

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 usually 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 TehillimZugger - 06 Mar 2014 02:35

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I don't THINK that I think too much. If I would think too much I would think it, don't you think? I think that if you think I think too much, maybe you're the one overthinking. Thinking about it, I really don't think that I'm the type to think too much. You think I'm not thinking honestly? I think I'm honest enough- certainly when I'm just thinking to myself. Not that I think to myself all that much... you know...

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Re: Yaakov's Ladder

Posted by kilochalu - 06 Mar 2014 04:18

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i think that sometimes we think we are honest to ourselves because we are just thinking to

ourselves but if we think out loud and someone else tells us what they think about what we were thinking or even if we just think out loud without someone else telling us what they think about what we were thinking we sometimes realize that we were just thinking it without really thinking too much about what we were thinking, don't you think

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Re: Yaakov's Ladder  
Posted by Gevura Shebyesod - 06 Mar 2014 04:29

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Re: Yaakov's Ladder  
Posted by dms1234 - 06 Mar 2014 07:48

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**TehillimZugger**

I don't THINK that I think too much. If I would think too much I would think it, don't you think? I think that if you think I think too much, maybe you're the one overthinking. Thinking about it, I really don't think that I'm the type to think too much. You think I'm not thinking honestly? I think I'm honest enough- certainly when I'm just thinking to myself. Not that I think to myself all that much... you know...

I think that you think that i think that you don't think too much but i think you really think too much. I think that you think that i think that i am overthinking but i think that you think way too much. I think you think that i think that you are the one to overthink but really we all overthink so your not alone. I think that you know that you think too much and i think that you think that you are addicted to think and you are. Its called a thinkaholic. Thats you! Its Ok. but you have to admit. SO next meeting say. I TZ, am a thinkaholic and it is ruining my life

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Re: Yaakov's Ladder  
Posted by Pidaini - 07 Mar 2014 12:11

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Sooooooooooooo (yeah, any post that starts with "so" is gonna be full of excitement), I've been lusting most of the time since last post, which actually reminds me of a profound thought I had, serious stuff afterwards.

In The Avengers, there is a scene where Captain America tells Dr. Banner aka The Hulk "Now is a good time to get angry" (meaning to turn yourself into the hulk). Banner answers "That's my secret cap'ain, I'm ALWAYS angry!!!" One of my secrets of staying clean is that I know that I am almost always lusting and if I don't make sure to live life, then the lust will take over and I will turn into a big green monster (or a pink elephant)

Now that we've taken care of that,

So, I don't know why that is, it really wasn't bad and I wasn't acting out on it....actually, now that I am writing this, there may have been some things that I did that were lust driven, but nothing assur.

Then yesterday, came insanity, the pure will to just see if I can get past the filter. Now remember, I know how to disable the filter completely, oh, and that TaPHSik sort of got messed up because I needed to disable it for a VCF technician so that he could connect to my computer when the filter wasn't letting any internet through. so the fact that I need to play around in the filter itself is just insane.

Well, I found another way in the filter itself. I wanted to see how far it really works, so I went to google images and searched for something that would normally be blocked, and something that I wanted to see at that time.....I guess it wasn't *just* to break the filter :-/

Anyways, I wasn't very happy with myself, I did make some calls and told some people, I also emailed guard to let him know of the most recent loophole, but I was tired and self loathing. Then came at night and Zlatah yentah decided that she was gonna keep me up until 12:40, which is like almost time to get up and post!! I BH got myself to sleep with no looking at anything, even though I really wanted to. I ended up getting up late and was, obviously, not very happy about it.

A big portion of the morning was spent trying to change my feelings, "this isn't the honest way of looking at it, it's not that bad, be happy, etc." then I remembered what a wise man had once told a few of his friends "Don't take your moods so seriously, just do what you know you should be doing!!!" WOW!!! How wise!!

I know what I need to do during the day, and I asked Hashem to let me do those things regardless of how I feel, because I know that that's really what He wants (proof of that is that He is still letting me live even though I woke up late). I asked Him to help me be there for Shaindel Malkah, and for Zlatah Yenta without giving them attitude because I was in a bad mood. A few times I found myself in middle of trying to find the way out of feeling down, but I just went back to saying "just do what you need to do, just do what you need to do"

BH, I actually feel better now, as Dov wrote, I just needed to get out of my head and focus on living real life. That means, just do real life, do what I know needs to be done.

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Re: Yaakov's Ladder  
Posted by Pidaini - 09 Mar 2014 07:51

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Someone reminded me, and I am ashamed that I haven't remembered myself in such a long time, but it is certainly time for a.....

WOOOOOOOOOOOOOOOOOHOOO!!!!!!!!!!!!!!!!!!!!!!  
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Re: Yaakov's Ladder  
Posted by dd - 09 Mar 2014 16:21

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thanks for the...

wooooooooooooooooooooooooooooooooooooohoooooooooooooooooooooooooooo!

it saved the day (i hope)

btw happy birthday on your thread started march 8 2013

tzee lange gezunte yuren be"h

asach yiddish nachas!!!

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Re: Yaakov's Ladder  
Posted by Pidaini - 09 Mar 2014 21:49

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[dd wrote:](#)

btw happy birthday on your thread started march 8 2013

tzee lange gezunte yuren be"h

asach yiddish nachas!!!

ly"n by you, a thread full of growth and honesty!!

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Re: Yaakov's Ladder

Posted by misgaber41 - 10 Mar 2014 02:21

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[Pidaini wrote:](#)

Someone reminded me, and I am ashamed that I haven't remembered myself in such a long time, but it is certainly time for a.....

WOOOOOOOOOOOOOOOOOOHOOOOOOOOOOOOOOOOOOOOOOOOOOOOOOOO!!!!!!!!!!!!!!!!!!!!!!!  
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Re: Yaakov's Ladder

Posted by misgab41 - 10 Mar 2014 02:23

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[Pidaini wrote:](#)

Someone reminded me, and I am ashamed that I haven't remembered myself in such a long time, but it is certainly time for a.....

WOOOOOOOOOOOOOOOOOHOOOOOOOOOOOOOOOOOOOOOOOOOOOOOOOOOOOOOOO!!!!!!!!!!!!!!!!!!!!!!  
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Re: Yaakov's Ladder  
Posted by misgaber41 - 10 Mar 2014 02:28

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Pidaini,

I'm not sure I get every point of every post but that much I learn to analyze every situation in depth to take the most out of it.

thanks

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Re: Yaakov's Ladder  
Posted by Pidaini - 12 Mar 2014 09:07

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I am about to fall (anyone following this thread should have seen this coming).

I am a law abiding guy, and there is a Bill of Rights which I live by, it goes something like this

**My Bill of Rights**

**I have the right to**

1. Be in control of feelings



2. To feel superior and "more equal" than others (since I am (was) clean for so long, and other reasons)
3. To expect that I will be able to take on any challenge in life without a problem and without getting uptight about it
4. To expect that problems won't arise (since I'm mamish a tzaddik)
5. To blame life and others and claim victim to them for not following rules, i.e.
  - Allowing me to find ways through the filter
  - Giving me a wet dream and having me wake up in a bad mood
  - My kids keeping me up at night
  - My chavrusah going away and leaving me with a full day with no fit schedule
  - etc.

Those are the rights by which I live, those are the rights that I protect with my entirety, and if those rights are threatened then I need to protect them, and protect them I will!!!!!!

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Re: Yaakov's Ladder  
Posted by Pidaini - 12 Mar 2014 10:07

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Fall completed.....

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Re: Yaakov's Ladder  
Posted by cordnoy - 12 Mar 2014 15:46

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although no two situations are alike, here are some of the thoughts and mindset that I remember from that 18 hr binge 62 days ago.....

there was a build up of slipping for almost two weeks

it was so enjoyable

the excitement was intense

the feelings were fabulous

the euphoria was overwhelming

the fall was devastating

I remember lookin' down from the balcony of the 15th floor at the magnificent view down below, sayin' to myself, "I am as low as the deepest valley in the distance; perhaps I should join 'em." I was talkin' to my frum woman friend (who helps me out of these messes), and she asked me if im really contemplatin' this, and I replied that I wasn't, but I said, "why not?" I am filth! I am lettin' all that I am close to down by my egregious behavior - why not really let 'em down? and the obvious answer was that I have so much to live for.

And it was at that point that I said (and perhaps this will be repeated in a gye chizuk email or somethin'): "**If I have so much to live for, then why am I not livin'?**" Why am I allowin' my life to be so unmanageable? And yes, I already knew that I was powerless once the lust button kicks in, but it is my actions and thoughts that allow it to enter in the first place. And I knew that a commitment of some action, something that I needed to do, something that I was fightin' against for the past 7 months of so-called sobriety that I had to take that step...there was no turnin' around.

And I actually did two things.

1. I wrote to my Romanian lady that this is it! Good bye and adios! I am/was fortunate that I didn't fall in with one that would not accept my answer. She understood and we parted ways....for good....not a one month, two month hiatus, but forever.
2. I researched and I found an SA group that I can attend, and I made it my business to go every week. Have I missed once or twice since then? Yes, but it is always on my schedule.

Others will say that you need to do the program. Some will say that a sponsor is required. You will have people say to write down all your history; work da steps, etc. All that is true and good. Who knows what step will work for each person? I certainly don't! What I do know is this: Do something that is difficult for you to do; something that you have contemplated in the past, but for whatever reason (ego, pride, time, etc.) you decided against. That one step imho will propel you onward.

I am not a fellow that has been recovering for 12 years, so I am no expert. I am recovering today! Honestly, I do not pay attention to the past, and I do not look forward to the future. Not because I don't wanna, but rather, because I can't! In order for recovery to work, in my case, I

must have all my senses to make the right decision right now.

My desires now are second looks, thinkin' about wife, clickin' where I shouldn't (and I don't have a filter or accountability software). Together with God, or only thru Him, and I really don't care who it is, I was given the strength...for right now, for this moment...to say, "Sorry sir, I cannot go there at the present time, for if I do, I will end up in a pool of blood sprawled across the San Fernando Valley, and my last waking moment would have been passing by the sights of God's beautiful world, one that I was too damn egotistic about to take advantage of, and one that I needed to separate from to satisfy my lustful desires." Oh no! I'll stay on the ground floor. I won't look up, and I won't look down.....straight ahead....at the moment directly ahead.

Perhaps this will help you; perhaps others.....it definitely is helpin' me....and you know for how long? You guessed it!

b'hatzlachah

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