Dov Quotes
Posted by gibbor120 - 03 Nov 2011 14:42

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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 Dependance 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

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Re: Dov "Quotes"
Posted by gibbor120 - 03 Jan 2012 15:14

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Who is an Addict? Do I Need the 12 Steps?

dov wrote on 04 Sep 2011 12:29**:**

Whoa...to try and answer something for Obermottel and Gibbor, no I'd never suggest SA in a blanket sort of way to any guys who are having a hard time stopping the fantasy/porn/masturbation/'teshuvah'/withdrawal/fantasy merry-go-round. I sincerely believe that everybody is different and that there are truly a lot of guys out there who simply need a warm, loving approach to **trying harder**.

The porn industry is huge, huge. It can't possibly be powered *all* by ***addicts***. **Look in the dictionary for "addict" and you will typically find that it is a psychological or physiological *dependence* on something that damages a person's life in some way, *and* causes trauma when ceased. It is also described as "progressive and chronic" by the American Society of Addiction Medicine.** Therefore they call it a 'disease'. I and some other people have a disease. The way I see it, it's just plain silly to say that basically all the guys out there who like the way porn makes them feel, are *ill*. Mistaken, yes, but mentally ill? I think not. That would seem to me nothing more than a giant cop-out, or a great way to make a lot of money selling a lot of "*Johnson's snake-oil for addicts like all of you*!". Surely *most* people must simply try harder and fight for their morality! And I believe that most of the long-term chronic

losers at *that* ***are*** probably addicts....like me and others I know. A good frum guy probably should resist a ton before arriving at the surrender point of an addict. But to say that lust addiction is different in this respect from say, drinking, cuz this is a tremendous aveiro? That's silly. It is *not* the aveiro/evil itself that finally gets guys like us into real recovery, but rather it is the painful ***unmanageability*** we see in ourselves and our excruciating glimpse of our own powerlessness that finally bottoms us out - not the drinking, sexing or drugging behavior itself. Hey, I could have gone on for quite some time masturbating, using sex phone calls, and meeting women - but my own pain is what I could not handle any more. I insist that pain itself was the greatest gift Hashem could give me. Dayeinu, it would have been enough for eternal gratitude, even *without* recovery.

So I guess any decent frum guy ***should*** end up going into the Program under 'duress' and jumping up and down screaming, "No! I *can* and *must* beat this! I can, I can, I can!"....all the way into the arms of their sober recovering friends who know they can't do it either - but are sober by Hashem's Chessed today.

I also cannot accept that the tools the Torah and Chaza"l gave us to fight the Yetzer Hora are so imperfect that they do not work *at all* for some people. It makes more sense to understand that the the *losers* at applying Torah are sick people. Torah does not typically work very well for cancer and diabetes - and it does not typically work very well for addiction. Any idiot can see that.

But as has been discovered here on GYE and elsewhere, saying this causes some decent, Torah-loving people to become completely unglued. Though they *themselves* are still not clean which they admit is pretty bad, actually coming out and **admitting** that it's not working for them or for some others is just the last straw! (I know that sounds crazy, but that's what I have seen over and over). Too threatening....can't be. Nu. If you want to get all cooked in that maclokess, look elsewhere on GYE. And those who *have* found sobriety and long term success using the same Torah tools we all know and love are few and far between. They need to stay here and keep sharing their exact methods of success. Often they do not. I feel strongly that they would actually serve the oilam better by shutting up until they themselves are sober for six months or so. And when they share their success, they also admit the exact nature of their sexual acting out and describe their failure and weakness, their struggle and their pain. ***Experience*** **is the key here, not wisdom.** Wise and frum people who are still masturbating their brains out are unfortunately a dime a dozen. Get sober, *then* share how it worked, otherwise the remonstrations and exhortations may just be really frum-sounding *poison*. Maybe not. I suspect it's OK for normals, but more likely poison for addicts. Finally, I feel strongly that ***anybody*** granted long term success in this problem - whether addict or not - aught to feel they *need* to actually ***meet*** with others in trouble in order to share their success, even if it means sacrificing a bit of their feeling of personal safety. Addicts in recovery do this all the time. In fact, it is the 12th step. Why should a 'Torah-method' be OK to share behind a fake name and only virtually. Too few pure mussarnicks here *have* done this, and I say yyasher kochacho to the

braver ones. B"H, I do it all the time with those who believe they are addicts.

Now, back to the issue.

If believing that I am, in fact, a very sick man were just a way for me to keep on playing with myself and porning out, then I agree with the naysayers who insist that it's a cop-out to say "I am a sick man." But that is *not at all* what we 12 step people do with the label!

Because I and those in 12 steps see themselves as sick people, we ***get the medicine we need!*** In other words, the type who never get that lump checked out for they know they'd never be able to deal with it, usually drop dead after it's too late. You do not even hear much about them for they do not last very long. Hence the horrifying news stories of sexual abuse and arrests with porn, hookers, etc., even among our rabbis, R"l (like some of us right here!).

The ones who feel a lump and get it checked out are the ones that get treatment. Does anyone say that admitting that one has cancer or diabetes (both absolutely chronic, progressive, and fatal disease) is a cop out?! NO way. And the earlier the better. Yes, there are hypochondriacs - but if the true signs of the illness are there, then there is treatment.

But the treatment - in my own case, the steps - is not for sissies. So we who desperately want to live, we get clean and live life as mentchen as a result of out own hard work - ***at surrendering***. Surrendering our right to have sex with ourselves, surrendering our right to use others for sex, and to demand sex from our wives; giving up our deep belief that we have the right or ability to successfully use porn. We get help from others to stop feeding our disease. Turning to others is *itself* part of admitting we are powerless - that *we* do not possess the ability to successfully control and enjoy it. Plugging into lust only and always makes our lives more unmanageable - *if* we are addicts.

There is no escape from personal responsibility, *least* of all in the steps! On the contrary - it is usually the ones who refuse to give up their romance with beating this thing 'for the glory of G-d', who are still in the bathroom on their knees masturbating to their precious porn! But their advice, chizzuk, and encouragement keeps right on coming and with great force sometimes...

Nu. As I wrote above, I believe that such advice is probably fine for *some* people, but probably

not for addicts.

So, is *anything* more clear now? I'm up real late tonight and figured I'd just finish this post that has been waiting for a few days. Hope it made some sense to you two amigos...

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Re: Dov "Quotes"
Posted by gibbor120 - 04 Jan 2012 22:36
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I'm Going to Change Starting Today... *For Real*

dov wrote on 04 Jan 2012 22:21**:**

Very true.

But for me in all those years of countless masturbations and desperate, dry-mouthed porn-searching, I always took nechomah from "**I'll start from today! Hey, even those Breslovers say that! It feels great to be clean from today! The past is irrelevant! Here I go!!**"

...Plop.

Plop-plop-plop....oy.....

If "starting fresh" is not accompanied by any real action that is different, then everything will stay

the same. It's not 'a start', at all! Instead, it is just a cop-out to ***feel better***. Blech. Useless. Poor me never got me anywhere, and it still doesn't. The emess is as Chaza"l say: "kol mi (me!) sh'ein bo deyah, *asur lerachem olov*!" - especially if that one is me!

Real change **hurts** - or it is not real change. It is **mechayev** - otherwise it is just a show of willpower (more shtuss, for 'willpower' never worked *before*!) If I am the one making the neder, or rewarding myself, or punishing myself, then the fox is guarding the hen-house. It's goofy. May work for some - but if it doesn't work for me, I know that it's not that I need to try harder - it means that the entire thing is garbage! I obviously cannot be my own mechayev!

That is why rehab rarely happens alone. Joining with other people face to face and admitting it all to safe people is the only way for so many. It is really the only thing we have not done! The ikkar problem for us is that **we hide**!

The porn and zera levatola are actually *tofeil* - our common standby of hiding and lying and disconnection is *ikkar*!

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So, start today! Definitely start from today. But starting today does not happen ***in the attitude*** - that is just more land-of-make-believe. Like the porn is.

The only real starting is in taking new, meaningful actions. Not promises, not hopes, not talk. Different actions.

As I heard a wife of an addict say once, "If nothing really *changes*, then *nothing* will really change."

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Re: Dov "Quotes"
Posted by gibbor120 - 09 Jan 2012 15:43

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Keep Your Mind on a Short Leash

dov wrote on 09 Jan 2012 15:26**:**

I have a piece of paper in my wallet. It is well-worn and in front of my credit card so it is seen frequently.

It reads:

Hashem, please help me:

1) admit why and for exactly what purpose I am going wherever I am going before I go there,

2) to think periodically "am I staying true to me purpose now, in what I am doing?"

3) admit gratitude for having the opportunity to do whatever it is that I am busy with and ask You for Your help to do a decent job at it.

This is simple, relaxing, not intense at all - if it is, then it is just the same drivel I always used to strain myself with: trying to be frum or *good* enough to *deserve* His protection and care.

That doesn't work cuz, guess what I discovered?:

I will never, *ever* be ***deserving*** of His protection and care. Yup. Never. And I find it hard to believe that anyone I know can ever be good enough to deserve it - and probably never has, either. Thinking that I *could*, is just plain gayvoh, and docheik raglei Shechinah. We love to pretend we will deserve it a bit, if we only try *hard* enough or do just teshuvah *well* enough...but we always eventually fail. Then deep in out hearts we blame G-d Himself, though we turn it on us, of course. More pain, so eventually, more lusting! **Especially for us perfectionistic (that is: *prideful*) addicts. All our lives we have abused yiddishkeit to make it turn us into resho'im in our own demanding eyes. And it was not frumkeit, nor yir'ash Shomayim all along - it was just gayvoh and immature expectation.**

So I use my card and say the words. That way the teenage committee in my head eventually shuts up, cuz I am actually more busy doing what I am doing that doing what we all do best: ***stray thinking***.

A mentor advised me to keep my brain on a short leash, once. My sponsor and program buddies reminded me to stop thinking so much a hundred or so times, over the years. Now I do both those things, still. After a year or two of gentle work at this, we are shocked to discover we have changed a bit and really stray-think a lot less.

The relaxation is palpable. Life is much easier and more comfortable this way.

Someone asked the Kotzker (I think): "Rebbe, what should I be ready to give my *life* for?" He answered, "Whatever you are busy doing right now, this very minute."

No tricks, gimmicks, just repeated and unnatural work at proper focus. It is worth a year or two of 'work' to have a much better life. And the best part is we are working basically for ourselves, not another person!

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Re: Dov "Quotes"
Posted by gibbor120 - 10 Jan 2012 16:09

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Rock Bottom - Stop Trying to do it "*My Way*"(from daily dose)

We need His help to care about ourselves enough to be trusted with His gifts. **Rock bottom is the point that the heart - the need to have it all my way - finally breaks.** Leiv Nishbar - not self-flagellating, not self-anything, but empty of expectation and "my way" - just empty and given up to Hashem - that's a cup that can be filled with His gifts.

One thing jumping at me in your posts is that it seems to me that you keep putting self-judgment on a pedestal. "I don't feel good about myself," "I brought this all onto myself," "the tests were not strong enough, hence me still standing." Really, what is the relevance of all this? What business is it of yours whether you are considered a tzaddik or a rasha? Really. I understand if I had nothing better to do, it might be a nice way to pass the time. Or perhaps, if I were basically in control of myself and doing no chato'im, a study of my madreiga might be nice for growth purposes... but I am not 'there'. And if you are posting here and will still have big struggles for the foreseeable future, you may not be 'there', either.

I mean nothing negative by any of this - heck, I don't even know who you are! But what you seem to be a bit preoccupied with seems to be exactly what I was preoccupied with all the years that I was so busy using (and fighting) my lust use in addiction. The only reason I share it with you is that for me, getting free involves living (thinking, talking, behaving) a bit differently than we did when we were still acting out our lust in addiction.

As long as people think they can remain basically the same - just get rid of the acting out with lust behavior - they never seem to get any better... and they go on and on pitifully wondering, "why?" My sexuality was and is not my main problem. It's the stupid way my mind works that is the real issue. And that takes work, time, and work.

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Re: Dov "Quotes"
Posted by gibbor120 - 11 Jan 2012 16:00

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Acting Out is the Solution, NOT the Problem

dov wrote on 11 Jan 2012 01:45**:**

strugglingandstrivngBT wrote on 04 Jan 2012 02:12**:**

I speak for myself when I say that porn and masturbation are not my problem-they are a result of my problem. What exactly my problem is, I'm not sure. guess I gotta figure that out.

So. The alcoholics say like you:

"Our alcoholism is but a symptom of our disease, and not the disease itself."

So, one more angle on your post:

Treatment centers all basically use one tool. They keep the drug away from the customer (patient) for a long time. After a day or two, it's not so bad, and the patient usually is irritated at the demeaning insulting insinuation that the "**no alcohol in here**" policy makes: that he can't get along without booze.

"Hah. Silly fools. I'll show them."

After a week, it's really irritating. The patient begins to feel his white knuckles hurting. He innocently blames it on the food irritating his stomach. After all, beer is missing from breakfast...

After the second week, he may use one or more of a few tactics, because this is really getting serious - he (just like we) truly, honestly believes in the depth of his gut that he cannot survive without a drink. And why do so many guys keep saying, "I have never gone more than x days."

Why do they (we) keep relapsing after "x days" passes? Because we actually, honestly believe in our gut that we need to have a feeding of porn, sexual excitement, or orgasm, or...or...or...or what? Will we die? What is it? It's hard to say. The bottom line is that no matter how well we know "b'veiur klal chovas ho'odom b'Olamo" by heart from Mesillas Yeshorim, the (sad) truth is that we still really believe that we simply ***cannot*** do without it.

So what does the rehab center do about it?

Nothing, really. They just keep prevent the addict from getting any bit of his drug. As long as they do that, the scary, scary truth will ***have*** to eventually get vomited right out:

That alcohol was never really his problem in the first place!

He is afraid of people, afraid of the alone-ness of his own self, afraid of his own death, afraid of success, afraid of failure - that he is *terrified* of G-d. He can't love or be loved, for fear of getting attached and losing those people. Or because he cannot possibly be loved. He hates certain people to death, so he believes he is hate-able. He is filled with pride and really believes that life is essentially unfair - even though he knows the *words* "gam zu letovah" very well! He, like most of us - essentially believes that G-d screwed up, and continues to, daily in his life - it is not fair, at all. Deep inside, he sees that he really believes as most of us addicts do, "If only people (and G-d) ***listened*** to me and *my* directions, then my life would finally be as it should....but no, they all have to be stubborn!"

Or they say they will not pay for the treatment. Or they say they will have a heart attack.

Or they say that as they have not drunk a drop of liquor in two weeks, they are cured!!

Whatever.

Taking away the masturbation, the porn use, the active and exciting fantasy in our heads....forces the real things we were running from to come to the surface. It is often a bit ugly. To be painfully aware of the things that make the life we have unacceptable on life's terms - it's not *really* the masturbation that makes it unmanageable, after all. Actually, the lusting is the *coping* mechanism: I as an addict have learned to use lust to make my life acceptable.

It stinks..but there are the steps to help, and the experience strength and hope of many other hopeless but sober and growing addicts for those who want to be part of a 12 step chevra. Or there is therapy, or whatever works...who knows till it works. I just took the road more traveled, cuz my preferred, safe, and comfortable private road was too bloody already. After years of loneliness in the bitter struggle.

Hashem has harbei shlucim to breing refua'h to a sick mind.

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Re: Dov "Quotes"
Posted by gibbor120 - 11 Jan 2012 16:17

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Not a dov quote, but very good from the chizzuk email.

Learning Surrender

I heard from someone who is sober for many years in SA, that for the first 7 years he sat in SA meetings and didn't gain anything from the groups. He was "too smart" for the program, and it didn't make its way into his heart. Finally, at wits end, he decided to just nulify his da'as and do whatever he was told. He said to the group and to his sponsor, "just tell me what to do, and I'll

do it". Suddenly he began to truly internalize the program - and he is sober since then!

The 12-Steps are about "surrender"; recognizing we can't do it ourselves and being willing to let go of our "self" so that a Higher Power can do it for us. How do we let Hashem do it for us? By letting go of our "selves".

This same person told me, that today, he doesn't do anything on his own will. He listens to what his sponsor tells him, what his friends tell him, what his wife tells him, and even what his CHILDREN tell him. He asks - and he listens... He no longer relies on himself to run his life.

By doing this, we learn how to let HASHEM pilot our lives.

This is the core of recovery.

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Re: Dov "Quotes"
Posted by gibbor120 - 11 Jan 2012 16:18

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Letting go of our Da'as - From Daily Dose

Most nisyonos require (as the ba'al haTanya and many others say) a bit of suspension of our Da'as. We seem to lose our brains at the point of nisayon - and are left to proceed on what feels like blind heart, alone. I cannot count the times I went without the lust temptation for what felt like no rational reason whatsoever! When I have a lust temptation - at the actual moment of true choice - it boils down to me feeling that I really need this crap. It truly seems to be in my best interest and there is no logical answer I seem to be able to grasp onto. The mussar is all slippery in my hands. But when I "overcome", it is usually by me just figuring that there were so many thousands of times that I went with the lust 'just because', and that it was now my turn to suspend my judgment of what's better for me and go without it - just because.

In other words, sometimes, all the hundreds of meetings, thousands of hours of step-work, and thousands of shares in meetings I have made, all boil down to a moment of letting go of my judgment and accepting Hashem's judgment instead of mine. And doing without what feels like it'd be soooo nice.

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Re: Dov "Quotes"
Posted by gibbor120 - 12 Jan 2012 18:12
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The Steps are About Honesty and Dependance on G-d

dov wrote on 12 Jan 2012 18:03**:**

Suggestion:

Stay clean. If you have a problem with that, like you think it is really unfair, silly, or evil, then say it. Open up about what you really believe about it. And if the only problem with it that you have is that it is hard for you, then get help and support to stay the course.

But that is just the ticket in, and probably not the help that you really need.

The help and change will start and grow *after* staying clean gets very hard...actually maybe impossible for you. If you stay the course, then it will be time for you to start **writing down** and then opening up with others and with G-d about what really makes life, people, or G-d *annoying* and/or *stupid*, to you. And that is what Hashem wants more than anything else. Chosamo shel HKB"H (is) ***emess***.

BTW the steps are all about that, and nothing else. They are just a recipe for honesty and

dependence upon your G-d, rather than just being 'good' or 'religious'. We've all had lots of *those* things, yet we are still here in this mess! Writing and openness are different. If nothing *changes*, then *nothing* changes.

Just a serving suggestion for life, for you. Take it. leave it, whatever you like. Nothing to lose by writing these things out and admitting them.

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Re: Dov "Quotes"
Posted by gibbor120 - 16 Jan 2012 21:15

Make the Call (from daily dose)

Someone asks:

I'm kind of at a loss who to pick to call, I feel it needs to be someone who knows fully about my addiction, I have to be able to explain exactly what's bothering me at that time and what my issues are and then the guy has to be someone who can talk me around it all and make me see sense and bring me back to reality. Someone who I will trust and believe and listen to.

Dov Replies:

As far as me and most of my recovery buddies are concerned, making the call is not about getting really good advice. It is mainly about shedding light on my secret and removing the 'protective net' I cast on all my lusting. The main 'protective net' is secrecy. It is the main way I manipulate the circumstances to ensure that things will go my way - that is, the way of my lust. **Letting that secrecy go is the most real step we can take toward actually letting go of our lust and our acting out.**

Just ask the guys who have a horrifying time making that call before they act out - they'll admit it feels just impossible to make that call... I wonder why the stakes are so high.

Of course, there are those fellows who regularly make that call, and act out each time anyway. But that's the topic of another discussion. Most addicts who I know are not like that.

That's why the 1st step reads "We came to admit..." **the 'devil' is in the admitting. So the more honestly, openly, and frequently we do it, the freer we generally get.** That's the magic of real, live, meetings. It kicks the faker's backside. And we are all fakers, showing the entire world a pretty face while hiding our ugly one. That is ego-driven manipulation and eventually needs to be jettisoned in order that any progress be made.

So we do not really need to be talked down and convinced no to act out... We need to admit the truth about ourselves to another understanding person (of course in order to understand, that person must also be a recovering pervert). If that person truly understands and believes that we have an illness, he will listen and empathize; share a similar situation he had; put a hand on our shoulder and remind us that Hashem will make it OK and take the pain of not having that pleasure away. Faith is what we need, and sometimes we can only get it from other addicts, not from Rabbanim, shrinks, or anyone else.

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Re: Dov "Quotes"
Posted by gibbor120 - 18 Jan 2012 15:56

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Do *You* *Want* to Stop?

dov wrote on 18 Jan 2012 04:54**:**

1- For this guy it's 'healthy' - it is good for him and his life, he says.

2- For this guy it is evil, a real problem because it's assur.

3- For another guy it is too bad, but a freebie because he is an adidct.

Gevalt, is this a buffet?

I thought people were coming here to get a problem solved, not to write a new hagadah shel pesach.

This is all dumb philosophizing. Truth is beyond us, and when it is before us, we do not listen anyhow, so it's irrelevant. What is relevant is what is this doing to me and why we take a vacation from it - yet always predictably come back to the porn, the unzipping the pants, and the masturbating ourselves. It is pathetic, but nu - is it a problem for you, or for me, or is it not? That is the only question. Do you want to stop? Not does the Torah want to stop - you won't listen just as you never have! But *just* like all the many goyim I know is sexual recovery from porn and mastubation: do they want to stop - do you? It is the only question. And no one can make your mind up for you. Either you are finished, had enough fake sex and orgasms...or you want some more.

The door to recovery is open. But it takes a motivation that cannot be supplied by anyone, even G-d. Ein hadovor tolui ella bee. That is not referring to stopping - just to quitting, giving it up for now, for today.

Too sleepy gotta go, head spinning from medication now, good night, chabibi,

Though you often sound like one who just wants excuses to porn out better, I still Love you a lot,

- Dov

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Re: Dov "Quotes"
Posted by gibbor120 - 23 Jan 2012 20:55
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What *Real* Steps Are You Taking?

dov wrote on 22 Jan 2012 06:23**:**

What framework are you developing in order to bring some real change into your life? Any new *real* friends (besides virtual ones who don't know you and do not have any real shaychus to you beyond these posts)? How much time are you actually spending in your day today in order to learn something new about recovery?

Are the steps you are taking all basically comfortable? If so, they are a waste, for sure. Comfort is a sure sign of the fox watching the hen house.

Hatzlocha. It's not that much fun, but it beats masturbating my life away, hands down!

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Re: Dov "Quotes"
Posted by gibbor120 - 23 Jan 2012 21:07

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Don't Tell Your Wife About All the Wacky Stuff That Goes on in Your Head!

dov wrote on 23 Jan 2012 03:56**:**

Do not - please, please, do not use your wife for that purpose. It is a gave error for these reasons:

1- she cannot understand it, really, though she may say she can...she just so badly wants to, but it perplexes and pains her with no refu'ah;

2- she cannot share back any personal experience at all, for her feminine sexuality is obviously different;

3- she is too close and personally affected to you to be objective and helpful;

4- it is excruciating and damaging to her - so it is cruel;

5- it is often the secret desire and hope of a husband to tell his wife all about his struggles in order to motivate her - either with fear, or with telling her dirty stuff - to make her more sexually available to him.

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Re: Dov "Quotes"

Posted by gibbor120 - 23 Jan 2012 21:13

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This post from eye.nonymous is also relevant to telling the wife.

www.guardyoureyes.org/forum/index.php?topic=4870.msg131371#msg131371

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Re: Dov "Quotes"
Posted by gibbor120 - 24 Jan 2012 19:45

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We do NOT *Beat* the Y"H - We Surrender (from daily dose)

Ahron wrote:

Help - I just started to look at shmutz and by some miracle, I was disgusted by it.... I think I'm going to take a nap. I gotta get away! Yesterdays chizuk is helping me nowI think.

DesperateJew responds:

Ahron, you did well. You caught yourself, and stopped!

I'm not sure what you meant that you got disgusted and I surely hope you don't mean with yourself! You, by virtue of being capable of overpowering 'the smart one', can not be disgusting in Hashem's eyes.

Take it easy, and keep it up!

Dov Responds:

Dear DesperateJew,

The following is purely my own opinion and I do not speak for anyone else, and certainly not for GYE:

It is not my practice to criticize, particularly when it is so obvious, as in your comments, that you mean only to be helpful. However I feel it is important to point out that (unless I misread your comments) you are implying to Ahron that he caught himself, and that he is being capable of overpowering the YH. I see your message as one of encouragement. I have a problem with this that I feel I need to share with you. If you can bear with me, I'd appreciate it.

Reading his words, I see a fellow who seems ready to give Hashem all the credit for the victory - not himself (he says "by some miracle"). He also gives credit to his buddies for the chizzuk - rather than declaring his new-found power to 'overcome' the YH.

I am sorry if this rubs you the wrong way but everybody is entitled to an opinion, and I want to share mine: I have seen the well-meaning comments some folks give others to "believe in yourself and pat yourself on the back for the clean days you have amassed!", or to be grateful that "you are/were able to beat the YH".

While it seems to be very nice to build up people's self confidence, I have never witnessed this perspective prove helpful to anyone I know, in the long-run. And to my mind, the damage done by the ga'avah that "I can make it" would be the nail in my coffin. I speak about addicts, now. When any addict I have met gets fooled that he or she actually has the power to "beat this thing": yatza scharo b'hefseido. I cannot recall anyone with this attitude staying sober for very

long. My guess is that the 'pressure builds up' after a while... and where is their power then? I wonder. It seems an enigma to them: "Well, if I had the power then,why don't I have it now?! If He could help me then, why isn't Hashem helping me now? Is He weaker? Does he not like me as much? Is it because of my aveiros that I do not deserve His help?" This entire self-preoccupied way of thinking leads to painful frustration, and even to excruciating emunah problems. I have seen it happen here and elsewhere.

Parroting the words, "Well, of course we mean that it is 'with Hashem's help'! That's obvious... we are all frum yidden and ma'aminim b'nei ma'aminim here, aren't we?!" is not enough, in my opinion. Actually, I believe that it is meaningless.

We parroted these words all these years - and never stopped. Has being on GYE for a few weeks or months magically given us real emunah? We weren't really frum then, but we are really frum now? I doubt it. Inspiration will only help us stay clean as long as the inspiration lasts. To me (and other addicts), leaning on the crutch of chizuk and frantically fanning the flames of chizuk each day, is just delaying the inevitable - waiting for the other shoe to drop. At least that is how it'd be for me. This is not a game in many cases. In my case and that of many others, it is a battle to save our minds, our marriages, custody of our children, and our jobs, not a matter of only being happy or 'good people'.

We need to do things very differently than we were doing them before, if we expect to have a very different result. **For the addicts among us, I suggest admitting that we have lost the battle and becoming satisfied with remaining 'losers' until further notice. That is, we remain guaranteed to lose as long as we insist upon going about life our way. Addicts who use the 12 steps often discover that they need to surrender to Hashem and do His Will, or they will lose again. That is the 3rd step - and all the ensuing steps are about getting closer to that surrender.** BTW, the kavonoh in "Echod" is exactly that: Dying for Him - and then "v'ohavta" is about giving up our plans and control of all our ambitions and desires in this life - bad and good; our very right to live; and surrendering all our talents, money, and priorities - all to Hashem.

Addicts who take the third step, set out to accomplish at least some surrender of their egos to Hashem - to save their lives. Cuz this self-abandonment to Hashem is AAs only answer to what you call the Yetzer Hara - self destruction. It seems that AA goes with the 'nuclear option' for problems like addiction. But like I said - if we are to get a different result, we need to go about our lives differently. I do not see "being more frum" as significantly different, that's all. We need a radical change in Derech Eretz - in the underlayment for Torah, rather than "more," or "better" Torah - on a time-bomb foundation of insanity.

And BTW, this idea is why I first posted on GYE. If I just pass this along to a few of my frustrated fellow yidden, all the late nights posting will be worthwhile!

I respect your opinion should you feel very differently than I do, and I know that what works for me will not always work for many other people.

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Re: Dov "Quotes"
Posted by gibbor120 - 25 Jan 2012 20:22

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What Language Does Your Body Understand? (from daily dose)

The differences between the average sweet yid who occasionally looks at porn and masturbates when he wants to (and then regrets it), and the sweet suffering yid who is an addict, is that **the addict repetitively uses the schmutz, is obsessed with it, and masturbates even when he doesn't really want to - because he really believes that he needs to. Of course he regrets it - but the fact that he finds himself doing it over and over proves to him that somewhere inside he really believes that he needs the lust pleasure exactly as everyone else needs food - that he cannot live without it. And that is pretty scary. He is truly stuck.** Tell him "you can stop for a day!" (misusing "One day at a time"), and he dutifully agrees - "yeah, I can fast for a day, too!"... But eventually he'll have to 'eat', and he knows it. **Tell him all day long about his Neshama and his higher calling - and he'll believe you! But he also believes something else - because his body tells him it is so.**

And don't we all tend to believe our bodies? Don't we feel quite certain that whatever it is telling us is probably the truth? When your body tells you clearly "I am falling down, right now!" - are you perfectly calm and relaxed, or do you feel an intense rush no matter what your eyes tell you about reality? Ever seen a person having a vertigo attack? They grab things desperately. Does your mind race, struggling to retain control of the situation? What's the big Not quite. True, some people do relax and enjoy the ride - yet others cannot. Tell them it is safe and show them dozens of safe, joyous riders... to no avail. "My very gut tells me I'll die and I just can't do it. I am terrified of heights!" Just try to convince a person like that to enjoy themselves on "The Cyclone".... Well staying

sober from lust is exactly, exactly the same. The addict's body speaks loudly and clearly to his heart and says, "I need it".

So how do you talk to a body? Answer: with pain. And that gets us 'ready' to believe in something else, like the Sweet, Living G-d who is our Eternal (and Only) Best Friend. But it is not so easy. It is so convenient for us to 'blame the YH' - just more silly finger-pointing, as far as I am concerned. I have seen many get 'truly religious' and wonder why it doesn't work five months later when they are back in the dead end, for the fifth time. This issue alone is why I came to GYE. No wonder so many GYE guys have shared that beneath all their acting out and valiant fighting against the YH they discover that they have 'emunah problems'. **Hey, we all have emunah problems - but nothing inflames our latent doubts like reaching for the same religious solution as always and thinking that we were really ready to allow Hashem to help us - and then He didn't. Translate 'emunah problems'= 'blaming G-d for my failures'.** Nu, it's not much different from 'blaming the YH', no? Is this truly the safer way for a yid? I think not.

The 12 steps are about taking responsibility for our limitations and getting the help we need. They are about seeing our faults - this is the Derech Eretz that is kodmah laTorah. It is so much less about correctly understanding Hashem and His Ways - and so much more about admitting the whole truth about ourselves. Before mussar and knowledge of my true nature (my Neshama) can avail me much in recovery and living, I need sobriety and sanity. I need to begin to truly reject the lust addict's false self-concept: I need to begin to abandon the idea that I need sex and lust today and that it is my 'eternal best friend' - even as it messes up my very life! That is why sobriety is so vitally important. It is the only way I have a shot at truly rejecting the falsehood that is part of me.

The poor frum fellow who says that he 'rejects his sick thinking completely' and that he 'lets go of the addiction' - and is still masturbating when the going gets really tough... well, lo sereid b'ni imochem. I suspect that he is essentially innocent - that he probably still really believes that he needs it. His very body tells him so. And when the body overcomes the brain (which it generally does) I wonder what baggage he will need to jettison to lighten his horrifying load of crushing guilt and doubt? I don't wish that pain on anybody. On the other hand, once I got sober and actually took the steps and started to use them faithfully, I believe that I slowly started to become ready to see the latent potential within myself that the Torah and Mussar talk about. It took some time for me, as I have shared before, but everybody is different.

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