

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 cordnoy - 03 Jun 2014 01:55

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there is a plus or minus sign next to someone's name on left side of screen. addin' karma means that is one falls, he doesn't need to count it - if his karma is positive; if it's negative, a slip is then a fall also. If you like someone's post, click the thank you on bottom of post and click the plus sign by his karma. a high positive karma also shows a person that he better not fall, for many people are countin' on him. A high karma count also prevents one from fallin', for the karma is with him.

And as I like to quote Lorde: So there!

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Re: Yaakov's Ladder

Posted by Pidaini - 03 Jun 2014 07:52

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[cordnoy wrote:](#)

[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!

but the truth is that nobody really has to say thank you for my posts either, for they deserve great posts!! So if they were able to be humble enough to thank me for the posts, then I ought to be able to express my appreciation for for their feedback!!

so I hereby take this opportunity to say

Thank you everyone for showing that kind gesture and giving me the good feeling of being thanked!!!

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Re: Yaakov's Ladder

Posted by cordnoy - 03 Jun 2014 09:02

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Yes, I admit I forgot about those, probably because I selfishly thought that I "deserved" them  
Hey Pidaini,

I have some questions for you (and for others as well).

This is partly for my benefit (and others in my situation), as I see some struggle lately, and perhaps for you as well.

Correct me if I'm wrong (which I am many times), but I seem to recall (and you confirmed it in pm) that you once had a 250 plus streak goin'. That's pretty amazin'! Now, I'm not so into the countin' of the days as bein' significant, but the total amount certainly says wonders about your commitment at the time. Then, there was a fall or two, and now, you are revisitin' the whole issue again (12 steps, other meetings, sponsors, etc.).

So I figure that you remember those feelin's you had at that time and your thought process then, so here are a few questions:

1. When you look back at those days, do you think you were on the right level (were you foolin' yourself)?
2. Do the feelin's you had then help you now?
3. Do those feelin's make it worse for you now (perhaps depression of sorts)?
4. When you begin to slip now, how (if you do) do you shut out those feelin's and memories of bein' on a high (which I think you said that you did feel)?
5. Do you ever verbalize these (contradictory) feelin's and try to offer a reconciliation that would allow you to continue your behavior?
6. Do you have a feelin' of complacency that "I did it before; I can do it again....just now is not the right time"?

I'm lookin forward to your answers.

Thank you so much

b'hatzlachah

Your friend from across the Atlantic (and the Edens)

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Re: Yaakov's Ladder

Posted by Pidaini - 08 Jun 2014 22:18

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Thank you cordnoy for that thought provoking post!! It was a lot of fun thinking about it.

Here's the general answer, the memories that I have of those few months are really amazing. The feeling of being present, of feeling connected to reality, and of having a two way relationship with Hashem. There was a feeling of purpose that I hadn't felt for years (I think I had that feeling in my first year of yeshivah). One foot in front of the other was just the plain simple truth of life, it was peaceful and tranquil.

I remember all that with much fondness and I know that it is feasible to get there again. I think that that knowledge was/is a bit counter productive in two ways, 1) I said to myself "you can fall one more time, you know there's a way out" 2) since I was there once I am very reluctant to take more action than I did then.

I can't say for certain, but there are attitudes that I already have now, after only about a month clean, that took me many more weeks to get there last time. That is certainly due to the fact that I have a much clearer vision of real life now than when I was a month clean last streak.

That being said, I think there is more weight now telling me not to slip because I know what a good life I would be missing out on and messing up. nevertheless. There are still things that I am doing even though they contradict that awesome life for example.....yup, you guessed it!!!

**Warning: Spoiler!**

but overall I'm more aware.

I guess that what happens when I ~~de~~ did slip is as mentioned before, that it's like "ok, you'll get back right after this time" or "you're doing so well, this will only shlep you down a little bit".

I have never verbalized any of these feelings, not to others nor to myself, maybe i should.

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Re: Yaakov's Ladder  
Posted by cordnoy - 08 Jun 2014 22:39

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Thanks and enjoy!

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Re: Yaakov's Ladder  
that's the short version after all I'm in middle of watching winter soldier  
Posted by dms1234 - 08 Jun 2014 23:30

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**Pidaini**

There are still things that I am doing even though they contradict that awesome life for example.....yup, you guessed it!!!

Warning: Spoiler!

watching movies!!!!  
BIG SIGH OF RELIEF. I thought you were.....

**Warning: Spoiler!**

Baruch Hashem!

KOL!

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Re: Yaakov's Ladder

Posted by Pidaini - 10 Jun 2014 17:17

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i'm physically sick

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Re: Yaakov's Ladder

Posted by dd - 10 Jun 2014 17:27

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ok so make sure your ready for big triggers,

being home too much isn't easy,

so KOMT!!!

and don't forget to get well quick!!!

~~i look something like this~~

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Re: Yaakov's Ladder

Posted by cordnoy - 10 Jun 2014 17:38

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Refuah shleimah

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Re: Yaakov's Ladder

Posted by misgaber41 - 10 Jun 2014 19:31

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[Pidaini wrote:](#)

i'm physically sick

so that would explain why you didn't stick to that appointment this morning.

Any way feel good, Refuah Shlaima!!

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Re: Yaakov's Ladder

Posted by Pidaini - 10 Jun 2014 20:23

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correct sir, I am sorry about that.

and thank you dd for that heads up, I would have missed it

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Re: Yaakov's Ladder  
Posted by Pidaini - 17 Jun 2014 17:48

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Baruch Hashem!!!

I've been cruising along beautifully BH, and just hit some rapids.



to make it short (i'm in a slight rush)

I played around with the filter yesterday, getting to sites that should be blocked, letting them load and closing them before I could get a "real" look at the content. That itself saddened me a bit.

Then last night, while half asleep, I did something that I am very disgusted by, even though it wasn't really in my control.

and then, to top it all off, I woke up late this morning.

and today I did a tad bit more of that "loading-closing" game.

This morning, my thoughts were driving me to mope in my mistakes and the fact that I woke up late, but I had a very good answer for that

**ONE DAY AT A TIME!!!!!!!!!!**

Today does not have to be affected by what I did yesterday!!! I don't need to live today, while hanging on to yesterday!!!

What a relief!!!!

I asked Hashem for help to remember that, and to continue to give me the right mindset.

I also realized that I am very similar to Korach. Korach wanted to serve Hashem by being

Kohein Gadol, the biggest avodah!! but Hashem told him, "I don't want that from *you*"!!!!

I want to be in great moods with no effort, thinking holy thoughts without interruption, looking down without urges to look up, etc.

Hashem is telling me "I don't want that from *you*"!!!!

OK, Hashem, I'm gonna try doing what YOU want from ME!!!!

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Re: Yaakov's Ladder

Posted by Pidaini - 19 Jun 2014 05:34

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Hi everyone!!!

I'm in a very interesting place, I'm in a fine mood, but last night I again did some silly searches as if they harmless. I quickly (after about 5 or 6 provocative searches, with results) realized that that is not the case, and said half KRISSH and went to bed.

I know that I am a little extra click away from acting out, which actually gives me an idea!!

I'm gonna try staying away from clicking at all today!! That means that I will have to be in touch over the phone more religiously and use my extra time more productively.

(I'm not saying that GYE isn't productive, but there isn't always something to write, and then it goes from there....So if I'm in a good state, that's not such a problem and I go to the next productive thing, but since I am not in the safest mindset, I'm thinking it would be good to take a break)

Cool!! I didn't even know what I was gonna write, certainly didn't have that idea when I started!!

Thanks GYE!!

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Re: Yaakov's Ladder

Posted by Pidaini - 20 Jun 2014 05:04

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obviously, since I said that I'm staying off the computer today, I thought of a whole bunch of things that I should post today, clever guy!!! I told him that I'll type them up and post them tomorrow.

first of all, what I shared at OINK. I sent guard an email informing him of a few ways to bypass the filter. he responded that he is aware of the problems but, for one, he can't set the default to block it because it blocks too many other things, and the second isn't possible to keep track of (I still have an idea for that, will email him today about that). then he went on to advertise TaPHSiK.

for some reason I found myself resenting guard, I thought at first it was because of his advertising. Anyway, I went straight to proving my point and searched some of the same stupid stuff that I mentioned earlier. I quickly realized that I was in oblivion, stuck in my head, trying to think my way out, and so I started chatting with some of my good friends on gmail and GYE. When I finished lunch, and playing violin, I called MendelZ to actually talk to someone.

As I was repeating what had transpired, it hit me. I was expecting that guard would tell me either that there was nothing to do, or that they would look into it and fix it. But what he told me was that I could fix it, but I'd need to take action to do so. I'd have to email vcf and ask them to change this particular setting, that together with the fear that they will realize that I'm an addict. No wonder I was upset at him!!

Moral of the story, I need to be aware of when I'm getting locked into my head and reach out. That itself helps me realize what I'm trying to hide from and then I can let go and let Hashem.

**GYE - Guard Your Eyes**

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