

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 ussually 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 - 18 Jul 2014 04:19

oops, I turned around too long and now its gematria hadas instead of lulav

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Re: Yaakov's Ladder

Posted by Pidaini - 18 Jul 2014 07:57

Can't wait 'till I get to esrog!!

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Re: Yaakov's Ladder

Posted by Pidaini - 18 Jul 2014 17:59

I've been very upset about the fact that I've had desires lately. I'm not supposed to because I'm in touch with people and go to meetings!! So I must be doing something wrong.....?????...ME?! doing something wrong?!

Well, after talking to some friends, they helped me realize that it's fine not be perfect, and even if I do get desires that doesn't mean that I have to act on them!!

Thank you everyone again and have a great Shabbos!!

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Re: Yaakov's Ladder

Posted by cordnoy - 18 Jul 2014 18:18

This is what people are tellin' me as well.

Should I beat myself up, for I know that I will act upon one of my desires eventually?

Firstly, who says I will?

And secondly, it is no concern for the present.

Do I have desires right now?

Well, right now...no.

But have I had desires in the past weeks?

Yes.

Have I entertained some fantasies in the past weeks?

Yes, but I haven't let 'em penetrate too deep.

Will I be alone (my ultimate trigger) in the next month?

Yes....my manipulative side of me arranged that.

What will happen?

It's not today's concern.

How much should I think about it?

Not too much - if at all.

Nevertheless, I still must stay vigilant and keep workin' the program...whatever program that may be.

So, now that I spoke about myself, perhaps the same is with you.

you are workin'.

You are improvin'...drastically.

You still have desires?

that's acceptance.....seems we always will.

b'hatzlachah

Stay safe

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Re: Yaakov's Ladder

Posted by Pidaini - 19 Jul 2014 23:16

Thanks friend,

Shabbos morning nap landed me with an awful (or awesome depending on what mood I'm in) dream, the worst being that I remember almost every detail!! I get kinda isolated on Shabbos, and was starting to sulk, I did the best that I could, I talked to Hashem, and He helped!!

I told Him that I was in a bad mood and sort of triggered by the dream, to add to it I was being very hard on myself emphasising tiny things that I want to change and making them seem like if I'm not doing them I'm not doing anything right. I asked Him to help me continue doing what I know is really right, and to let those thoughts just flow by.

BH, I'm in a better place now, going to sleep a little earlier, one night at a time!!

Thank You for listening!!

A gutte, safe, voch!!

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Re: Yaakov's Ladder

Posted by lavi - 20 Jul 2014 08:30

hi

BH, I'm in a better place now, going to sleep a little earlier, one night at a time!!-p'daini.

early to sleep

and early to rise

keeps a man, healthy

wealthy and wise

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Re: Yaakov's Ladder

Posted by Pidaini - 20 Jul 2014 17:44

Just for the record, I didn't get to sleep early, but it had nothing to do with me. Stan got up, and then Zlatah Yenta's noise machine wasn't working, but that's the beauty of life....dealing with things as they come!

At OINK today, as I was sharing that I'm in a terrible mood, the chevra somehow brought out what I have been trying to hide (mostly from myself, even though I wrote a little bit about it

Yes, I've been playing Block'd on my Nokia c2-01!!

Now, that miay not seem like the end of the world, but for me that is exactly what it is...it is a way for me to end this world and dive into a different one!! Add to that that I've been spending much more time on the computer, I need to know every time some siren goes off anywhere in Israel, no? Once I'm on I check my email, GYE, start responding....time goes halfway down the drain!! earlier), I've been acting out lately.....

It's that "halfway" that keeps me doing it, but in all honesty, I'm doing it too much. So hence forward I am going to cut down and instead of just getting on the computer, stop and ask myself if I really need this now, and if I do, well....I'll probably be a while, don't have any grand ideas right now.....except for maybe to ask Hashem to help me just do what I need to do and then go on with life.

Thanks everybody for listening, this is a lot of fun!!!

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Re: Yaakov's Ladder

Posted by lavi - 20 Jul 2014 20:08

ok, understood. but if cut down on the time you spend on gye,we're gonna have to take away karma points and take other desparate measures to show you that we mean business!!

but really it is sadly true, escaping on computer or any of our gizmos(here i'm talking about myself)is a phase that has to be confronted sooner or later. i wonder what i would look like if i had done constuctive things in that time.

however i would draw a line between escaping and using the gadgets for good things. But in all honestly, i wonder if the good outweighs the bad on a total scale?

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Re: Yaakov's Ladder

Posted by dd - 21 Jul 2014 00:27

[Pidaini wrote:](#)

don't have any grand ideas right now.....except for maybe to ask Hashem to help me just do what I need to do and then go on with life.

Thanks everybody for listening, this is a lot of fun!!!

that sounds like a pretty grand idea in my book,

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Re: Yaakov's Ladder

Posted by Pidaini - 23 Jul 2014 17:10

OK, I miss porn.

Just saying.

I hadn't surrendered the notion that if I want to play Block'd then I should, even though I wrote

that I shouldn't be playing it, and I have wasted at least an hour a day these past few days doing so, I guess I thought that I wouldn't really want to any more or maybe I just didn't want to see that it really takes away from life, whatever the case it has gotten to me. I did finally surrender, verbally, this morning to Hashem, and by the meeting again together with others, the need to give into the desire to play Block'd.

May Hashem help me and us all to a sane and productive day!!

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Re: Yaakov's Ladder

Posted by lavi - 23 Jul 2014 20:44

OK, I miss porn. - p'daini.

why?

the need to give into the desire to play Block'd. - p'daini

is block'd blocking you?

question: do you have any short term ambitions that you want to fill?

it may help you unblock your potential AND maybe you won't miss porn.

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Re: Yaakov's Ladder

Posted by MBJ - 24 Jul 2014 10:12

Hey I get it, I miss porn too. In fact I miss masturbating even more. Because they feel GREAT.

I know, I know, the consequences of me indulging in those things are bad, and therefore I am not. I don't miss it enough to take on those consequences. My goal in sobriety is to live my life in

a way that I never have to get to a point that I miss it so much that I feel it is worth dealing with the consequences.

But I still remember how awesome it feels to get into the oblivion to all my problems that porn and masturbation gives me. So, I hear you Yankel.

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Re: Yaakov's Ladder

Posted by Pidaini - 24 Jul 2014 15:22

BH, I feel better today.

Thank you MBJ for that, just goes to prove once more that this is a place where I can share my feelings and feel understood!!

[lavi wrote:](#)

question: do you have any short term ambitions that you want to fill?

it may help you unblock your potential AND maybe you won't miss porn.

It actually has more to do with little things that bother me, i.e. not getting to sleep when i should, not leining KRISSH the way I wanted to (or not at all), not brushing teeth (nothing will happen if I don't brush tonight, and that happens many nights in a row), shmoozing more than I expected to in Beis Medrash, etc.

Last night, after posting and surrendering Block'd before I got ready for bed, I was also able to lein KRISSH with some kavanah, and I brushed my teeth as well!

BTW, there's a new riddle to ask people now, What does brushing your teeth have to do with

lust?

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Re: Yaakov's Ladder

Posted by cordnoy - 24 Jul 2014 18:43

be careful who you ask it to though

Yep, you don't wanna ask a guy like me that question.

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