

Hello folks

Posted by oisvorf - 18 Apr 2010 22:10

Well, here goes, yet another new member in this august society of those who are attempting to bring some kedusha back into their lives.

I hate to say it, but I too am a Rabbi, perhaps not so well-known but with my share of talmidim over the years, who has been struggling in this area for a long time.

I am not quite sure what to say in my initial post. On the one hand, it seems like others have gone through much more pain and anguish than me, and perhaps are dealing with a more difficult Yetzer Hara than I do. So perhaps I should just be quiet and thank my lucky stars, and gain some chizuk from seeing what some of the heroes here have done. ???

On the other hand, the issues that I seem to have little or no control over have been dogging me for many years. Baruch Hashem although I had fallen deeply into the chat room trap years ago, I have been able to completely stay away from that for a long time now.

And for the most part, I am able to stay away from hard core porn sites, except on rare occasions.

But certain types of soft core porn, I seem to not be able to break away from checking out, time after time after time - anytime I am slightly bored or need a break, or even if I am busy...I just cannot seem to break away from the urge to check out

I know that the answer that I should just be stronger has not worked. I have said several times in my Rosh Hashana sermons that the biggest emotion that I have often is embarrassment - the same stuff I was klopping al cheit for last year is still here, and I have not even changed a bit despite whatever other things I have done in other areas of my life and growth...it is so embarrassing and frustrating that I cannot pull myself away and waste so much time, kocho, and feelings on it - especially if truth be told, I enjoy it when I look, and feel only partially guilty about it.

I am not sure what the tachlis of posting this is, but that's about it for now.

Kol Tuv,

Your newest colleague

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Re: Hello folks

Posted by oisvorf - 29 Oct 2010 17:23

In regard to my removed posting (if you saw it while it was here briefly):

I was advised by the moderators that this posting was probably not a good idea, so I removed it.

If anyone wants to talk to me about it via PM, I am open to that

Thanks again

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Re: Hello folks

Posted by the.guard - 30 Oct 2010 18:29

Dear Shmendrik, I was sent your post by a moderator.

I commend you for your honesty and for your desire to face up to this past issue. Your story is just another example of how dangerous lust addiction is....

While you may not be able to go to a therapist, you CAN go to a SA group. There you can share your story with a sponsor, and with others you will become close to and trust. There are unfortunately many such cases in the SA groups, and although they don't share their stories with everyone, they do share with those they can trust. Also, you will gain more from the SA group and through working the 12-Steps than you would from therapy.

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Re: Hello folks
Posted by oisvorf - 31 Oct 2010 00:09

Thanks, Guard

i will try to follow up on your advice.

Yasher Koach on everything

Shmendrick

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Re: Hello folks
Posted by 1daat - 01 Nov 2010 07:35

[guardureyes wrote on 30 Oct 2010 18:29:](#)

Also, you will gain more from the SA group and through working the 12-Steps than you would from therapy.

Shmen. I'm a therapist. I had thirty years of therapy. tsi'gournisht helfin. Only this site, the work I do related to it, and Hashem's chain has helped

Shmen, I am so glad you're back. I don't know what the issues are, and I don't care. i'm here for you in any way I can be a help.

1daat

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Re: Hello folks

Posted by Steve - 01 Nov 2010 14:45

1daat,

I agree 1000%. I'll just add that Guard's stressed the 12 Step Program. Shmen's in it, and he's growing in leaps and bounds. I hear his voice on the phone, and I can tell. I love this site, and even tho I havent had time to post much on my own these days, I owe GYE and the forum my life. If you can additionally join one of the Anonymous Phone conferences and stay with the program "1daat" and EVERY day, you too could grow and become Free from lust in ways you never imagined.

kol tuv, KOT and KUTGW,

Steve

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Re: Hello folks

Posted by Kedusha - 01 Nov 2010 14:48

[Steve wrote on 01 Nov 2010 14:45:](#)

I agree 1000%. I'll just add that Guard's stressed the 12 Step Program. Shmen's in it, and he's growing in leaps and bounds. I hear his voice on the phone, and I can tell. kol tuv, KOT and KUTGW,

Steve

In this particular case, Guard was recommending live groups. The phone groups are the next best thing, but they are not always enough.

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Re: Hello folks

Posted by Steve - 01 Nov 2010 15:27

Kedusha,

Yes, SA live groups are VERY helpful, and become a strong lifeline to Sobriety, and i recommend them highly. We have, however, heard from many in the chevra that *SOME* SA groups don't really work the Steps in the literal sense. There are those who have gone to SA groups for years and have a strong measure of sobriety, but have never gained the level of FREEDOM that RECOVERY offers, cuz they weren't big Book Purists in following the steps. If the SA groups one can join are not really working the steps, I suggest the phone group should be joined ALONG WITH participation in a live group. Working the Steps is key.

Shmen, sorry if we're hijacking here, but it's all in your gevaldige zechus.

Love ya,

Steve

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Re: Hello folks

Posted by Kedusha - 01 Nov 2010 15:38

Steve,

In other words, someone who needs a live group (because of the added accountability provided, or for whatever reason) can continue to benefit from the phone groups as well.

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Re: Hello folks

Posted by Yosef Hatzadik - 01 Nov 2010 16:26

There are no *Shnei kesuvim hamakchishim zeh ess zeh*

So, I guess, all the *kasuv hashlishis* should stay away! (I will maintain my silence.) :-X

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Re: Hello folks

~~Maskim!~~
Posted by oisvorf - 01 Nov 2010 21:27

Help!!! I've been hijacked!!!!

Actually, much better to be hijacked by you guys -- the yetzer Hara still thinks he still has me, as he has for decades, and wants to negotiate for my release! He is teasing me -- I thought he was willing to just let me go - but here he decided to put up a whole new fight that I never in my life thought I would have to deal with :-[--- ah well.

I don't know where SA groups are in my area, or how to access them, or, given the sensitive nature of my deleted posting, I can or should risk going to them, so it is encouraging to hear that I might be able to deal with this here instead. But as it seems that some people feel it is necessary, I will make inquiries. (I know this is annoying for those who did not read my posting, -- my apologies.)

Thanks 1daat, Steve, Kedusha, Yosef, anongye, jip, and of course guard . . . you guys are the best. I look forward to freedom, but it seems that it takes more than the truth to set one free - it takes working the steps. ???

(I know, I know, you can only get to the truth by working the steps -- Kasuv hashlishi).

And Steve, I'll bite. what the heck are KOT and KUTGW ?

Best to all,

Shmendrick

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Re: Hello folks

Posted by Yosef Hatzadik - 01 Nov 2010 21:49

Keep on Trucking!!!!

Keep up the good work!!!

Does it better when it is moving...

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Re: Hello folks

Posted by Kedusha - 01 Nov 2010 21:55

Maybe Dov can help you find an SA group near where you live.

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Re: Hello folks

Posted by Yosef Hatzadik - 01 Nov 2010 22:03

See [SA in NYC's Webpage](#)

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I couldn't make it too easy

Re: Hello folks

Posted by Steve - 02 Nov 2010 15:24

Hi Shmendrink,

I'm not sure whom you can contact, but obvious choices are to find a FRUM men-only SA group, or one that will have non-jews, preferably all men. The Boros are big enough that you should have your pick. Perhaps you can open a discussion here on advantages to both types of groups that GYE members have experienced. Hear what might work best for you, and aim for it. You could also send out this inquiry to the Group Roster which you are a member of, and please let us all see the feedback for our own struggles also.

Remember, Hashem sometimes waits for us to jump before he spreads out the net to catch us.
LGNLGD!*

*Let Go N' Let GD

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