

strategies

Posted by jack - 20 Feb 2009 16:37

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elya gave me a nice pice of advice last night - if we are at work, we are there for a purpose, that purpose is to get a paycheck at the end of the week.so, that's what we are there for, NOTHING else, including NOT looking at what's walking around in the hallways. this reminded me of something i once asked a lubavitch emissary.i asked him 'how is it that lubavitchers dont get influenced by their surroundings - after all, they go to some of the most unholiest places on earth.but there they are, walking around as if they were in crown heights.well, he said to me - we know what we're here for - and we're not here for anything else, that's why we dont get influenced by the tomay environment.what do you think? jack

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Re: strategies

Posted by battleworn - 10 Jun 2009 17:44

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Jack, that's a great post. Did you see the dicussion about multiple addictions in "break free"?

If a 12 year old kid from the home of the godol hador sees a porn mag, you think he'll throw it in the garbage? Maybe - there are no 100 percent rules about anything. But usually he will devour it.

I'm mighty curious. Does anyone here have any information on this. Like what percentage of 12 year olds will devour it, what percentage will peek at it and what percentage will throw it away right away?

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Re: strategies

Posted by the.guard - 10 Jun 2009 18:21

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E-mail #76 on [this page](#) is one example of him throwing it away, while [this story](#) is an opposite

example... It could be it has something to do with the message the parents give over. In e-mail #76 - the father showed his children how careful we need to be.

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Re: strategies

Posted by jack - 10 Jun 2009 20:49

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dear battleworn, yes, I saw that - that's why i posted this long piece - because of that discussion on multiple addictions. Why do you think therapy or group therapy work? It is because these challenges are so common among addicts. Just like doctors can treat the same symptoms in different people, group support can work also for all who suffer. There is a unity. If there weren't similarities among people, we'd need 6 billion doctors - one for each person in the world. So a broken leg can be treated in the same way for a person in Africa as for a person in Oshkosh Wisconsin. And group support will work for an addict in Jerusalem as well as an addict in Memphis Tennessee. But there is a great distance between knowing and doing - our job is to bridge that gap - a difficult task indeed.

One more thing (for now) - i could not have budged an inch in this battle without the support of the people on this forum. One of the first things I noticed when i discovered this site 9 months ago was that everyone here was trying everything in the book - all to no avail. Everyone was a talmid chochom - it didn't help. I said to myself - what's going on here? Nothing, but nothing seems to work! And then I joined the phone group - and that did it! And for the next 90 days I underwent torture to break free, but I had the (anonymous) support of all the people on this forum. Without them, I would not have been able to get anywhere - without a doubt. I will never, ever, forget what guard and all the people here did for me.

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Re: strategies

Posted by battleworn - 11 Jun 2009 10:12

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Rabeinu, email #76 is of course a beautiful story. But there were at least two *more* factors in play. The main factor is that his father was careful with his own eyes, and he made his children aware of that. So there's a great shmira from shomayim, and that totally changes the whole picture. The second factor is that he wasn't alone.

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Re: strategies

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Posted by the.guard - 11 Jun 2009 11:15

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Re: strategies

But the child was alone - the father had gone downstairs... But I guess he was in the vicinity  
Posted by battleworn - 11 Jun 2009 11:38

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Wasn't his sister also there with him? And wasn't there at least a reasonable chance that she

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Re: strategies

Posted by the.guard - 11 Jun 2009 12:07

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Perhaps, but anyway back to the interesting question, what makes kids that age SO CURIOUS about these things, that even having never seen it before, they would DEVOUR it? I guess it must be human nature... Question is, are all kids the same, or are some predisposed to this more? And if yes, why?

These are some GOOD questions.  
would tell the father?

We can't do any testing obviously, but perhaps on-line we can find some articles written by )

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Re: strategies

Posted by battleworn - 11 Jun 2009 14:31

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Jack says that all 12 year olds are emotionally weak. (Personally I would assume that there are a very few exceptions and I imagine that Jack agrees) What do you say about that?

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Re: strategies

Posted by jack - 11 Jun 2009 15:28

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When I said weak, I meant not fully emotionally developed and still open to forces outside of them that will shape their thinking and actions. That's why it is SO important for them to have the right environment at that impressionable age. After they are already developed, and the right ideas have made their way into their consciousness, they are not so impressionable anymore, and (hopefully) they will be on the right derech, and STAY on the right derech. Of course, a person can always stray, but if at that tender age, the child was shown the right way, and that way got implanted into his brain, it's unlikely (but not impossible) that he'll stray. So in my opinion, yochanan kohen gadol must have had something from his youth that finally go to him at an old age. Acher also. I don't believe all of a sudden out of nowhere, they went off.

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Re: strategies

Posted by battleworn - 11 Jun 2009 16:52

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So in my opinion, yochanan kohen gadol must have had something from his youth that finally go to to him at an old age. Acher also. I don't believe all of a sudden out of nowhere, they went off.

Jack you're 100% right, the gemoroh says that the problem was really there from before.

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Re: strategies

Posted by the.guard - 12 Jun 2009 06:01

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Yes Jack, nail on the head! The gemara says about Acher that the problem stemmed from his BRIS MILA! That really goes back into his past, doesn't it ;-)

Battleworn, does the gemara say anything about R'Yochanan that caused it?

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Re: strategies

Posted by jack - 12 Jun 2009 15:43

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I'll go even one more - that if Hashem causes a baby to be born with some sort of deficiency, and we ALL are born with SOMETHING missing - only G-d is perfect, but I mean something that makes the child less in some way than someone else. For example, with crossed eyes, or poor motor function - these can make the person feel bad about himself without anyone else doing anything to him. This low self esteem can lead to addictions also. Any low self-esteem is no good. But, again, it is up to the parents (or primary care-givers) to handle this in the right way, and help this child understand, and not feel bad. I've seen a child in a wheel chair who is very happy - the parents must have worked very hard. Can you imagine if the parents would have felt bad that their child was like that, and not able to help the child overcome feelings of being less than everybody else? Or if the parents yelled at their cross-eyed child every time he knocked over a glass on the table? What would this have done to the child's self esteem? And the child, feeling bad, would have to fill that void - to make up for the low feelings. And what would he fill it with? I'll give you one guess.

And what about the friends? Youngsters can be mean - and hurtful. So there are a lot of ways to fill the void and take away - remove - those feelings of sadness. Like drugs, alcohol, porn, food. Unfortunately, mitzvos and learning are not the things that can remove **these types** of feelings of sadness. What happens when we grow up without the proper feelings of self esteem? We need all the anonymous meetings - and for the first time a person can feel that they are in a safe environment, and begin to recover. And we are OBLIGATED to seek treatment, for us and all our loved ones, and for Hashem also. Because He wants us to be happy.

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Re: strategies

Posted by aaron4 - 12 Jun 2009 18:38

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I agree with you Jack. And it's unfortunate that children cannot do anything to help themselves in this regard and that even Torah (by itself) may not work. However I think Hashem gave us maturity as a means to eventually find and apply the solutions on our own. I believe that people CAN overcome problems and difficult childhood experiences by working on themselves when they're more mature later in life. It's difficult, but doable. And once healing begins, true, meaningful access to Hashem and the Kedusha of Torah is possible for ALL of us.

Re: strategies

Posted by jack - 12 Jun 2009 19:03

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I agree with EVERYTHING you said. The groups is how we heal, so we can be able to do Hashem's mitzvot, the way they were meant to be done.

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