

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 Pidaini - 13 May 2014 22:38

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Someone was kind enough to bring me a white book, and even though he took it away that night, I was hooked after reading the first two pages. I remembered that i have it on the computer, so I put it on the new kosher tablet that I bought myself and have been reading it as if it's about to disappear!!

I am finding myself in there way too much for my own liking, and I am also realizing how self obsessed I am. I am insulted by someone and am realizing that I really should be worrying about them rather than being insulted that they're not worried about me.

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Re: Yaakov's Ladder

Posted by cordnoy - 13 May 2014 23:29

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you're a good guy; good thoughts; good intentions; provide tremendous chizuk to others; keep it up and your road to recovery should be blessed with hatzlachah.

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Re: Yaakov's Ladder

Posted by nitzotzeloki - 14 May 2014 02:16

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Re: Yaakov's Ladder

Posted by TehillimZugger - 14 May 2014 03:27

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Just a sec! Your MONKEY stole it?!

Something is hidden for guests. Please log in or register to see it.

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im sure the person who took it away had really good reasons for doing so.....

Re: Yaakov's Ladder

Posted by TehillimZugger - 14 May 2014 06:01

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By the way Pidaini, Just wanted to mention that I looooooove the way your avatar is a large bird in flight. Y'know, Birds Flying.

Birds

birds....

birds...

Nice Bird

**Warning: Spoiler!**

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Re: Yaakov's Ladder  
Posted by Machshovo Tova - 14 May 2014 18:00

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[TehillimZugger wrote:](#)

By the way Pidaini, Just wanted to mention that I looooooove the way your avatar is a large bird in flight. Y'know, Birds Flying.

Birds

birds....

birds...

Nice Bird

I think ya need to get those birds out of your head.

As they say in Yiddish: Feiglach in kup.

Or in Hebrew: Tziporim barosh.

Or in Hungarian: Eegen meegen chappen fleegen (oifgegesen, ah fargenigen).

Hatzlacha

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Re: Yaakov's Ladder

Posted by cordnoy - 14 May 2014 18:40

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Baruch Hashem that TZ and I have similar problems now.

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Re: Yaakov's Ladder

Posted by dms1234 - 14 May 2014 18:41

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TZ, Is Yankels picture reminding you of Balak son of Tzippor?

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Re: Yaakov's Ladder

Posted by TehillimZugger - 14 May 2014 19:06

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[dms1234 wrote:](#)

TZ, Is Yankels picture reminding you of Balak son of Tzippor?

That mighty sorcerer? Cannot me Merlin best him? Surely Lancelot and the Paladins shall bring him down!

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Re: Yaakov's Ladder

Posted by ZemirosShabbos - 15 May 2014 00:29

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whatever you do, don't play

**Warning: Spoiler!**

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Re: Yaakov's Ladder

Posted by Pidaini - 22 May 2014 22:48

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Happy fun times!!

WOOOOOOOOHOOOOOOOOOOOOOOOO!!!!!!

Living in the moment, letting go and letting Hashem, one foot in front of the other, make the right decision as it comes, getting out of my own head, talking to Hashem (haven't done that in THE longest time).....

so many things that I've been missing for almost two months now, and now I'm smelling them again.....it's bitter-sweet.

At this present moment, I have strong urges to JDI, don't think, JDI. and all I've been able to do is answer "JDDI, go post, JDDI". That's where it's at right now, just don't act out, whatever happens, just don't.

I don't feel all excited like I used to, but hey, one day at time, this is what I've got now, this is what I'm *supposed* to have now!! Especially since I'm seeing progress over the last three weeks, so that's very helpful.

One day at a time, one foot in front of the other.....we KOT!!!

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Re: Yaakov's Ladder

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Posted by misgaber41 - 23 May 2014 00:03

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Welcome back! nice haven you here!

KOP!

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Re: Yaakov's Ladder

Posted by Pidaini - 25 May 2014 00:06

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WOW!!!!!! What a weekend!!!

Perfectly placed on my pointing  
finger and thumb, the two most used fingers, and at the perfect time, during the erev shabbos  
rush!!

It killed, mamish burned (no kidding), and first thoughts were "now you have a great excuse" but  
that didn't last long BH, the next one was "how am I going to put on tefillin, twirl my peyos, scrub  
the pot (yeah right), do sponja (uhuh), etc. etc. etc.?" and then it came to me, THE epiphony!!!

Fightingaddictionnow put up a [post](#) regarding whiteknuckling vs. breaking free, and I thought to  
myself as follows...

"I have two choices on how to deal with this terrible burn - 1) Ignore the fact that they are there,  
and try to do everything the same as if the fingers weren't burnt.

2) Accept the fact that they are burnt, and learn how to deal with it.

Hashem sent me an amazing present.....A nasty burn!!!  
The pro's and con's

1) PROS-I could lead a "normal" life. CONS- I will be in constant pain, I will likely get the burns infected and will have to deal with it much more in the end.

2) CONS - I will have to give up my "rights" and expectations of living my "normal" life, and protect the burns so that they don't cause me any harm." PROS-I will be comfortable and healthy and happy.

And then I hit myself over the head

OMG!!!! It's the same thing with my lust!!!! I have two options

1) try denying the fact that I have a problem and live a "normal" life, protect my "rights"- my rights to...walk down the street normally, to get insulted and hold onto hard feelings, to be nervous and worried about the future, to be upset and try to change the past, etc.

2) Accept the fact that I have a "burn" and protect myself from it causing me harm. Doing so will entail staying away from triggers, letting go of ego, letting go of the things that are not in my control (why would I do that?!) etc.

Pros and cons

1) PROS - I can live a "normal" life and keep my rights. CONS - I am ruining my life and causing more and more harm that will only be harder to deal with later on.

2) CONS-I will need to accept the fact that I have a problem, I will need to let go of expectations, and "rights" and self. PROS - I will be able to live a fulfilling, healthy, happy life!!



Whiteknuckling is when I'm trying to fight life's circumstances, breaking free is when I'm learning how to live with them.

WOOOOOOOOOOOOOOOOOOHOOOOOOOOOOOOOOOO!!!!

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Re: Yaakov's Ladder  
Posted by dd - 25 May 2014 00:18

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yankel thats great!!!

(maybe writing that will help me internalize it  
I can't say I got it completely its a bit too deep for motzai shabbos,

the clearest part that i got was you have a burn,

and all of us do,

feel better and KOMT!!!!

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