

Dov Quotes

Posted by gibbor120 - 03 Nov 2011 14:42

---

Dear fellow GYEers,

Dov has some great posts, and it's hard to go around finding them when you need them. I started to gather them under my "links" thread, but today I finally reached the max for the length of one post. (Apparently, the limit is 50,000 characters.)

I think it makes sense to start a thread dedicated to those dov posts which many of us find so powerful. I would appreciate if we could keep this thread free of other stuff so as not to dilute it.

I suppose we could also discuss dov's posts here, but refrain from shmoozing about cholint, monster trucking, possums... The forum has special and fun places to discuss all that stuff.

P.S. I Just added a dov quotes thread to the [Married Section](#).

I think the need for an index is loooong overdue. So.... without further ado:

[1. Captain Kirk](#)

[Nuclear Reset Button](#)

[Why we need "recovery" \(not more eitzos\)](#)

[2. Taking Responsibility to "Surrender"](#)

[Self-Knowledge vs. Self-Honesty](#)

[On Meeting Real People](#)

[Dov's Longes Post](#)

[Getting Honest](#)

[Captain Kirk](#)

[Avodas Hashem Gone Awry](#)

[On Pride](#)

[Actions not Thoughts](#)

[You Are Thinking Too Much](#)

[Ratzon Alone is Not Enough](#)

[3. No Choice But to Stop... Now What???](#)

[4. I'm a Stinker](#)

[Waiting to Explode](#)

[5. Objectifying Myself???](#)

[6. The 1st Step, The Evidence is Overwhelming](#)

[7. Do You Want Recovery](#)

[8. Be Honest With G-d, Period](#)

[9. Is it Lust?](#)

[10. Don't get Complacent](#)

[11. The Groups are a Mirror](#)

[12. On the 12 Steps and How They Work \(or Don't Work\)](#)

[13. We Have a "Living" Problem](#)

[14. I'm Happy Just Being Me](#)

[15. How do I Grow?](#)

[16. Don't Ever Get Complacent](#)

[17. Get Out of Isolation!](#)

[18. Truth & Humility](#)

[19. 12 Steps as Derech Eretz Which is Kadmah Latorah](#)

[20. What Would You Tell a Drug Addict? TAKE ACTION!](#)

[21. Accepting Imperfection](#)

[22. A Bracha from Dov](#)

[23. Make the Phone Call](#)

[24. Chat = More Fakery](#)

[25. Do we Look Down Upon or Worship Naked Shiksas \(or Both\)?](#)

[26. 1. One Day at a Time - Not Just a Nice Motto and... 2. The Dumb Farm Boys Have it Easier - Giving it up to Hashem](#)

[27. Draw Back the Battle Lines](#)

[28. We Need to Get Willing, Open, and Honest \(and We Need to "Stay" There\)](#)

[29. The Essence of KOT](#)

[30. "the worst day I have sober is better then the best day I could have being drunk"](#)

[31. You're Thinking WAY Too Much, JUST LET GO!](#)

[32. True or False: My Whole Problem is Shmiras Aynayim](#)

[33. Patience](#)

[34. Reaching for Gold While Sitting in Excrement?](#)

[35. Can I do Teshuva?](#)

[36. The Ikkar](#)

[37. Don't Count Days](#)

[38. 1. Connect to People/Get out of Isolation 2. Don't Think Too Much 3. Don't Worry About Perfection 4. Don't Take Unsolicited Advice From Strangers ;\)](#)

[39. Forget Madreigos, Just Humbly Serve Hashem](#)

[40. It's Not About Self-Knowledge or Self-Control \(notice the word self in both of those\). It's About Accepting our Limitations and Getting out of G-ds Way](#)

[41. Do I really need the 12-Step program?](#)

[42. Addict vs Non-Addict - Different Approaches](#)

[43. Definition of Addict \[according to dov\]](#)

[44. What do You really Value the Most?](#)

[45. I Need My Problems](#)

[46. Get Yourself a Group of Friends You Can Call](#)

[47. Highlights of a Loooong Post](#)

[48. Friendship - Our Closeness to Hashem Depends on it!](#)

[49. We Give 'Them' the Power](#)

[50. The 12 Steps are Just About Being Real With Ourselves](#)

[51. GYE Forum is Only Virtual Recovery](#)

[52. Only Share What Works Please](#)

[53. Why I Daven for the Lady I Lusted For](#)

[54. Calling for Help From Behind the Safe Walls of an Impenetrable Castle](#)

[55. The Lies We Tell Ourselves](#)

[56. Don't Wait Until It's Too Late to Open Up and Ask for Help](#)

[57. Precious Communication Tools](#)

[58. Are There Levels of Addiction?](#)

[59. Who is an Addict? Do I Need the 12 Steps?](#)

[60. I'm Going to Change Starting Today... For Real](#)

[61. Keep Your Mind on a Short Leash](#)

[62. Rock Bottom - Stop Trying to do it "My Way"](#)

[63. Acting Out is the Solution, NOT the Problem](#)

[64. Learning Surrender](#)

[65. Letting go of our Da'as](#)

[66. The Steps are About Honesty and Dependence on G-d](#)

[67. Make The Call](#)

[68. Do You Want to Stop?](#)

[69. What Real Steps are You Taking](#)

[70. Don't Tell Your Wife About All the Wacky Stuff That Goes on in Your Head!](#)

[71. We do NOT Beat the Y"H - We Surrender](#)

[72. What Language Does Your Body Understand?](#)

[73. Should I Tell My Parents?](#)

[74. What Does Powerless Mean?](#)

[75. The Answers Rabbonim Give Us](#)

[76. Wet Dreams](#)

[77. Am I an Addict and Do I Need SA Meetings? A Conversation With Dov](#)

[78. Understanding is Useless in Recovery \(It's just masked ga'avah\)](#)

[79. I Didn't Choose to Change... I Had no Other Choice](#)

[80. Masturbation is Evil... But That is Quite Irrelevant](#)

[81. Get Real](#)

[82. Giving up: Why the First Step is so Important](#)

[83. Live in the Solution... Let go](#)

[84. We Need a New Derech, AKA Don't Fight, Give it up!](#)

[85. We've Got Nothing to Rely on... except Avinu Shebashamayim!](#)

[86. Feeling close to Hashem or BEING close to Hashem](#)

[87. Tefillah](#)

[88. The Nuclear Reset Button](#)

[89. HASHEM LOVES US!!!](#)

[90. Tikunnim](#)

[91. Recovery and 12 Steps - Not Synonymous](#)

[92. Lashon Nekiyah???](#)

[93. Surrender](#)

[94. Self-Development: A Self-Centered Endeavor](#)

[95. Recovery: A Painful Surrender of Self-Will](#)

[96. We Hide From Those Who Are Closest To Us](#)

[97. Open Up: Don't Let the Y"H Mug You](#)

[98. Don't Hold Your Breath](#)

[99. Great Definition of Addiction and 'unmanageability'](#)

[100. Addiction MUST be self diagnosed](#)

[101. Give up Fighting and Call for Help](#)

[102. Definition of Lust](#)

[103. Do I need to "Figure it Out"? - The Role of Character Defects in Addiction](#)

[104. The Failure of Self-Centeredness in Making Life Work](#)

[105. The Problem is Lust, The Answer is Love](#)

[106. Nuclear Reset Button](#)

[107. Tolerating Imperfection](#)

[108. We Need "Real" People to "Get Real" With G-d](#)

[109. Acceptance - Being at Peace With the Facts](#)

[110. Dating and Addict vs. Normal Yetzer Hora](#)

[111. What is a Sobriety Date?](#)

[112. Understanding Does not Bring Sobriety, It is Sobriety That Brings Understanding](#)

[113. Two Meanings of Powerlessness](#)

[114. Sobriety is Breathing, Recovery is Living!](#)

[115. The Battle is Opening Up... and it Remains the Battle](#)

[116. Women at Work: Surrender Vs. Struggle](#)

[117. Marriage Can be Lonely](#)

=====

Re: Dov Quotes

Posted by Dov - 27 Jun 2019 21:42

---

Before I join the soup here:

Is this entire discussion mainly drushos l'hagdil Torah like discussing ben sorer umoreh (which *may* be a great mitzvah)...anybody willing to openly admit if this is their interest here, please?

...or is there anybody here who will come forward and admit that they are actually trying to better *apply* these ideas to work with an addict/themselves?

Thanks for your openness and honesty, either way.

=====

Re: Dov Quotes

Posted by cordnoy - 27 Jun 2019 22:45

---

[Dov wrote on 27 Jun 2019 21:42:](#)

Before I join the soup here:

Is this entire discussion mainly drushos l'hagdil Torah like discussing ben sorer umoreh (which *may* be a great mitzvah)...anybody willing to openly admit if this is their interest here, please?

...or is there anybody here who will come forward and admit that they are actually trying to better *apply* these ideas to work with an addict/themselves?

Thanks for your openness and honesty, either way.

I certainly do not belong to the former; perhaps, by some mistake, I can be included in the latter.

=====  
=====

Re: Dov Quotes

Posted by GrowStrong - 28 Jun 2019 09:28

---

[Dov wrote on 27 Jun 2019 21:42:](#)

Before I join the soup here:

Is this entire discussion mainly drushos l'hagdil Torah like discussing ben sorer umoreh (which *may* be a great mitzvah)...anybody willing to openly admit if this is their interest here, please?

...or is there anybody here who will come forward and admit that they are actually trying to better *apply* these ideas to work with an addict/themselves?

Thanks for your openness and honesty, either way.

I like knaidle, lokshen and porogen.



But i love Dov

=====

Re: Dov Quotes

Posted by Markz - 28 Jun 2019 20:18

---

[Dov wrote on 27 Jun 2019 21:42:](#)

Before I join the soup here:

Is this entire discussion mainly drushos l'hagdil Torah like discussing ben sorer umoreh (which *may* be a great mitzvah)...anybody willing to openly admit if this is their interest here, please?

...or is there anybody here who will come forward and admit that they are actually trying to better *apply* these ideas to work with an addict/themselves?

Thanks for your openness and honesty, either way.

#1. That's not my interest.

#2. No I'm not actively working on myself. I'm in a good place these past weeks, but not fully. Unmanageable life is what I feel often almost at the brink of, although BH generally I'm able to keep the distance.

People are different.

Some are addicts some aren't but there's a broad line in between.

Before you join the soup, remember that there's a whole variety of soup being offered. Chicken

soup, vegetable soup etc etc

=====  
=====

Re: Dov Quotes

Posted by Hakolhevel - 01 Jul 2019 04:01

---

[Dov wrote on 27 Jun 2019 21:42:](#)

Before I join the soup here:

Is this entire discussion mainly drushos l'hagdil Torah like discussing ben sorer umoreh (which *may* be a great mitzvah)...anybody willing to openly admit if this is their interest here, please?

...or is there anybody here who will come forward and admit that they are actually trying to better *apply* these ideas to work with an addict/themselves?

Thanks for your openness and honesty, either way.

#1 It is my interest, I do like a good discussion, however I do prefer if... (See number 2)

#2 The answer/explanation will not just be theoretical in nature ( this is an addict, this is not an addict...) But rather of practical ideas and thoughts what to do if one is one or other.

=====  
=====

Re: Dov Quotes

Posted by higher - 02 Jul 2019 04:47

---

Personally ill let dov talk for himself and explain what he himself says and means, im not going to bother throwing in my two cents there. that is of course, if dov is even going to "join the soup".

i will say this. many of us on gye that dont consider ourselves in a situation that we would, say, go to sa. or even be busy with the 12 steps at all. And we have gotten advice from those that do that is extreme. (usually involving intense giving zero taking during sex with wife and defining sex as a "need" or not.) there are many here based on my conversations that know EXACTLY what im talking about, so at least im talking to them. you call it what you want, addict, non addict, wtvr. )

but for some odd reason there is a trend.

and you can sniff it out pretty quickly.

and maybe there are those that will say i dont know what im talking about, but for whatever funny explanation-there are many on gye that relate to this.

=====

Re: Dov Quotes

Posted by higher - 02 Jul 2019 05:32

---

could be relevant, i dont apologize if its not.

there are those on this sight that through thier many falls have had thier lives so turned upside down that they are ready, willing and able to take on practices and beliefs that others that have not fallen so much (quality and quantity) consider (and rightfully so for them), to be extreme.

an example could be an extreme degree of giving and not taking in the bedroom. another example is how to define sex in terms of being a need (no, i dont mean if you will physically drop dead or not)

perhaps its a mistake, but i believe that this is a line on which some on this site (myself included) draw a line and code word "addicts" and place them on one side (the "extreme" one) and non addicts on the other side.

i believe there are those that will argue with this post and make all sorts of fine inferences in the wording.

they are missing the point.

the practical outcome still remains.

peace out.

=====

Re: Dov Quotes

Posted by eved41 - 19 Nov 2020 14:21

---

This is a great thread.

=====

Re: Dov Quotes

Posted by Markz - 03 Dec 2020 02:31

---

[eved41 wrote on 19 Nov 2020 14:21:](#)

This is a great thread.

Yeah.

GIBBOR WITH THE DUMBELLS, WE NEED SOME NEW HEAVY WEIGHT DOV POSTS!

Are you in a red zone that closed the gyms? Well then you should sue, because this is definitely an essential service and they have no right.

=====

Re: Dov Quotes

Posted by Dov - 03 Dec 2020 02:41

---

Thanks so much. Because of this material, I've had the privilege of speaking to 4-5 new guys a week by phone, through GYE or SA connections. People call because writing back and forth behind usernames just doesn't cut it for people with a serious problem. Since I'm an addict in recovery, I understand and have no shame about being honest with another serious person and bH there are many.

So if anybody enjoys this thread and thinks they might benefit from discussing their own situation in light of anything mentioned here, you are welcome to call me at 917-414-8205

Hatzlocha and have a good day!

Dov

=====  
=====

Re: Dov Quotes

Posted by eved41 - 16 May 2022 22:28

---

Bump

=====  
=====