

Hello from Blind Beggar

Posted by Blind Beggar - 28 Aug 2010 21:19

Hello Tzaddikim! I just found this site last week. I think it is going to make my Rosh Hashono and Yom Kippur. I think the newness of the 90 day chart will get me 40 clean days to Shemini Atzeres but I am afraid of what will happen next. Does anyone have any suggestions?

I have read enough of the forum to see that you are all tzaddikim and all serving Hashem every day clean and again after every fall.

The holy Baal Shem Tov taught that the yetzer horo is more interested in the post-sin depression than in the sin itself.

Blind Beggar who wants to have eyes only for Hashem.

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Re: Hello from Blind Beggar

Posted by ur-a-jew - 09 Nov 2011 19:00

[Blind Beggar wrote on 08 Nov 2011 10:21:](#)

So far so good. Skinny-short-skirt-purple-fingernails and Skinny-mini-skirt-long-blonde-hair now both have names and they talk to me like a person. **I got a few good looks** at those legs and one short lust-thought but nothing too serious.

[quote="Blind Beggar]

If I see a woman as an object I am powerless over lust, [b]but I don't have to look.[/b]

[/quote]

Blind Beggar, I don't envy the position you are in, and I can't say how I would handle it. But it reminds me of the story along the lines of the Rebba and his gabbai who see a girl stuck in a pit and the rebba pulls the girl out as the gabbai looks on in horror that the rebba is touching the girl. After continuing on the way the gabbai asks whether it was okay for the Rebba to carry the girl out. The rebba responds I carried her for a few seconds you've been carrying her for the past two miles.

The fact that Hashem sent these two woman in your life is beyond your control. You don't control the world Hashem does and in His infinite he has put them near you. So their presence is a reality. If you have to interact with them you do. The same way you would interact with a male co-worker. You wouldn't be checking out the male co-workers legs, checking out their legs means that they have some hold over you. As if their legs give them a certain power. And if that happens, that means that you are carrying them with you. On a similar note I get the sense that you are carrying around Gila and Sara with you all do. Sounds like a heavy load.

I hope this doesn't come off as pontificating, as I said I'd not be in a good place if I were in your shoes. And I think that all things considered, you are doing great under the circumstances. Continued hatzlacha.

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Re: Hello from Blind Beggar
Posted by Blind Beggar - 09 Nov 2011 21:57

I am carrying those two around and it is a burden. I am drawn to look, as we all are on this forum. I know I don't have to look and I do guard my eyes in general because that is what I really want to do. I am going to try not to deify them and not to worry when my anatomy works as it is supposed to.

It's been a long day. Good night.

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Re: Hello from Blind Beggar
Posted by obormottel - 09 Nov 2011 23:03

A couple of brief thoughts from a fellow goofball:

1. Blind Beggar, your sitch would be tough for me to handle, so you're a special neshomo for being given this nisoyon.
2. UAJ, this is the best chassidishe ma'ase in a very long time! I'll be repeating it often when pretdning that I am one of the normal guys.

My G-d!

[dov wrote on 09 Nov 2011 17:49:](#)

There is something that really gets me the wrong way about assuming from the halachos of yichud, that a Jewish man is going to end up seducing a woman he is alone with, or assuming from the derech erez of yiddishkeit (not to be on a first name basis with women in general) that I will end up fantasizing about the women who I must speak to on a first name basis in order to just be NORMAL. Our G-d is real. His Power and Love are real. My illness is real. And yet He helps me one day at a time.

You make a bunch of beautiful points about the pedestal, and deifying and such, and then you just careen off and start piling on!

All books on taharas mishpocho have a huge disclaimer:

Even if handing things over to your wife DOES NOT turn YOU on, you must nevertheless observe takonas chachomim and NOT pass from hand to hand (or any other detail of harchokois). I hope the nimshal is muvon:

Experience (which is your G-d, if I may make an observation) shows that using a woman's first name enhances the possibility of using her as an object of sexual fantasy. That's why all strippers have first names; all pictures on all websites are named; all spam emails are signed by a first name.

Of course, just because I use a first name in a work setting, doesn't mean I will mentally rape this person as soon as I'm alone. But as an addict in a challenging situation, I must take all precautions not to allow my sick mind to wonder, especially when experience shows that it is a real possibility.

Yeah, we're all looking forward to the day when, from the height of our 13-year sobriety, we will laugh at these challenges.

But as one sharing addict to another, it would serve me well to remember hilchois yichud, and derech erez, and harchokois and all those other things put in place by the loving G-d and his Rabbinic advisors to help me overcome my urges, and not take exception to them because of my newly found wisdom.

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Re: Hello from Blind Beggar
Posted by Blind Beggar - 10 Nov 2011 10:36

I have not wanted to masturbate so much for a few months but after a few emails and calls to GYE chevra I had a clean night. Thank you, you know who you are.

Don't you guys have even worse problems than me every day? No one here is dressing davka to turn men on but I bet in Tel Aviv, London and LA it is much worse.

Sarah is wearing thick winter stockings and has her long blonde hair up in a bun so she is fairly easy to deal with today. I spoke to Gila and was very helpful with no untoward feelings or natural reactions.

Will keep you informed.

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Re: Hello from Blind Beggar
Posted by Dov - 10 Nov 2011 14:47

Please forgive the hijacking here by me, BB.

[obormottel wrote on 09 Nov 2011 23:03:](#)

All books on taharas mishpocho have a huge disclaimer:

Even if handing things over to your wife DOES NOT turn YOU on, you must nevertheless

observe takonas chachomim and NOT pass from hand to hand (or any other detail of harchokois). I hope the nimshal is muvon.

OK, so it's not. And you do not know me. Apparently I am a free target. Maybe when enough people say nice things to a person, it becomes fair for others to write stuff to them like "your own experience seems to be your G-d," and to imply to me that / think a halocha is shortsighted or stupid.

If I understand what you wrote correctly, then you misunderstood what I wrote completely and I feel hurt by how far off you misrepresented me. So obviously, I still have a huge and sensitive ego. If I had less of an ego, I'd be fine, but Hashem is still trying to help me get there.

So forgive me for being caustic, but I feel I have the right to defend myself here.

I only wanted to say that there is a popular *misconception* that these halachos are based on the assumption that men are sex-crazed weaklings who will probably end up seducing or raping someone if they are left alone with them. Such an assumption about the harchoka of yichud (and other similar ones) is patently nuts, and Chaza"l never said such a thing. You never said such a thing, either, I bet. So there is probably no argument about the fact that this is not what hilchos yichud and other harchakos is really about.

There are people who are *not* frum who look at these halachos and believe that Judaism must look at all men as incredible perverts and rapists. And can you blame them? They do not understand that these halachos serve more purposes than just one, and the main one is Kedusha - *not* preventing unwanted pregnancies. And I maintain that addicts cannot use halachos yichud as a pure guide for themselves - they need more gedarim because the halachos are not written for sick people, but for the entire klal Yisroel (who are b"H mostly healthy!). Twisting halocha into a pure guide for addicts is misusing it and it does not work. This should not surprise any honest ehrlicher yid, though, for there are many precedents for it. And the extra harchakos may not look like harchakos to the person ignorant of addiction, but they do **work** for many addicts. And to me, *that* is a better guide for what Hashem wants from me, than what *people* may think is right.

I have witnessed gedolei Torah using first names to women on the phone, and even asking b'shlom isha, when it is appropriate. But assuming that I am making fun of the halachos of

yichud is just not knowing me, at all. This area needs to be understood and true da'as Torah is not as poshut bizmaneinu as you may like to make it.

And about "Experience (which is your G-d, if I may make an observation)", I want to say this:

Your belief in G-d is *in* a book? Is your belief in G-d *in* the Torah? I think not. The entire Chovos halevavos was written to get Hashem OUT of the Torah and INTO our hearts - which is the only place emunah has any value. And please - by "in our hearts," we all know that means "our experience". Pretending that any person believes "whatever that book over there says," is just silly. Few of us really know all the ins and outs of correct faith yet. Are we apikorsim till we do? I am not asking halocha of you, just simple truth: what is emunah? Is it purely technical, being getting the facts exactly right, and that's it? It can't be.

So we learn the Torah to learn a little bit *about* G-d, and about what He is *not* - yet then the Zoh"K tell us that "leis machshovah t'fisah bei klal"! So what *is* this belief and in *what* G-d? Do you or any of us really *know* all that is written in the 13 ikkarim and internalize it properly? Are you aware that there is a deep machlokes rishonim (actually ge'onim) about what some ikkarim actually *are*? But all this is peripheral to my point.

No, I am **not** trying to say that emunah is a meaningless and personally defined. It is *certainly* defined by the Torah and **only** by the Torah. But the useful part of the the emunah - the malchus of it, for those who know what i mean - is b'leiv. And the Maharal basically defines *leiv* as your personal awareness. I think *leiv* is created and formed - not by a sefer, but by your and my personal experience. And I think that they are one and the same. Is what I am writing about here making any sense to you? So in a funny way, you are not far off the mark...

And as far as the "strippers first names thing" goes, how many strippers do *you* know? I knew a few. And their names were **fake**...like the usernames here on GYE. They are a buffer to reality. And it is precisely the fact that men **know** these women and their names are all fake that makes the women so attractive for using them impersonally. The unspoken *anonymous-ness* and fake-ness of the relationship and of the sex is what allows the fantasy aspect to flourish! I know that if patrons would see and know the woman *truly* - knew she is preoccupied with worry about the root canal she needs tomorrow afternoon, knew the baby the 'sweet goddess' was trying to support, how she struggles to make ends meet, and that has no real love in her life (that is, no real man and no *real G-d*), her frailty and humanity would ruin the entire game.

And finally,

Yeah, we're all looking forward to the day when, from the height of our 13-year sobriety, we will laugh at these challenges.

was not a nice thing to say. I am only sober today. I am not fooled by the worshippers of me or my sobriety date - and I never asked anyone to consider me different than them. I am as much an addict and just as powerless as the guy that just saw his hooker (virtual or real) yesterday. I am not "strong". Too bad people here just do not *get* it, but that is not about to become *my* problem. If my apikorsishe-sounding presence bothers you and you want me off your thread then that's OK. I need to practice shutting up, anyway.

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Re: Hello from Blind Beggar

Posted by Gevura Shebyesod - 10 Nov 2011 14:47

Hi B.B.

I completely relate with what you are going through, I have had similar experiences, obviously with a different "twist" because of what my problem is....

There's a young guy here at work that I was totally crushed on since the day he started here. He works in a different part of the building but i was always finding excuses to go over there and get an eyeful or even say hi....I fantasized about him endlessly and always wished and hoped that he would notice me....

When I started working on my recovery I made an effort to avoid him completely for a while. Just seeing his face was too much....Eventually I was able to see him and say good morning without a bad reaction. But lately i have actually gotten to know him better as a person and I can now interact with him almost normally. I guess i have become used to and "desensitised" to his presence. And I look at him as fellow human being, with his own life which is completely separate from mine, and not as a toy, an object for my entertainment and lust. It really works.

BTW a while back I worked at a frum place where they had an official policy that all members of the opposite gender were to be addressed as Mr./Mrs./Ms. So-an-So. I thought it was a great idea, although I found it weird at first to constantly be called "Mr. Shebyesod". Of course this

policy did nothing to help me...

So hang in there. In the beginning there's always the "WOW" factor, but eventually you will be used to them and they will just fade into the background if you don't constantly dwell on their looks. And as you get to know them you will begin to appreciate them as people, and it will be so much easier.

Hatzlacha and KOMT!!!!

Gevura!

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Re: Hello from Blind Beggar
Posted by Blind Beggar - 10 Nov 2011 14:47

I had so much stress at work today that I didn't have time to lust. Let's hope it gets really cold and Sarah keeps those warm stockings on.

One day at a time, really and truly.

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Re: Hello from Blind Beggar
Posted by Blind Beggar - 10 Nov 2011 14:51

The WOW factor has been with me for 30 years and still has not gone away. Just that then the only girls who made me go WOW were under the age of 16. Now I go WOW with millions more women from 16 to 46.

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Re: Hello from Blind Beggar
Posted by ur-a-jew - 10 Nov 2011 14:58

[Blind Beggar wrote on 10 Nov 2011 14:47:](#)

Let's hope it gets really cold and Sarah keeps those warm stockings on.

One day at a time, really and truly.

Let's hope you just put them down and out of your mind this way we don't have to have a winter of the G&S daily wardrobe report.

Hatzlacha

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Re: Hello from Blind Beggar
Posted by Dov - 10 Nov 2011 16:34

The UAJ dude says it like it is.

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Re: Hello from Blind Beggar
Posted by gibbor120 - 10 Nov 2011 17:39

Hi BB. Sorry, even tzniyusdik clothing reports do bad things in my mind. I really do wish you hatzlocha on this issue. The workplace is tough. Luckily, my workplace isn't that bad (relatively), but I definitely have to be careful.

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Re: Hello from Blind Beggar
Posted by Blind Beggar - 10 Nov 2011 18:02

[gibbor120 wrote on 11 Aug 2011 13:48:](#)

I have found a similar "trick" to work while standing in the grocery store check-out aisle. Focus on the candy bars or other similar knick-knacks, read the labels, etc. It keeps your eyes focused away from the other shmutz. Also, in the street, sometimes it's difficult to look away completely. I will focus on a lady's face rather than other features. It's not usually the face that is triggering.

Faces trigger me a lot more than @#\$s in thick &%^\$&*(). I guess Hashem makes each one of us differently. Wishing you hatzlocho in your struggles, Gibbor120.

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Re: Hello from Blind Beggar
Posted by gibbor120 - 10 Nov 2011 18:08

. I think the face does tend to remind us more that there is a person inside the flesh. Looking at flesh, just reminds us of flesh. Panim actually comes from penim. The face is the gateway to a persons real self. We can see how someone is feeling for example by the look on their face. The panim reveals the p'nim. Granted, it too can be a trigger.

KOT! & KOP! (Keep On Posting)

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Re: Hello from Blind Beggar
Posted by ZemirosShabbos - 10 Nov 2011 18:30

Hi BB,

glad you're keeping away from the stocking stuffers

KUTGW

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Re: Hello from Blind Beggar

Posted by Dov - 10 Nov 2011 22:59

Everything is trigerring when I do not really want to be sober. I have been there many times and sometimes want to lust. So?

That is no proof that a tool doesn't work. Just like it is not a proof that Torah doesn't work! If the tools that work for many people do not work for us, that is proof to me that the problem is *within us*, not in the tools. I will use anything to get my tasty fun *when I want it* and nothing will stop us - not even G-d.

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