

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 Pidaini - 25 May 2014 17:17

After writing the above post I read an article in last week's Mishpacha about a woman who was, Lo aleinu, diagnosed with cancer and told the in the best case scenario she has 9 years to live.

There are a bunch of things that I took out of it, not he least of was that I am starting to accept myself as a sexaholic, after all, what's the difference between a cancer patient and a sex patient?

But the piece regarding the above post is as follows

"Chani doesn't consider herself a fighter, even as the cancer has taken a turn for the worse in the past year. **"I deal with the disease, I don't fight it.** In a fight everyone loses. I had a friend who fought the disease and was told that she had won, that her body was clean and free of cancer. Six months later, she passed away. I live in a sort of peace with my illness. It's there' it exists, but I always tell Hashem 'Just let me live with it and we won't bother each other'.

"you see, we always have to try to change things, but it's important to know how. **Dealing with a situation doesn't mean giving up. It means finding the right way to do things."**

There is much more there, but that's for now.

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Re: Yaakov's Ladder
Posted by cordnoy - 25 May 2014 17:43

The last two posts were gevaldike stuff....you have said some of that before I believe, but it sounds to me that this time it penetrated deeper.

Continue that mehalech...see where it takes you.

Lookin forward to hearin' great things.

b'hatzlachah

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Re: Yaakov's Ladder
Posted by Pidaini - 26 May 2014 23:03

Acceptance has always been the key. Whatever the situation, it's always me not being happy about some circumstance and acceptance will take that away.

Right now, I'm finding that I'm not interested in being attracted to women, at least I'm not interested in being attracted to them if I can't use them. Accepting that **I AM** attracted but that doesn't mean that I have to continue staring at them or thinking about them, is working, one look/thought at a time.

I need to verbalize that to someone, at least to Hashem....gonna do that now.

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Re: Yaakov's Ladder

Posted by Pidaini - 29 May 2014 22:04

This past OINK meeting I said words that I had never said before....I said "Hi, my name is Yankel, and I am a sexaholic"!!!

That is the way Hashem made me (at least right now), He made me in a way that my thoughts are very easily triggered to turn to anything sexual. Any sight of a woman will trigger a thought to look again, any form of tension will result in a thought of pacifying myself. My job is to realize that and, as written above, protect my "burn".

I need to realize that I won't die if I just let the thoughts go by, I need to ask Hashem for help to let the thoughts go by, I need to be productive in life to minimize the need for pacification.

Speaking of being productive, I wasted a lot of time the past two-three days, something like three or four hours of watching movies. Yes, I know I've sworn it off already, and yes I know that the past few falls all started with watching innocent movies, but.....

So what am I going to do now? I know what I really should do, if I want solid results, but I don't want to do it. I don't want to get a sponsor and *learn from someone else*, I wanna do it myself, in my own comfortable way, at my own comfortable pace.

I don't want to, but I should, I think.

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Re: Yaakov's Ladder

Posted by Pidaini - 29 May 2014 22:44

And to add to that, during maariv I realized that part of the justification for not going an extra step is that I did so well last zman without the extra step.

For starts "so well" is relative, for if I were to look back at my posts, I think I would find a nice amount of slipping and white-knuckling.

Secondly, in OINK we were actively working the steps together, which we are not currently doing.

Based on that, I reaffirm that I should, but I don't want to.

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Re: Yaakov's Ladder

Posted by Machshovo Tova - 30 May 2014 01:19

Maybe if you do what you don't want to, Hashem will reward you that you will not do what you want to.

Hatzlacha

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Re: Yaakov's Ladder

Posted by cordnoy - 30 May 2014 17:35

Your openness and honesty is a good thing.

It could be very beneficial for you.

We all should learn from that.

Acceptance and Powerlessness means exactly that....we cannot do it ourselves....I know I can't.

b'hatzlachah

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Re: Yaakov's Ladder

Posted by dms1234 - 30 May 2014 22:34

Pidaini

This past OINK meeting I said words that I had never said before....I said "Hi, my name is Yankel, and I am a sexaholic"!!!

I swear you have said it before!

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Re: Yaakov's Ladder

Posted by Machshovo Tova - 30 May 2014 23:56

[dms1234 wrote:](#)

Pesach Night-"No way, I'm ever falling again, Hashem is taking me out of mitzrayim and we're on our way to EY!!!!"

First day chol Hamoed- "let's see how that worked...did Hashem take it away?" (fall through chol hamoed, feel disconnected with wife, she thinks that it's that I don't like her parents.....[chorus]call best friend, cry that i don't want to etc.)

Shvi'i shel pesach - "Krias Yam Suf, AH, going through with a high head, no looking back at the mitzriyim!!"

Isru chag "are the mitzriyim still there....I think I can see them!! let me double check...." (fall again, [chorus]cry to best friend, numb throughout flight back to EY)

First day of zman (without chavrusah in the morning) "I'm gonna make the best of this, get there on time, learn geshmak, do what I want to learn!!"

A few days in - wake up late, get depressed, go into bathroom.....call best friend, cry....

Lag B'omer - Go to Miron (look at every other lady on the way) say all of tehillim, "R' Shimon will spoil us that all this should stop"

Next day - tired, in bad mood.....[chorus]

Erev shavuos.....

Now, it's very different, very different, extremely different.

There is honesty, there is reality, even falling is different. There is understanding and encouragement of one best friend x all of GYE!!! There is advice, direction, humor, friendship like no other, acceptance of whoever you are and therefore being able to express my ugliest feelings.

So thank you all, and especially for those who upped my karma!!!

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Re: Yaakov's Ladder
Posted by misgaber41 - 03 Jun 2014 00:21

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Re: Yaakov's Ladder
Posted by cordnoy - 03 Jun 2014 01:07

[Pidaini wrote:](#)

So thank you all, and especially for those who upped my karma!!!

And for those who clicked the "thank you" button for the all time leader!

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~~just~~ upped your Karma again feel free to ask whenever its needed

Re: Yaakov's Ladder
Posted by shivisi - 03 Jun 2014 01:44

[Pidaini wrote:](#)

So thank you all, and especially for those who upped my karma!!!

Please pardon my being such an Am Haaretz but can some 1 tell me please

How do u up someones karma and what does a high karma number signify??

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