

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 gibbor120 - 02 Aug 2013 01:34

Good Stuff! I just realized, maybe that's why we have a "Thank You" button and not a "Like" button. "Like" - is "ME" focused, "I" like. "Thank YOU" is gratitude, which is "other" focused. Thank "YOU". I am indebted to "YOU".

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Re: Yaakov's Ladder

Posted by Chachaman - 02 Aug 2013 02:19

Thanks Yankel, catching up on your thread has given me a lot of chizzuk.

For me, I find that it's not just one specific thing, it's just the internet, period, which is awful.

This past month, away from (almost) all internet was amazing. No worrying about Facebook, eBay, GYE, wasting time, etc.

Now that I'm back home, there aren't people back home that I can hang out with, so it's more of a struggle to not use the internet.

Oh well, KOT! Congratulations on your journey!

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Re: Yaakov's Ladder

Posted by inastruggle - 02 Aug 2013 05:25

[Pidaini wrote:](#)

As part of OINK and a good friend of Nitzotz, I feel the need to heed to his wise words.

Gratitude- right now the feeling of gratitude I have is something that I have never felt before. As mentioned above I had a day this week. I know myself, and I know that there has never been a day like that that has passed without a fall. Yet this time, because I have been really trying to do things the way Hashem wants it, Hashem has showed me that he is there for me (and sent the perfect shaliach, TZ). [please excuse the tears, they are tears of gratitude] the feeling can not be out into words, the Hashem that I have been evading so long took my hands, swooped me up, hugged me, and told me that He is always with me. It is joy, it is happiness, and all that coming straight from Him, for once I really feel Oh **MY** GOD!!!

WOW! amazing.

[gibbor120 wrote:](#)

Good Stuff! I just realized, maybe that's why we have a "Thank You" button and not a "Like" button. "Like" - is "ME" focused, "I" like. "Thank YOU" is gratitude, which is "other" focused. Thank "YOU". I am indebted to "YOU".

Thank YOU for sharing

That was a good vort. I liked it.

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Re: Yaakov's Ladder

Posted by MendelZ - 02 Aug 2013 05:51

gibbor120, excellent fabulous idea. I love it (can't help myself - I do really love it. Oh well) and **thank YOU!**

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Re: Yaakov's Ladder

Posted by HashemsSoldier - 02 Aug 2013 15:41

im ginning you a hanky fr your tears

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Re: Yaakov's Ladder

Posted by nitzotzeloki - 02 Aug 2013 16:41

speaking about gratitude let me tell you a story....

once upon a time, not so long ago and not so far away, there was someone named avi/nitzotz/grandpa/turtlemonkey who joined GYE but hadnt formed any real relationships. one day he send a 'random' PM to someone named pidiani. he had done such things before, saw someone online and PMed a hi. Pidiani replied a number of times, got avi to join the chat, encouraged him to get in touch with others and told some others (such as 'der heiliger', otherwise known as lizensk) to contact avi. from this avi got the courage to meet some of the others face to face, people such as Dr. TZ who specializes in cranial-rectal surgery on turtlemonkeys. one of the thoughts i had recently was that if i would have gotten sober my first time around i never would have met these amazing people.

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Re: Yaakov's Ladder

Posted by Pidaini - 02 Aug 2013 16:56

I must say OINK would not have been complete without the monkey, I mean not so much the

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Re: Yaakov's Ladder

Posted by Pidaini - 02 Aug 2013 17:57

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Re: Yaakov's Ladder

Posted by gibbor120 - 02 Aug 2013 18:28

[nitzotzeloki wrote:](#)

Just missed it

one of the thoughts i had recently was that if i would have gotten sober my first time around i never would have met these amazing people.

There is a famous quote in the big book to that effect. Something like "I needed each and every drink to get where I am today". The realization that all the hardship is a **necessary** part of our growth process.

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Re: Yaakov's Ladder

Posted by tryingtoshteig - 02 Aug 2013 20:33

[Pidaini wrote:](#)

no problem

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Re: Yaakov's Ladder

Posted by Lizhensk - 03 Aug 2013 22:29

[gibbor120 wrote:](#)

[nitzotzeloki wrote:](#)

one of the thoughts i had recently was that if i would have gotten sober my first time around i never would have met these amazing people.

There is a famous quote in the big book to that effect. Something like "I needed each and every drink to get where I am today". The realization that all the hardship is a **necessary** part of our growth process.

We also know that when someone does teshuva m'ahava, all his aveiros turn into zechusim. I always wondered how that can be, until i was becoming more chassidish and the chassidishe outlook is hechsher mitzvah k'mitzva, the preparation for a mitzvah, is a mitzvah in its own right. So too here (L'aniyas daati, though im sure some great rebbe has said this) if someone does teshuva, then all his aveiros become a hechsher mitzvah toward the mitzvah of teshuva, and therefore turn into zechusim.

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Re: Yaakov's Ladder

Posted by Pidaini - 04 Aug 2013 01:00

I had a shtikel thought this past Shabbos,

One of my big problems is that I love to be in control (is it that way by everyone?).

I remember, back when my daughter was really colicky and would scream for hours on end, and nothing we did would get her quiet, and I got really frustrated. My wife looked at me like "what is your issue?". and I told her "I'm the one who fixes everything whenever it's broke (by my parents, inlaws, grandmother, they call me before hiring someone), and the fact that there is nothing I can do drives me insane".

Looking back, I am realizing that that is the big lifestyle change that I am making, and with that came this.

We are always talking about "being powerless and life has become unmanagable", it didn't fit quite right with me, my life hadn't really become unmanagable, nobody had found out, it wasn't a big bother to hide it (it is much harder to hide my recovery than when I was jerking away).

So today I thought, the manager of the company is the one that runs everything, he tells people what to do and when they need to have it done, he MANAGES the company, he has POWER over the compnay.

I need to remind myself over and over that life is UNMANAGABLE, I am not the one that manages it, I don't/can't control it. I am POWERLESS over life.

Therefore, I need to learn to deal with what is given to me, and know that it is being given by the most loving creater and "manager".

A gutte voch

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Re: Yaakov's Ladder

Posted by gibbor120 - 07 Aug 2013 00:25

Nice thought! Control issues are very common among us. Learning to let go and trust tatty, abba, dad is what it's all about. Wife and kids "help" us realize that we are not the ones in

Thanks!

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control

Re: Yaakov's Ladder

Posted by Pidaini - 07 Aug 2013 15:35

so that's the good news, on the other chart....well...it's been all right, just feeling a bit down, and tired.

but hey, besides for that life is GREAT!!

so I would just like to scream

THANK YOU HASHEM!!!!!!

It totally slipped my mind

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yesterday I reached Level 4 of my online-game free chart!!
