

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 dms1234 - 27 Apr 2014 08:42

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I hear you. We slip and maybe even fall. It happens. Last week I went on YouTube a few times looking had not so tznious things. It's not good, I shouldn't be looking at them BUT they happened. They did and they do. And that's ok, we're not expected to be perfect. It seems like your doing much better, thank God, but I think your missing oink (heck im missing oink) try to get it started again!

Bhatzlacha!!!!!!!!!! And KOTTTTTTTTTT!!!!!!!!!!!!

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Re: Yaakov's Ladder

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Posted by Pidaini - 27 Apr 2014 19:17

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not feeling very excited about life right now. Each time I remind myself that Hashem is giving me my experience at every moment, I feel clear, but it doesn't last for very long and I'm feeling restless again. I think I should get off the computer. bye.

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Re: Yaakov's Ladder  
Posted by cordnoy - 27 Apr 2014 19:24

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Good move....time perhaps to rethink plan of action?

b'hatzlachah

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Re: Yaakov's Ladder  
Posted by Dr.Watson - 27 Apr 2014 21:36

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Might sound like a weird question - do you ever meditate? It can be a helpful way to gain clarity.

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Re: Yaakov's Ladder  
Posted by cordnoy - 27 Apr 2014 22:29

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I was actually leanin' to the other side of the spectrum.

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Re: Yaakov's Ladder  
Posted by Dr.Watson - 27 Apr 2014 22:31

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Bamareh velo bechidos please

Re: Yaakov's Ladder

Posted by cordnoy - 27 Apr 2014 22:36

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sorry....

away from prayin', contemplatin', medidatin'....

more like SA'in', therapistin', sponsor, etc.

It is my recurrin' argument or suggestion to R' Pidiani.....I'd like him to get out of his comfort zone a bit.

Again, I'm a nobody who knows nothin', so I just sayin'.

Who knows?

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Re: Yaakov's Ladder

Posted by Dr.Watson - 28 Apr 2014 00:00

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Prayin' and medidatin' is part of SA'in'. Just sayin'

In all seriousness I feel the need to point out that half-measures availed us nothing. I don't think you can work the steps without a sponsor who's done them before. I don't think you can go to

meetings without reading the book as well. I don't think you can do SA without praying and surrendering.

Like a bagel with no hole, 12 steps without a group and a sponsor is simply incomplete....

12 Steps are the way we are and how we think and feel. Our sponsor tells us just what we should do.....

So if you find you keep relapsing and cannot stay sober,

An exert from the Marvelous middos machine, in case anyone thought I was going mad).

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Re: Yaakov's Ladder
Posted by Pidaini - 28 Apr 2014 00:52

Just for the record, I have contacted a therapist today. I don't really know what I want from him, if for the "addiction" or maybe for more general things, but I let him know that and we are going to try figuring it out.

It's a big step for me, being that I really want to figure everything out myself, but Hashem has clearly shown me that that is the next step that He wants me to take. So here goes!!!

WOOOOOOHOOOOOO!!!!!!!!!!

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Re: Yaakov's Ladder

Posted by Dr.Watson - 28 Apr 2014 00:58

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I forgot about that. Sorry Yankel. Hope it goes well.

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Re: Yaakov's Ladder

Posted by cordnoy - 28 Apr 2014 02:29

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Bravo to you!

And Doc, dependin' on where a person is at is the amount of what he needs.

I'm not so sure there is such a thin' in this business as a "half-measure" - at least as a generality....I found for myself and for others here that there comes a time that they need to take action.

That was true by me; I think by you as well; I can name several others here who have done so as well, and it netted a positive result.

There are those who hold firm as well.

thanks

b'hatzlachah

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Re: Yaakov's Ladder

Posted by tryingtoshteig - 28 Apr 2014 16:58

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[Dr. Watson wrote:](#)

Like a bagel with no hole, 12 steps without a group and a sponsor is simply incomplete....

12 Steps are the way we are and how we think and feel. Our sponsor tells us just what we should do.....

So if you find you keep relapsing and cannot stay sober,

(  
An exert from the Marvelous middos machine, in case anyone thought I was going mad).

Who spilled the seed on the bathroom floor? Not me! It wasn't me....

Midvar sheker tirschok, never tell a lie!

Hashem knows just what happened there's no reason to deny!

Honesty is emes, make sure all your words are true

You have to work the program through and through.....

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Re: Yaakov's Ladder

Posted by TehillimZugger - 28 Apr 2014 21:43

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I hear Yankel, TZ separation is tough. [I know when I get separated from TZ it's terrible for me.]  
So did the therapist suggest anything for the withdrawal symptoms?

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Re: Yaakov's Ladder

Posted by Pidaini - 29 Apr 2014 00:03

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He said that they're growing pains