

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's, 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

=====

Re: Hello folks

Posted by oisvorf - 22 Nov 2010 20:42

it sure had gotten quiet in this thread lately . . . I guess that I have been very taken up with dealing with some issues alluded to here earlier, which need to be kept off line.

At any rate, i am glad to report that I get a mazel tov...today is day 180 on my journey, which is

But I am not thrilled about it, because it has been a flawed journey. While I have BH successfully stayed away from overt porn and M***, I have stayed away from non-pornographic looking at beautiful women on the net or in real life, and have definitely still been feeding my lust addiction.

So I am Bli neder going to try something new for the next 90 days . No more searching for google images. No more watching certain newscasters who I am looking at more than listening to. A greater awareness of looking away in the street (admittedly easier during the winter months), and a greater attempt to really begin to approach what shemiras einayim is all about.

Shmendrick

=====

=====

Re: Hello folks

Posted by bardichev - 22 Nov 2010 20:44

kot kot

=====

=====

Re: Hello folks

Posted by 1daat - 23 Nov 2010 02:25

Shmen, I can't tell you how good it is to hear from you. I thought, I should call, I should call, and I was chicken. I'm sorry. I know you could use the support.

180 days is just a miracle. On to the next level. It has NOT been a "flawed journey". You addict, you! You are looking at this from upside down. You were clean 180 days! Is this amazing or what! Especially with what's been weighing on you.

Look at the mountain you've climbed, carrying the burden you've had to deal with. **And you stayed clean.**

Face down on the floor. Repeat after me, "Baruch Hashem, Baruch Hashem, Baruch Hashem". Ok, you can get up now.

I love you, as best I can through this anonymous medium. Stay in touch

=====

=====

Re: Hello folks

Posted by Dov - 24 Nov 2010 04:21

I beg of you to avoid the silliness of looking at staying sexually pure as an end in itself. Please consider the possibility that - although it *is* playing with fire, stupid, and deadly - looking at the things you are tempted to look at is not that bad for you, considering where you came from.

I am not condoning looking at women or lusting, or anything like that!

All I am saying is: Do not fool yourself. Let's have a little humility here, folks. We are recovering perverts. In addiction, we naturally tend toward looking at women and schmutz and taking it all in hungrily, and using it with gusto. We are screwed up, in that respect.

Bearing that in mind, I believe that 180 days without sex with yourself or anyone else other than the spouse and no "overt" porn is a wonderful brocha that you do not deserve. Neither do I.

Lechatchila I need to be careful to avoid any lusting at all, ***because I need to 'respect' my disease and take it dead seriously.*** But then why would I suddenly become fair game for the morality game when it comes to b'dieved?! "Ach, how can I do such foolish things!?"

I'll tell you how you can do stupid stuff like that: You are an addict, and that's what addicts *do*! It's a double-edged sword, this disease-thing. It gives us the humility to be more careful without becoming kedoshim when we are granted success, ***and*** it gives us the humility to accept defeat when we screw up. 'Falling' is never the chiddush for you and me - sobriety is! Even for an addict who has been sober for twenty years or more!!

And if that's just words, then I pity myself. I want you to know that if I am sober next year, I'll be a bit surprised....but when I remember Who is on my side, and how strong a gift He gave me with SA and Recovery, then I feel more at ease. But that's all a chiddush, not the failure - that's 'par' for the course, as far as I am concerned.

Of course, if you opt to join the "I have not acted out for a year now - so I am obviously (mostly) healed and no longer an 'addict' like I used to be" - chevra...well, then none of this will be yours.

What do you want? The stuff behind curtain #1, or curtain #2?

Go easy on yourself. It's amazing you (and us) were brought this far, reb yid.

=====
=====

Re: Hello folks

Posted by bardichev - 24 Nov 2010 04:37

What rabbaynu rebbereber=DOV

Is saying is

No absolutes

Why? Because absolutes are rooted in gaavah and you have no where to go but down

I just say

KOT

B

=====
=====

Re: Hello folks

Posted by silentbattle - 24 Nov 2010 06:50

180 is absolutely beautiful.

=====

=====

Re: Hello folks

Posted by Kedusha - 24 Nov 2010 14:46

Mazal Tov on 10 times Chai!

=====

=====

Re: Hello folks

Posted by Dov - 25 Nov 2010 17:25

To my favorite Shmendrick in the whole world:

If what I posted above came off as negating or judgemental I am very sorry. I did not mean anything of the sort.

The way I look at it, it's just like *one* amputee reminding *another* amputee to take his prosthetic leg "*with* him this time". Just like many black folks can (and do) get away with using the 'N' word *with each other* all the time, I feel comfortable referring to anybody like me in recovery using the 'P' words (one rhymes with curve and the other rhymes with 'schmowerless'). I am a walking 'No-Shame Zone'.

:-*

Seeya!

=====

=====

Re: Hello folks

Posted by 1daat - 26 Nov 2010 06:20

Hey Shmen. How ya doin with your bintel?

=====
=====

Re: Hello folks

Posted by oisvorf - 29 Dec 2010 08:55

[1daat wrote on 26 Nov 2010 06:20:](#)

Hey Shmen. How ya doin with your bintel?

Vos iz a bintel????

I am sorry that I have not been here for a while. Been busy, trying to make some money, catch up on other responsibilities, began therapy all sorts of stuff.

Main reason ... I have Baruch Hashem not felt the "need" to be here that much.

In terms of my p** addiction, it seems that this has been taken away from me to a large extent, BH. As I have scribed here a bunch of times, I seem to be able to control that fairly easily at this point, with the help of K-9 and the chizuk I have received. In particular, I am tring to be on Duvid Chaim's call as often as I can - he is a true angel from Heaven. I still do have a lust addiction, as in viewing pretty women on the net and elsewhere, but not much of a porn addiction anymore.

If anything, i seem to have an "opposite" problem lately. I am not able to adequately perform

I do not seem to be able to get turned on enough to be with her. I told my doctor, even tried Viagra, but gornisht gehelfen.

with my wife (as partially evidenced by my being here at 4:00 AM :

An interesting turn of events, to say the least.

Anyway, I hope that gam zeh ya'avor

Best to all of you

Shmendrick

=====
=====

Re: Hello folks

Posted by Yosef Hatzadik - 31 Dec 2010 00:49

[shmendrick wrote on 29 Dec 2010 08:55:](#)

[1daat wrote on 26 Nov 2010 06:20:](#)

Hey Shmen. How ya doin with your bintel?

Vos iz a bintel????

Are you familiar with the famous quote:"I have a dream...."

*Hinei anachnu me'almim alumim. We tied bundles, or in yiddish, mir huben gebinden **bintel**ach*

=====

Re: Hello folks

Posted by oisvorf - 22 Mar 2011 17:52

Hi everybody

I have not been here in the longest time, and I apologize for that (for anyone who cares) . . . I basically have getting all i can handle in Duvid Chaim HaTzadik's phone conference, and have not felt the need to be here.

But I hope y'all are well, and miss being here .

Just did want to share some good news . . . Today is Day 300 in my 90 day chart, and I could not have gotten there without a lot of the chizuk that i got here for a long time. :-*

So thanks to you very much, and Let us all continue to be strong warriors to recovery.

Best wishes

Shmendrick

=====

Re: Hello folks

Posted by Yosef Hatzadik - 22 Mar 2011 18:08

WOW!!!

That's GEVALDIGGGG!!!!

=====

Re: Hello folks

Posted by kosher - 22 Mar 2011 18:48

[shmendrick wrote on 22 Mar 2011 17:52:](#)

Hi everybody

I have not been here in the longest time, and I apologize for that (for anyone who cares) . . . I basically have getting all i can handle in Duvid Chaim HaTzadik's phone conference, and have not felt the need to be here.

But I hope y'all are well, and miss being here .

Just did want to share some good news . . . Today is Day 300 in my 90 day chart, and I could not have gotten there without a lot of the chizuk that i got here for a long time. :-*

So thanks to you very much, and Let us all continue to be strong warriors to recovery.

Best wishes

Shmendrick

I am thrilled to hear you are doing so well. I (at least) missed you.

Can you share any experiences from your success that we might be able to learn from and appreciate?

=====

=====