

Accepting that we need help

Posted by anonymous\_14 - 07 Apr 2016 21:16

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From Guard Your Eyes Handbook

Accepting that we need help

"The first key to recovery is "Acceptance". We need to accept that we have a problem and that we need help. Otherwise, we will read through the Guard Your Eyes website and Handbook and say: "they don't really mean me". "

"Acceptance is the key. The addiction is a disease and sobriety is not a matter of willpower. When we stop living in the problem, and instead live in the answer, the problem goes away by itself".

One factor that prevents a person from accepting that we have a problem is arrogance. An arrogant heart is capable of denying the truth.

- Arrogance is the root cause of all bad traits. Arrogance is the root of all the sins between man and G-d and between man and man. ????? ??????
- The Sage was asked: What is arrogance? And he answered: it is a nonsense that its owner refuses to admit to. Behinat Olam, Pride
- Arrogance is the season of drunkenness of man.
- The Sage was asked: What is arrogance? And he answered: a nonsense that its owner cannot leave aside. He added: if the arrogant person knew his worth, he would have nothing to be arrogant about.

We can control our arrogance by being more aware of that attitude. This can be achieved by Torah study.

The Sages said one should not be afraid of "work that never ends" like Torah study.

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Re: Accepting that we need help

Posted by markz - 07 Apr 2016 21:21

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What's your phone#?

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Re: Accepting that we need help  
Posted by peloni almoni - 07 Apr 2016 22:17

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rabbi, i notice how you shy away from community interaction, and you just pop in once in a while to post what you hope is mechazek the community, and then you disappear.

your posts always leave me curious:

who are you? what is your struggle? what have you tried? how is your fight going?

gye is a community. besides for the fact that the chizuk to get from community is much deeper, richer and more potent, i personally feel a sense of responsibility to work together in this community. to talk with each other, not talk at each other and then take off.

are you familiar with the idea of "karma"s on this site?

i looks like perhaps i am not the only one who feels this way about your posts.

here is an idea:

start ONE post under "introducing myself". leave the divrei torah, mussar, etc. out, and just tell us about yourself. your situation, feelings, what brought you here etc.

**GET OUT OF ISOLATION**

i hope you consider this. i really wanna see more of you around.

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