

Yaakov's Ladder

Posted by Pidaini - 08 Mar 2013 17:33

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Starting my log a little late, i'm BH holding by today, which is number 53 of all the todays, but Bein Hazmanim is coming and i need to keep in check, and might not have time for all the chatting that ussually helps me clear my mind (thanks guys!!).

i've been using AlexEliezers advice, that he gave me right when i first posted, of bulletproof Shemiras Einayim, or trying at least, and BH got to Today. but it's all changing now, it's not the same streets that i walk down every day, know exactly where to go so not to look, the dangerous places where i have to be careful etc.

now i'm entering the lions den, going to the airport, the airport itself, a few hours on the plane, etc. it's really scaring me!!

anyone have any ideas?

also been struggling with dreams, i know it shouldn't affect me, but it does, because it makes me realize that my mind isn't clean during the day, which leads to the next question how to keep my mind clean?

Wishing all you a Great Shabbos and it's Parshas Hachodesh so may we all be zoche to renew ourselves!!

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Re: Yaakov's Ladder

Posted by Gevura Shebyesod - 16 Jun 2013 17:40

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152 days! You can take that to the ????!!

Don't get down over it. You're doing great. KOMT!!!

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Re: Yaakov's Ladder

Posted by Pidaini - 18 Jun 2013 15:50

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Thanks guys!

As I wrote I am BH not depressed, I am a tad bit down, but nowhere near what it used to be after a fall.

My thoughts on this were that perhaps, since being on GYE i have learned to accept myself the way I am. to quote Wreck it Ralph "I am bad and that is good, i am not good but that isn't bad",

CH"V I am not bad, but I am not the person whose Y"H is to learn shelo lishmah, and that's fine, my job in life is **this**, and that's beautiful, because that's the way Hashem wants me to serve him.

having that said, i gave it my most (not all, i don't think), and I am trying to figure out how to make it better.

One thing I am struggling with right now (and i know there is a thread on this topic booming right now but this is much more specific) is what will I loose if I act out once or twice a year (once every 152 days)? Why do I want to do something different than what i was doing until now in order to reach that point? (religion hasn't helped until now)

I am guessing that the answer is REAL LIFE, the problem is that since i stopped porn, i waste a lot of time on playing online games. innocent, kosher, yet time consuming, and brain subduing. And regarding my fight, it probably takes away from real life, keeping me from experiencing it.

As I was typing this i asked my wife to ask me what i am doing and what i did on the computer (I wouldn't lie to her, unless it was something really bad, like GYE). Thanks GYE!!

If anyone has any thoughts please express them.

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Re: Yaakov's Ladder

Posted by Machshovo Tova - 18 Jun 2013 18:05

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[Pidaini wrote:](#)

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what will I lose if I act out once or twice a year (once every 152 days)? ...

Q: What will an alcoholic lose if he drinks once or twice a year?

A: There is a good chance he will lose everything.

That single drink will activate the phenomenon of craving. It's like taking a laxative and trying to control yourself not to go (heard from Rabbi Shais Taub on GYE).

Starving the lust will go much further in making the cravings less intense and less frequent. (I tried both & I can only speak of what worked and did not work for me.)

MT

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Re: Yaakov's Ladder

Posted by gibbor120 - 18 Jun 2013 18:37

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I had the same thought as MT. Can you really control it to twice a year only? I can't.

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Re: Yaakov's Ladder

Posted by skeptical - 18 Jun 2013 20:02

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Once we make it an allowable thing, "just this once," we are planting seeds in our minds that it's not so terrible. And then what's one more time, or even one more time after that? It just does not end.

On the other hand, if I make a full year and my past fall is the only one I had (which is obviously what I am striving for,) I will rejoice in the fact that I am making huge progress.

Do you see the difference in thought?

One other thing: By working on ourselves in this area, it will help us to be able to serve Hashem properly, but it in itself is not our avodas Hashem.

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Re: Yaakov's Ladder

Posted by Pidaini - 18 Jun 2013 21:34

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Points well taken, but i think i want to rephrase the question a bit, why should i do more than what i did up until this past fall? true, what i did until now only held up for the amount that it did, but it will keep me from ruining my life (if it is true that it will always help for that amount of time).

I guess what i am asking is how do i change the motivation from "not hitting rock bottom" to "hitting high heavens"?

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Re: Yaakov's Ladder

Posted by skeptical - 18 Jun 2013 21:44

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**Pidaini**

guess what i am asking is how do i change the motivation from "not hitting rock bottom" to "hitting high heavens"?

I would say that the way to do that is to be aware of how your life has changed for the good since you've started being clean and strive for more of that.

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Re: Yaakov's Ladder

Posted by Lizhensk - 18 Jun 2013 22:13

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[skeptical wrote:](#)

**Pidaini**

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I would say that the way to do that is to be aware of how your life has changed for the good since you've started being clean and strive for more of that.

Love that skep, but ????? ???? when the serpent is around ur neck, thinking that doesnt really help - at least to me it doesn't

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Re: Yaakov's Ladder

Posted by skeptical - 18 Jun 2013 22:32

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The time to put these thoughts into action is when the serpent is approaching, or even before that, not when it's around your neck.

Another thing, the yetzer harah is all in your mind. Remember Avraham Avinu going to the Akeidah, the water was up to his neck, he davened to Hashem and the water disappeared. It was really just the YH. Once Avraham passed the test by trudging on to do the right thing, the YH dissipated.

It's the same thing by us, when we're in the clutches of the YH, we think there's no way out, that we have no choice but to give in. If we would treat these thoughts like it *really* is, a really foolish notion, they would disappear and we'd be able to breathe.

Hatzlacha!

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Re: Yaakov's Ladder

Posted by Machshovo Tova - 18 Jun 2013 22:36

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[Lizhensk wrote:](#)

... but ??? when the serpent is around ur neck, thinking that doesnt really help - at least to me it doesn't

So I guess the trick is to keep our distance, so that the serpent does not get around our neck. If we wrestle with the serpent, we will definitely lose the match. But if we avoid him and his cohorts, we stand a good chance to succeed be"H.

Htzlacha

MT

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Re: Yaakov's Ladder

Posted by Chachaman - 20 Jun 2013 00:14

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[skeptical wrote:](#)

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Hatzlacha!

That should go in the "Dov Quote's" section, it was that good. Thank you very much skeptical!

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Re: Yaakov's Ladder

Posted by Pidaini - 20 Jun 2013 23:08

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Thanks everyone,

Past few days have been all right, i'm trying to come up with some way of keeping track of how i grow in real life. Something like avrom's suggestion of sitting down and writing something up.

I guess for now, i'll just say that today, even though I am extremely tired, I tried to connect with my wife. meaning not just to hear that she is talking but try to listen to what she is not saying.

that's for today, hopefully i'll be able to keep this up, especially after my chat with chachaman with in which we discussed that instead of thinking about not thinking about lust, we should think about thinking about real life. and also that real life can always become more real, especially for yidden for whom real life is also connecting to Hashem, there is for sure no end for He is Ein Sof, and there is always room for becoming closer.

Thanks and Hatzlacha

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Re: Yaakov's Ladder

Posted by Pidaini - 28 Jun 2013 01:22

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Steady week BH!!!

Just some thoughts that have come up,

Regarding the discussion of telling ones wife about our issue,

I realized that it is total selfishness!!! Meaning, the reason I would want to tell my wife (at this point) is because I see others who have the support of their wives, and it seems so refreshing to be able to have the closest person in your life comment on how they notice you are succeeding and growing. Having said that, that means that I am wanting to put my wife in the unspeakable pain of, lost of trust and hardship in putting it back together, of the inclination that she was not enough, and more, in order for ***me to a feel a little bit better about myself!!!!!!***

seems quite selfish to me.



second, until now I have been able to measure my progress very easily, porn or no porn, fantasizing or not, etc. I am BH, in a different stage, that is I have to think of every moment, is this living for REAL, or is this going to be back into cyberworld? it's a much narrower (is that a word?) line to defrenetiate by, and harder to keep track of. I guess "one day at a time, one moment at a time" in it's full sense.

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Re: Yaakov's Ladder  
Posted by mr. emunah - 28 Jun 2013 20:27

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keepitup!

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Re: Yaakov's Ladder  
Posted by gibbor120 - 28 Jun 2013 21:10

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Good point about the wife. It's not all roses.

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