, i.e. that we don't think about Hashem at all and just follow because we are stuck to our traditions and routines, Hashem reciprocates by not occupying His "mind" with us either.

It follows that someone who doesn't believe in Hashem at all is on an even lower level of a relationship with Hashem. It's true that Hashem waits for His children to return to him, and it's possible that He loves us unconditionally, but it's a huge mistake to think that the love always remains the same.

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Re: Lost everything, hit bottom  
Posted by DavidT - 04 Nov 2021 15:47

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If a person feels that "Hashem doesn't like the **action** that I did", that would be a wonderful reaction. But when a person feels "Hashem doesn't want **"me"** anymore, now that I've sinned" - this kind of thinking will make a person become disconnected from his relationship with Hashem.

After a person sins, chas v'shalom, he must feel two things at once. First of all, he must realize that he has gone against Hashem's will, and that Hashem did not desire at all this evil action that he has done. But at the same time, he must also feel, no less and perhaps even more so, that although Hashem didn't want this action he has committed, Hashem still wants him as a person.

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Re: Lost everything, hit bottom  
Posted by anonymous.lost.everything - 04 Nov 2021 16:14

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And that's precisely exactly the hole filled by the 12-step program. The addict is a tzadik most of the time because of the fear of rejection, but the threat of rejection weighs on him as he does God's will, so pretty soon he needs a meeting, and the meeting helps because the actions there completely blow up his threat-of-rejection thoughts.

God doesn't reject people, but what runs your life is not what God does, it's only what you think He does.

If's a self-defeating belief called "perceived narcissism."



That's what AA calls "a faith that works." It's your own religion plus your self-defeating belief, plus AA to remove it.

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Re: Lost everything, hit bottom

Posted by anonymous.lost.everything - 05 Nov 2021 17:02

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As part of my step 2 inventory I'm going through the chumash and writing down my questions on the pesukim.

It's starting to emerge that there is too much evidence that God does have some of the traits that I don't like. In other words, my theory that I have entirely the wrong idea about God is not correct.

Instead, it appears so far that God values me a lot more than I ever thought possible, that He's extremely invested in how I turn out, and that the story of God and man is about a relationship, really a love story. Tensions can run high, and God adjusts His behavior as man adjusts his.

I think in my step 2 I need to make a conscious decision to approach God to bring out His most pleasant, merciful and loving side. And I do see myself coming to believe that if I do that, then God will respond in kind.

And I do believe these findings reflect exactly the Jewish position on God. He has many attributes, it's a relationship, and we need to bring out the best in Him.

And there will be times when this operation doesn't pan out and at those times people need to stick together until the storm passes. And for addicts "together" requires other addicts. Normal people, who don't drag along inside the wreckage of their past can feel "together" with normal people.

I think when it says "came to believe that a power greater than ourselves could restore us to sanity" just simply means let go of the tree of knowledge of good and evil. That is the source of a lot of correct knowledge and opinions, but also of a lot of nonsense, often mixed together. Set it down and reach for the genuine article, which is outside ourselves somewhere. It can be found in God, seforim, other addicts, doctors, family, your sponsor, and who knows where else. As long as it's not inside.

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Re: Lost everything, hit bottom  
Posted by anonymous.lost.everything - 07 Nov 2021 17:50

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I must have let some lust slip by. Making myself miserable with depression and anxiety and thoughts of going off the derech so I can act out.

Started dialing numbers but nothing yet.

I think it could be my brain saying "it's been six weeks, can we get turned on now?"

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Re: Lost everything, hit bottom  
Posted by strugglingWithMyself - 07 Nov 2021 17:54

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Stay strong bro!! I'm with you!

Keep going - you know its worth it.

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Re: Lost everything, hit bottom  
Posted by anonymous.lost.everything - 07 Nov 2021 18:58

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Thank you.

All I can do is lie on my bed feeling that tension in my crotch and feeling that God hates me, just lying here crying.

Like the big book of AA, where they get terrors.

The only thing that helps is that I know it's all about my subconscious wanting me to get aroused. What a farce.

My sponsor said he's going to call me later.

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