

Yaakov's Ladder

Posted by Pidaini - 08 Mar 2013 17:33

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 kilochalu - 24 Mar 2014 03:13

he's also medayek there that venimasem is w/o an alef

when one is not with the alufo shel oilam then venitmasem bam

when one properly surrenders control to Hashem, Hashem saves him from tumah

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Re: Yaakov's Ladder

Posted by Pidaini - 24 Mar 2014 06:14

10 points for TaPHSiK (as of this post that is)!!!

I am dealing with a big dose of "imaginative" pride slashing, "thinking" that I am losing the respect of one of the people that I would want the most to respect me (even though I don't really know that for sure, but it adds to the drama of life, so why not feed it).

So obviously the first thing that came to mind was "well, if you don't respect me anyway, let me go have fun and watch porn and masturbate!!" But the thought of "You're not staying clean for anyone else, only for yourself" got a big boost from the TaPHSiK, I had to start looking for ways to figure how to fall if it actually came to that point.

Neh, not even to slip, I have a better life to live than that. Pain is uncomfortable (especially imaginative pain), and I won't die from being uncomfortable. Lusting is not living, living in pain is better than not living at all.

Thank you all for your support, One day at a Time!!

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Re: Yaakov's Ladder

Posted by Pidaini - 25 Mar 2014 06:33

So yesterday there was this big fight between me and me.

I was in a terrible mood in the afternoon, due to the chance of loss of respect/reputation. me was saying, "what's the problem, what's wrong with being seen as the human being that your really are? Why do....." but me didn't let me finish and answered back with desperation "but what about me? you're gonna go and just let me thrown away?! :mad: I've been with you for so long, pushed you to do such great things, and this is what I get?!?!"

and after me let me finish his raving (me has very good manners, won't interrupt anyone), which took quite some time, he answered again very simply "but you never really existed in the first

place!! you are just a figment of the imagination!!"

Well, me couldn't take that sitting down, and put up quite the fight. After talking to a good friend, and admitting that I was brooding in order to protect me when I could really just be happy and accept the just fine reality of me, I was able to take a kicking and screaming me and give him as a present to Hashem, who is the rightful owner of me!!

to be cont.

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Re: Yaakov's Ladder

Posted by dms1234 - 25 Mar 2014 06:41

Thats so random. Are you bipolar?? ahahaha.

Maybe you should stop thinking in the me form, either me that is. Its too selfish of you. Nor I or myself.

How about something else?

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Re: Yaakov's Ladder

Posted by Pidaini - 25 Mar 2014 11:11

[dms1234 wrote:](#)

Maybe you should stop thinking in the me form, either me that is. Its too selfish of you. Nor I or myself.

How about something else?

[Pidaini wrote:](#)

to be cont.

Yankel thinks that he'll start thinking in third person.....

Well me was very happy that he had such a victory, and slowly he started thinking more of himself, he felt like he was flying and in control....and he started growing....me.....me.....me.....

I came home last night after quite a nice day, and instead of just going to sleep as I should have I started (for the first time since last fall) looking for [yet another] way to get past the filter that wasn't included in my TaPHSiK.....why? you may ask, answer is simple

I DON'T KNOW!!!

But I found that way, and noticed very quickly where this was all headed, so since my wife was about to enter the room anyway, I shut the computer and got ready for bed. I fantasized a tiny bit in bed before reminding myself that if I continue this it won't end up good (and this itself isn't good either, but it will get much worse), Bh I fell asleep.

When I woke up I was craving, craving to use the brand new sliphole, but BH someone started chatting with me.

I then remembered that I had forgotten, forgotten to be honest, to be truthful with myself as to who's victory it really was, after all I really am just me and it is Hashem who took away the problems, and is helping me live correctly.

So I told Him "thank you, for taking away my bloated self image and need for respect, and for showing me that I am fine being just me!!"

I had actually started thanking Hashem in English for specific small things, especially things that I could take credit for if I really wanted to, on Shabbos, but I guess I was too busy enjoying the fact that I was free of me to acknowledge who had done that massive favor for me.

It's now onward, a little person trying to do the best he can, just another dude on the bus asking the driver for help.....the wheels on the bus go round and round.....

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Re: Yaakov's Ladder

Posted by tryingtoshteig - 25 Mar 2014 18:55

Just a friendly reminder from your local reputable kashrus authority

[Pidaini wrote:](#)

figment of the imagination

These should be checked for bugs. They have a tendency to be kinda seedy inside.

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Re: Yaakov's Ladder

Posted by cordnoy - 26 Mar 2014 07:20

Me thinks that you should get rid of the damn filter; this way you won't be so damn proud that you bested it in the first place.

Me thinks that you are not a sex addict or a lustaholic, or maybe you are, but you are recoverin'.

Me thinks that perhaps it has somethin' to do with that ego and pride that you keep talkin' about.

And now for a doozie...me not sure if this is gonna make any sense....but me gonna try anyway....me thinks that you are scared or even petrified of fully recoverin', for then, you will need to look at your past as some type of failure, and that will not fit with the big @#\$%in' ME, so instead me will keep slippin' and slidin' and perhaps even fallin' every once in a while, for this way ME can blame it on somethin' else.

And please forgive me....the only thin' I wanna accomplish is to get you to think.

b'hatzlachah

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Re: Yaakov's Ladder

Posted by TehillimZugger - 26 Mar 2014 15:51

OMG

Zat you?!

Cuz it sounds suspiciously like the shvigger...

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Re: Yaakov's Ladder

Posted by Pidaini - 26 Mar 2014 18:30

Thanks cordnoy!!!

Just one thing.....you guessed right.....I didn't really get it

[cordnoy wrote:](#)

Me thinks that you should get rid of the damn filter; this way you won't be so damn proud that you tested it in the first place.

I think there's a different word for it, not proud. But it would be worse without the filter, I've had that already

[cordnoy wrote:](#)

Me thinks that you are not a sex addict or a lustaholic, or maybe you are, but you are recoverin'.

Me don't care what I am, as long as I am dealing with it, and my behavior is changing.

[cordnoy wrote:](#)

Me thinks that perhaps it has somethin' to do with that ego and pride that you keep talkin' about.

Very possible, that ego and pride play a big percentage of my life., trying to change that.

but what is the "it"?

[cordnoy wrote:](#)

And now for a doozie...me not sure if this is gonna make any sense....but me gonna try anyway....me thinks that you are scared or even petrified of fully recoverin', for then, you will need to look at your past as some type of failure, and that will not fit with the big @\$%in' ME, so instead me will keep slippin' and slidin' and perhaps even fallin' every once in a while, for this way ME can blame it on somethin' else.

I didn't get that %100, I don't think that that's my problem, but maybe if you write it again differently, I will understand it better. (what do you mean by "blame it on something else"?)

[cordnoy wrote:](#)

And please forgive me....the only thin' I wanna accomplish is to get you to think.

[cordnoy wrote:](#)

b'hatzlachah

AMEN!!!!

P.S. As a 1st step assignment that I gave myself, I am writing why I want to stop and what I am willing to do for that goal. Maybe that will clarify things for both me and everyone else.

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Re: Yaakov's Ladder

Posted by Pidaini - 28 Mar 2014 10:52

I will never forgive anyone for trying to help me help myself

This morning, during davening (obviously, when else?), something hit me. Probably because of what cordnoy wrote, regarding the temptation to find a way around the filter and TaPHSiK.

The thought that popped into my head this morning was that I do get a little (maybe big) kick out of fighting this battle. Many a time I feel better than other people because i have such a big nisayon and I am fighting it successfully. That being the case, if I indeed would have no way of getting to the porn, then I wouldn't have that feeling. So I go and try to find ways that I would still be able to fall if I wanted to, in order to be able to feel that feeling of superiority.

I think that is very much along the lines of what you wrote, cordnoy, just a tad different. The main point is that we are both saying is that me does have a big affect on my life.

Thank You very much cordnoy, may others follow your lead to tell me what they feel about my posts, after all, that is why I post here.

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Re: Yaakov's Ladder

Posted by Pidaini - 28 Mar 2014 16:25

Just to clarify, for myself.

I have always had my eye on standing out in some way. I always wanted to be outstanding, in almost every area that I could pull it off. I think I was the only one who the school wanted to give both the academic award and the midos award to. (I obviously declined, because I didn't want to make the rest of the class feel bad) If you now know who I am, then please don't be afraid to tell me Even here on GYE, I was so happy when I made it to the lists of the user stats, top 5 thank you's, popular thread, and popular user!!

I put a lot of effort into being special, and what better way than to be victim and be able to use it to be special?

So me has good reason to be scared. What's gonna be special about me if I'm not fighting this awesome battle? I will learn to be content with no grandeur, I will learn to be happy with just that is really scary!!

Well my dear friend me, you are very right to be scared, because the way that I'm headed! I'm sorry, this didn't happen on purpose, but since I had to stop one thing I realized that that life is just much more fulfilling, less complicated, less stressful, and a whole bunch more things. being another dude on the bus which is just another bus on the highway!!

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Re: Yaakov's Ladder

Posted by TehillimZugger - 28 Mar 2014 17:51

Thanks for the honesty Yankel. I'm also trying to be outstanding. [Gibbor, here's your cue to recommend Dr. Sorotzkin's perfectionism articles...]

Personally a different part of what Cordnoy wrote really resonated with me:

[The Shvigger wrote:](#)

And now for a doozie...me not sure if this is gonna make any sense....but me gonna try anyway....me thinks that you are scared or even petrified of fully recoverin', for then, you will need to look at your past as some type of failure, and that will not fit with the big @\$%in' ME, so instead me will keep slippin' and slidin' and perhaps even fallin' every once in a while, for this way ME can blame it on somethin' else.

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Re: Yaakov's Ladder

Posted by ZemirosShabbos - 28 Mar 2014 18:58

thank you Yankel, Cordnoy and TZ for those great posts. I identify with the desire to be special too. and I overthink things in a big way, tying myself in intellectual knots until I get blue in the face - well, at least figuratively. and it seems to me that all this heavy duty psychology talk calls

for a 2 hour perusal of the Just Having Fun section.

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Re: Yaakov's Ladder

Posted by dms1234 - 28 Mar 2014 21:15

I find that i dream for kavod to feel that i am special and when the time comes i brush it off like i am so humble as Moses. Its so weird. You think i would bask in it and wave at the people like the queen.

I don't really have any answers here but i can tell you i occasionally do the same think and look at the top lists at GYE and wish i was there. Perhaps thats not so bad, lo lishma le shma right? Maybe we just gotta keep moving a long and our need for Kavod will disappear. After all as a very wise person said to me, why should i care about someone else's approval?

Same with me. Maybe we should have a Kavod Konvention

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