

OK I Will give it another try

Posted by mdmjerusalem - 09 Jan 2009 14:33

Dearest friends

I know you were looking for me and wondering where i landed

Here I am, but you wont recognize me.

Well the last few weeks have been catastrophic

I found myself feeding my impulse/gloominess about once a week

Since my membership end of summer I achieved 50 days twofold.

Failing for the second time ????? was more that I could tolerate

But I am inept to persist in this manner

Now that ??????" is around the corner

I take on myself a new instigation

NEW RULE:

The net is strictly for business usage

No news or entertainment on the net for **2 weeks** Bli Neder

Your emails to me can fill the void gap of association

Please friends do keep in touch

(Btw: I hate being the *misken* so to have a good *kesher* do tell me **about yourselves too**)

I will try to respond to every comment

Gut Shabbos

Your buddy

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Re: OK I Will give it another try

Posted by the.guard - 24 Mar 2009 17:02

What type of pressure? From work? From your wife? From the yetzer Hara?

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Re: OK I Will give it another try

Posted by mdmjerusalem - 25 Mar 2009 02:49

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Re: OK I Will give it another try

Posted by the.guard - 25 Mar 2009 07:41

MD, did you see yesterday's Chizuk e-mail (#438 on [this page](#))? I think it was one of the most powerful e-mails in a long time - if you can relate to it in a deep way.

It would be very good MD, - perhaps LIFE SAVING - if you could join an SA group in your area. They are very zealous about guarding the anonymity of the members. You don't have to worry anyone will find out, and your wife anyway knows. I highly suggest this for you if you want to stay clean in the long term. This is the most sure and proven way to success, according to Rabbi Twerski - and he repeats it again and again. Just yesterday I just happened upon [a nice article](#) in aish.com by Rabbi Twerski on addiction. And at the bottom it says:

The ultimate distinction between man and animals is not that man is more intelligent, but that animals are creatures that have no choice over their behavior. They must do whatever their bodies demand. They cannot choose what they should do. Man has the ability of self-control, to choose one's behavior, even in defiance of physical urges.

If a person loses one's ability to choose and is dominated by urges one cannot control, one is indeed an addict. Losing the ability to choose is losing the uniqueness of being a human being, and robs one of the dignity of being human. We pride ourselves on liberty and view slavery as evil because it dehumanizes a person. And that is exactly what happens when we relinquish our ability to choose.

Addicts may indeed have psychological problems, but these cannot be effectively addressed as long as the addiction is active. Control of the addiction is rarely achieved solely by psychotherapy. Participation in a support group comprised of people who have successfully overcome their addiction, such as the 12-step groups, is vital. Psychotherapy is a valuable adjunct.

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Re: OK I Will give it another try
Posted by the.guard - 28 Mar 2009 23:17

Chart updated. Please con-firm and hold-firm!

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Re: OK I Will give it another try
Posted by mdmjerusalem - 29 Mar 2009 03:57

Go ahead Update again

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Re: OK I Will give it another try

Posted by battleworn - 30 Mar 2009 14:41

Rabeinu Guard, do you know if the right kind of groups exist in E'Y?

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Re: OK I Will give it another try

Posted by the.guard - 30 Mar 2009 15:00

Good Question. Ask Net, he was in the groups...

I am not 100% sure. I have a cell phone number of someone, but I tried calling now and got no answer. If you find out more info, please let me know.

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Re: OK I Will give it another try

Posted by the.guard - 04 Apr 2009 21:27

I updated your chart MD, to 41 days. But it should be already 48 days by now, so let me know...
If yes, you are a step away from your last record. That's amazing!

We'd love to hear from you more often tzadik.

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Re: OK I Will give it another try

Posted by mdmjerusalem - 06 Apr 2009 15:14

Thanks for updating, I am BH succeeding. You are not seeing me around so much due to the fact that I almost don't have access to the net, it already a long time since I saw our forum.

I hoped to catch up on all my friends here, to hear were they are up to and be Mechazik one another, however the time does not permit, sorry erev pessach pressure

The Seder is the easiest time to crawl out of this garbage, with the power of preparation and Tefilloh, let's utilize the opportunity.

Good Yom Tov friends.

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Re: OK I Will give it another try

Posted by mdmjerusalem - 06 Apr 2009 15:25

Is today my 50th day?

If yes it should be crucial day

Twice, I fell on this day

Please Hashem help me pass through

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Re: OK I Will give it another try

Posted by the.guard - 06 Apr 2009 15:49

Mazal Tov MD on 50 days! It's not just that you hit your record, it's also a **very symbolic day** in this struggle, as we discussed before about the 49 days of Seffirah which led to Kabbalas Hatorah on the 50th day... Leaving the impurity of Mitzrayim took 7 weeks (like the 7 days of Niddah - see the Ohr hachayim Hakadosh). That is perhaps why Hashem brought you to fall. Maybe you weren't ready at that stage for kabbalas Hatorah. But if you get through today and Pesach, you will have proved that you are truly worthy of **Yetzias Mitzrayim and Kabbalas Hatorah!**

It is good you did not have much access to a computer. If you can continue that way, it is probably best - even though it is hard for US, since we miss you! :-)

But if you DO have access to the computer over Yom-Tov, make sure you only use it when other people are around, and only with a good filter. And please read the Chizuk e-mails of the past few days, they are very powerful and will give you some great perspective to come to the

seder with.

We have been discussing in the recent e-mails about the very core of the 12 Steps, how they work, and how they relate to us as Yidden. And we are also tying them in with the lessons of ***Yetzias Mitzrayim***...

I feel Hashem has given me a lot of *Siyata Dishmaya* in writing the e-mails of the recent days B"H... In response to today's e-mail someone wrote us (edited a bit):

[color=blue][b][i]Another excellent e-mail! I want to show the past few e-mails to Rabbi Wolfson. I spoke to him already about your site for like 10 minutes and his face was glowing. He said "menei ubei shadi bei narga"...

I have a friend who asked R' Mattisyahu Salomon Shlita, how does one become a kadosh. The first step, he was told, is that you really have to want to truly be a kadosh.

With your words in today's e-mail, I can understand it better.

Another Rabbi I'm in touch with told me yesterday that he already referred a few boys to your site.

Your emails are helping my avoda tremendously (actually by making it less 'avodah' i.e. easier, less fight). Please keep it up.

My wife actually asked me before shabbos why I've been in such a good mood the past three weeks!

Bhatzlacha

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Re: OK I Will give it another try

Posted by mevakesh - 06 Apr 2009 16:18

I want to show the past few e-mails to Rabbi Wolfson. I spoke to him already about your site for like 10 minutes and his face was glowing. He said "menei ubei shadi bei narga"...

On an unrelated topic, Rabbi Wolfson is an *adom gadol ad'meod*. Rabbi Wolfson is the mashgiach of Torah V'das and has a big kehillah known as *Emunas Yisroel* in Brooklyn. Rabbi Wolfson is known for his in-depth study and *shiurim* in the area of *emunah u'bitachon*. For those who are interested, you can find 24 free 1/2 hour shiurim on the topic of *emunah* [here](#). These shiurim are unrelated to Internet addiction, but are certainly inspiring and well worth the time spent listening to them.

Congrat's MD ... *tizku leylech m'chayil el chayil*

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Re: OK I Will give it another try

Posted by Binyomin5766 - 06 Apr 2009 17:42

I'm really pressed for time of late, but how can I let someone's 50th day pass without a hearty mazel tov! MD, you are an inspiration for us all, and not only because of your achievement in reaching 50 day. The way you get up and dust yourself off after a fall is great chizuk!

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Re: OK I Will give it another try

Posted by jack - 06 Apr 2009 18:05

50 days!! wow!! on my 50th day i was still on the roller coaster - hold on tight!!

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