

A fall and a new beginning

Posted by Binyomin5766 - 24 Sep 2009 02:09

Well, over the course of the last two days, I had a "slow motion" fall. I began acting out on Monday evening, viewing things on the net that perhaps wouldn't have qualified as a fall, but definitely began the process. Through the day on Tuesday, my thought/fantasy life began getting out of control. Last night (Tuesday) I began acting out by going to definitively inappropriate sites and topped it all off by m****. So, after a little over nine months clean, I have fallen off the wagon. So, now what?

What went wrong? Some things were in my control and some were not. First issue I should have worked on more: guarding my eyes in public places. Second: getting a handle on my thought/fantasy life (i.e. dispose of the fantasy unless I'm going to fantasize about having all the time I want to learn Torah). Third: finding a way to block inappropriate sites on my work computer (perhaps I should just put K-9 on my computer and let Rabbeinu Guard control the password. They are pretty quick to wipe and reload computers at my office so they would be able to get rid of it if they so desired. Question: can they get rid of K-9 that way if they need to?). And out of my control? A one month business trip. All I can do about that is try to prepare better.

I have the further issue, that some here will likely remember, that my wife and children are struggling with their Yiddishkeit in a big way. I have a strong tendency toward depression, anyway, and this particular struggle is a strong push toward depression. For me, depression is a contributing factor, although it is frequently difficult for me to tell which comes first: the depression or the acting out.

At this point I have to confess, last night I really didn't want to come back here ever again. How could I let myself do this? How can I humiliate myself by coming here and admitting what I have done? In the end, though, this place is **LIFE**. Where I went last night is nothing less than death itself, and I want to **LIVE**! Even now, my eyes are welling up to think of it. But even now, the Y"H is actively on the offensive. I can feel the desire as a physical ache. Part of me (the animal soul) wants so badly to give in, but part of me can't go back to living that way: the hiding, the secrets, the lies....

What now? What is my strategy? my approach? Some things won't change, because they shouldn't. I will keep trying to increase my Torah learning to the new level I'm aiming for: one aliya of the Parsha of the week with Rashi, and one Gemara shiur mornings Monday through Friday (the latter after my business trip ends). I will keep trying to work through Mesillas Yesharim (I never make it very far, and I have started over many times. There is just so much

even in Rabbi Luzatto's intro, though, it really isn't a waste). What needs to change, though? I think I have to dive in deeper to the effort this time. I think it is time for me to begin some kind of a 12 steps program. I hope that I might be able to join one of the phone groups here. My job can be pretty demanding in terms of the hours and/or location, but I can make a phone call almost anywhere. I need to make some changes in how I am guarding my eyes, but I'm not sure what that will be quite yet (perhaps one of the tzedakah type vows may be effective here). The fantasy life thing will be quite difficult. At times I find myself fantasizing about my wife (especially in the few days before mikvah time), and that unfortunately only encourages the broader habit. I will have to find some other things to occupy my mind; that will be challenge. The computer issue I discussed above, and depending on the answers I get, it is likely that I will load k-9 on this machine.

At any rate, I am getting quite tired. I have just pulled my third twelve hour day in a row, and tomorrow is likely to be longer. I bid all of you a good night as now begin day 1.

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Re: A fall and a new beginning
Posted by Me3 - 23 Oct 2009 19:40

Ben

I just thought I should tell you, you are quite an inspiration to me. i don't have a quarter of the things going on in my life that you do, and I'm struggling. And here you are fighting away in spite of everything.

Have a wonderful happy uplifting Shabbos.

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Re: A fall and a new beginning
Posted by the.guard - 24 Oct 2009 21:46

Avraham Avinu was a Ger too... Sounds like Hashem is testing **you** with the 10 nisyonsos of Avraham Avinu!

- 1) Finding Hashem
- 2) Becoming Jewish
- 3) Keeping the Mitzvos
- 4) Beating Lust
- 5) Keeping your family happy
- 6) Staying cool and trusting Hashem at all times...

I'm sure there are more, but we get the picture.

WOW.

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Re: A fall and a new beginning

Posted by Binyomin5766 - 25 Oct 2009 00:38

Wow, I feel a little embarrassed by the accolades. I personally would rather have much less going on and be a little more ordinary (whatever ordinary may be). All I am really conscious of is that I have so far to go.

Thankfully, I can say this Shabbos was another step or two further on the road. It was overall a good day. I had a few struggles with thoughts, but after a while I got involved enough in the davening, the shiurim, etc., that I was not dwelling so much on things I shouldn't be.

Gut woch to all.

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Re: A fall and a new beginning

Posted by strugla21 - 12 Nov 2009 06:12

Hey Ben,

I'm new at this site, but your story after nine months of being clean and only 1 fall was really motivating for me. I understand, and as well as everyone here i'm sure also understand, how difficult it is. Your courage to keep on going and focusing on the victory has got me motivated as well. So I wanted to say thank you. I know it may not mean much now, but your victory against your struggle is an inspiration.

Strugla21

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Re: A fall and a new beginning

Posted by Binyomin5766 - 12 Nov 2009 14:07

Thank you, Strigla21,

The day after is always the most difficult, as many here can attest. The most important result of this has been that I used the fall to motivate myself to join one of the 12 steps groups. I'm still struggling, but I have hope now that real change will be effected by Hashem. I still have a lot of the same issues about which I have written and I feel quite fatigued most of the time. As a result, I am not posting so much, but I am spending at least 30 minutes a day, four days a week on a phone conference with Duvid Chaim's group.

This has been very good for me.

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Re: A fall and a new beginning

Posted by the.guard - 12 Nov 2009 15:58

So happy to hear you're on the calls!

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