

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 cordnoy - 10 Aug 2014 21:51

[skeptical wrote:](#)

cordnoy

I will let Skep, Unamunumunum and the others bring rayos from steak, Romanian (there I go again)hot dogs, sushi, Woodford, picha, Kentucky Bourbon and more.

Thanks for the mention, but I don't have any rayos from any of those things. Sorry!

I was referrin' to the post about addiction to food and how it relates to the lust addiction. I'm sure you had a few of those recently.

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Re: Yaakov's Ladder

Posted by unanumun - 10 Aug 2014 22:47

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Re: Yaakov's Ladder

Posted by Pidaini - 11 Aug 2014 06:21

Thanks Y'all!!

It's really amazing how isolation takes a toll, but before that, I'm not ready to survive without GYE, so that question is a theoretical one for now, THUS I will not be giving it too much thought right now. I had a few steaks lately.

I had a rough time with looking at women today, and with one particular woman that I was having a hard time with, I started saying a kapital tehillim and a little prayer to The One Above. My daughter was sitting next to me and said "Totty, why are you davening now?" I just answered plainly, "I am davening to hashed to help me".

I am feeling that pull to oblivion, looking at other people who seem to have no whims about life and feeling jealous of that point, wishing that I could be so carefree.

The mistake in that is that I *can* be that carefree if I'd let myself. I'm too intent on trying to control too much that I give myself only two choices, either to stay in control or to escape everything altogether. The notion that I can stay with what is going on and just let go of expectations and controlling isn't naturally as compelling as lusting.

BH, I have Hashem, friends, and GYE so that I can acknowledge that urge and remember, one day at a time, that I can be free, liberated, entirely. I don't need to be so controlling, and I certainly don't need to serve lust!!

Thank you all for listening!!

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Re: Yaakov's Ladder

Posted by TehillimZugger - 11 Aug 2014 11:25

Beautiful! I'm glad you're teaching your daughter Zlata Yenta from such a young age that we can daven during the day to hashem to help us. What an opportunity for chinuch. if not for that woman you were staring at, you would have missed a grand opportunity at hands on chinuch! see sefer chassidim # 100 on the great simcha we should have when an unexpected mitzva comes up. inasmuch [that's rabbi twerski's favorite word] as this is true, you have **THUS** [don't think i didn't notice that!] merited a grand opportunity.

p.s. for non oinkers... suffice it to say, "thus" is the new donuts...

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Re: Yaakov's Ladder

Posted by lavi - 11 Aug 2014 14:23

I am feeling that pull to oblivion, looking at other people who seem to have no whims about life and feeling jealous of that point, wishing that I could be so carefree. - r.y.p.

i can understand you and the point your bringing out.

and if you think that a bit more carefree additude will help you, ok, i think i can relate.

just the jealousy aspect is quite interesting, i mean people who seem to have no whims? are

they better off? maybe they're nerve-dead, or worse, or maybe that have decide just to give in to every temptation that comes along.

hmm.... b'sherirus libi ailech....

or people who don't appreciate the gadlus of a struggle-unlike you- who wants to get somewhere in life, (even though we don't mention it here, because it creates pressure).

i personally have worked a lot to be a calmer person, but carefree.. it is something that i want nothing to do with.

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Re: Yaakov's Ladder

Posted by skeptical - 11 Aug 2014 18:47

They may dress a certain way for whatever reason, but there's no such thing as a person who is carefree with no whims about life.

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Re: Yaakov's Ladder

Posted by Pidaini - 12 Aug 2014 04:05

Thanks again!!

Just for clarification, the specific woman who I was objectifying was a frum woman of our community who was working together with my family on a project. She wasn't dressed at all provocatively, it was just her female form that I was abusing.

Secondly, I admit that am not looking at the full picture of those people's lives, I was looking to get away from the uncomfortable feeling that I was experiencing, and I saw that in them, especially since the way that I deal with being uncomfortable is by running to sex, and they don't have any problems doing the things that I would want to. It's not that it will help me, on the contrary, it's only damaging, taking me away from real life, but I still desire it because in the moment it looks more pleasurable (and may be, for the moment)

I was in a terrible mood this morning, but Hashem helped me by sending someone who called me. I didn't call them because I was actually busy and didn't think I'd have the time, but just then I had a few minutes!! BH. After talking to them for just a few minutes, discussing how we need to accept where we are at the moment, and do what we can for now, I felt much better!!

Thank you all for being here!!

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Re: Yaakov's Ladder

Posted by Pidaini - 13 Aug 2014 13:39

Yesterday was a tough day. I had slipped the night before, and then yesterday went to youtube for about 20 min. I was in a bad frame of mind, feeling down, feeling that inevitable disaster that was just waiting to happen.

A friend then texted me that he was feeling down and had just spoken to Dov and feels better, so i took the plunge (not without texting him first that I didn't want to because I don't need it, I shouldn't need it, and that I don't have time, to which he responded You do need it, whether you)

I spoke to Dov and we discussed how he used to know of only one way of ending the fight and that was to just give in. He learned that it doesn't need to be that way, that even though we need to deal with the consequences of our actions, and that is pure hell (the desires, the urges), if it bothers us enough then we will stop before we get to pure hell ultimate-after the fall and deal with what we have now.

That really clicked, I guess it was that point that I didn't want to accept. I wanted a way of getting back to before all the lusting, to a point where I wouldn't have to deal with the aftermath of my actions, and I wasn't ready to admit defeat.

BH, I am here, another day clean, learning more and more that I can't do this myself, and I need to be ready to accept help from others...especially Hashem!!

Thank you to all my friends who were there whenever I needed them!!

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Re: Yaakov's Ladder

Posted by lavi - 13 Aug 2014 23:29

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i commend you on your courage about trying to find what you need to keep going.

the point about if it bothers us enough, really strikes a ring of truth to me.

it is not easy to face it, and i would much rather say that i could overcome addiction or temptation in a nobler way, however it was only when i couldn't live with my situation, did action follow.

i understand that this is connected to two lessons i learnt from cordnoy.

1) ask if can you live with it.

2) it is live or....

if i may add though, for some the very thought of the above is a strong way of moving forward, and for others live has to be valuable enough in order to trade it for the the comforts of addiction, and simply to live, may not do the trick.

in any events, i wish you TONS of hatzlacha, and i am looking forward to hearing more.

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Re: Yaakov's Ladder

Posted by cordnoy - 15 Aug 2014 07:35

Aint nobody who can say it like you can!!!!

[Pidaini wrote:](#)

Yes TSH, it is very hard to make that move, the move that will for one make it further away, and maybe even more difficult, it will be a statement to the notion that I can't do this myself with sheer willpower, that I am powerless and that I need to put something else on top of me to keep me back. Neither of those are easy things to do, but they are the essence of recovery.

As someone with addictive tendencies, I try and try to do it myself, I want to be in control, not only in this but in all matters of life. If something doesn't go the way I tried to make it, or the way I thought it would be or that I think it should be, I lose mind and can't deal with it. THUS I run to escape from the reality, the reality that I'm not in control, that there is something bigger and greater than me!

Letting go of those notions is the key, and by being in touch with other people who are doing it gives me the strength to know that I can do it too!!

So stick around as long as you may need to, it's a happy fellowship and we need all the fellows we can get!!

[Pidaini wrote:](#)

I am feeling that pull to oblivion, looking at other people who seem to have no whims about life and feeling jealous of that point, wishing that I could be so carefree.

The mistake in that is that I *can* be that carefree if I'd let myself. I'm too intent on trying to control

too much that I give myself only two choices, either to stay in control or to escape everything altogether. The notion that I can stay with what is going on and just let go of expectations and controlling isn't naturally as compelling as lusting.

BH, I have Hashem, friends, and GYE so that I can acknowledge that urge and remember, one day at a time, that I can be free, liberated, entirely. I don't need to be so controlling, and I certainly don't need to serve lust!!!!

[Pidaini wrote:](#)

If you are like me (addict or not) then that burial did nothing but *push away* reality! When I was in the cycle of "acting out, beating myself up, getting chizzuk, swearing it off, getting desires, fighting to get the desires away, giving in to them, beating myself up, etc." The last thing that I wanted to realize was that *I'm not in control!!!*

The reality is that I am *not* in control of my desires, of when they come and when they don't, of how strong they will be or how fleeting. If something gives me a scare, and I feel afterwards that I will never desire porn again, then that scare only helped me to *hide* the reality from myself and lure myself into thinking that I don't need to do anything about it!

Have you opened up to anybody yet? Have you truly faced who you are yet?

You're worth it, don't let yourself be dragged back into hope and disappointment!!

[Pidaini wrote:](#)

As cordnoy pointed out, and you seemed to have noticed yourself, it is when we have expectations that we get disappointed. Why do we do it to ourselves? I know that my wife tends to be late, so why do I keep on expecting this time to be different?

I think it's actually very telling of our mindset. My mindset is that I have a right to a particular thing, and no matter how many times I don't get it, that right doesn't go away rather it gets more and more upset that it's not being fulfilled.

The smart and hard thing to do is to *let go of the right!!*

Duvid Chaim likes to say "We need to turn expectations into preferences". We are not in control of our lives, and certainly not of other people, so we can only take one step at a time, and when the road turns the next step has to be a little turned, and when it's slippery the next step has to be taken carefully.

I cannot thank Hashem for the gift of surrender, of being able to let go of my desires and just enjoy whatever Hashem has in store for me, and I cannot thank GYE enough for being the shaliach to teach me that vital life lesson!

KOP!!! KOMT!!

[Pidaini wrote:](#)

IMHO you're kidding yourself, you want to be able to "control" the future, to take away all fear, all risk, all chance of pain....that's not going to happen no matter what anyone may tell you, and you know it.

How 'bout just letting go, surrender it, give it up to Hashem. Tell Him that you are giving it to Him, letting go of "your right" to be in control, giving it to Him to be in control of, and then go do the next right real thing?

I just did that last night, and, BH, He took what I gave Him and I feel like a new person.

A Freilichen Purim.....natural things are also in His control!!!

[Pidaini wrote:](#)

I just heard B'shem R' Rephael Schorr that every Mmidah we can work on and reach a certain level of that midah, but Emunah needs to be constantly worked, for we are human and in a gashmiyus world. Gashmiyus by definition seems to contradict the fact that Hashem is everything.

From my experience, I cannot turn my thinking around by myself. My thinking is way too biased to let me give myself up to Hashem's control. I, BH, have friends whom I talk to regularly. I can tell them that I want to be in control, that I feel like I *should* be in control. After verbalizing that, having validated my body's feelings, I can then go on to surrender my life to Hashem, and to let go of my "right" to be in control.

You're worth it!!!!

[Pidaini wrote:](#)

When I approach Hashem and I verbalize (as I did last night) "I am scared of what the future will bring, who will I be, what will I become", the initial reaction is humility, for I realize right away who it is that I am saying this to, The Controller of the world who **does** know what will be and who can help me get through that.

When I further say my desires and how that is my answer to my fears, as it went last night "I would like to see certain body parts in order to be excited enough to masturbate.....and?.....oh, and feel bad and feel connected to Hashem because I feel bad" (it may be different every time, but that was last night's experience). That brought me to see that I need Hashem to carry me through this period of doubt and fear, because my answer is just plain stupid, which leads to number 3

"Hashem I ask you to help me remember that you are the one who has carried me until now, and you are the one who will carry me further." if I then add a certain bakashah, it is with that understanding of who I am talking to Hashem who takes care of me perfectly, and I am

mentioning a preference because He wants to hear that from me, even though He may answer "I know what's better for you"

[Pidaini wrote:](#)

So I fight, I fight the need to be in control of what I feel, I fight the need to independently fight this on my own, and I realize that I really can't do it on my own, I just can't.

I keep an eye on myself so that when the urge does hit, I will remember that I can't do it on my own, and I need others and ultimately Hashem to pull me through.

b'hatzlachah

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Re: Yaakov's Ladder

Posted by Pidaini - 22 Aug 2014 01:02

HEEEEEELLLLLLLLLLOOOOOOO!!

I feel like I've been away for forever!!!! (somehow while I was gone I gained two karma.....maybe I should stay away longer!!)

Soooooooo.....there is a lot to say, and I'm not gonna write all of it.

Some main points are, I can live through flights, one flight at a time!! I used to look at trips based on the flights, worrying about them from beginning up until the flight. Hashem has helped me realize that I can deal with the flight while I'm flying and enjoy wherever I am at that time. So this trip, instead of it being One long trip with 4 international flights, it has so far been 3 trips!! (I don't think it came out as well as I'm experiencing it, I'm sort of tired now and don't have time for

everything)

Secondly, I realized that I have a choice, I can either enjoy the life that I have or I can ruin it. So that leaves me that even when I make a smart choice and and I accept life, I don't get the credit for it turning out grand, I just get credit for not ruining it (Yes, BH the trips were fantastic because I did what I was supposed to do and was where I was supposed to be!!)

Thirdly, while flying a stunt kite and finally feeling a bit in control of something, the wind stopped and the kite fell straight out of the sky.....just goes to show whose really in charge.

Lastly, I've been slipping the past two days. That came after isolation and not hearing, reading, or talking about surrender or acceptance. The chizzuk email today is mamish timely.

I'm still thinking "I don't need help, I just need to stop" just like last time, and I know that's where the answer lies. It's hard to do, and I don't want to do it, and it's Friday tomorrow so it's gonna be easy to push aside.....but I need to.

I am finally in a more structured place, physically, hence it is easier on the mindset.

It's great to be back, and let's all take it One day at a time!!!

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Re: Yaakov's Ladder

Posted by dd - 22 Aug 2014 01:40

great to see you here again,

Welcome back!!!!

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Re: Yaakov's Ladder

Posted by dms1234 - 22 Aug 2014 02:35

Pidaini

(somehow while I was gone I gained two karma.....maybe I should stay away longer!!)
LOL!!!!!! Talk about KAVOD!!!

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Re: Yaakov's Ladder

Posted by StonerDan - 22 Aug 2014 02:42

Very Inspiring I'm loving all the energy in your post!

Dunno if this applies, but for me being down to receive help is dependent on my being humble,
I'm sure you know it but its the obvious things we need reminding

Much love

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