

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 - 16 Sep 2014 16:21

So here is an email that I sent to two members last night

[I wrote:](#)

Spiralling out of control. Don't know why, or actually, i don't need to know why! (part of my obsession is to figure it out)

I am hereby declaring a stop. To do the best i can to stay away from all time wasters....ALL! May the almighty help me acknowledge Him and how i cannot do this without His constant support.

Thank you

My obsession of figuring it out isn't just annoying, it is actually preventative to my sobriety. That is because if I can't figure it out I give in, albeit to smaller slips and thing, but it does get out of hand.

One of the things that cordnoy constantly reminds me about, and something I need to be reminded of especially when it's dark, is that first thing is "NO!!" and with that needs to be the use of tools that I have to keep *clean* as opposed to happy, in a good mood. I have to surrender my expectations of how life in recovery *should* look and do what Hashem wants from me, no matter how I feel.

Just for the record, for my records especially, what happened last night was a an explosion of what's been going on with my movie indulgence. Escaping life through movies instead of surrendering to Hashem's will and then getting tired of movies and left with a massive gaping hole....(I also was not feeling well physically but had I not been in the "escaping" mode, I think I would have been able to use the tools that I have much more readily and easily)

If I ever mention that I started watching movies, please refer me back to these last few posts!

Thank You all for listening

and again, comments and/or thought invoking questions are welcome

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Re: Yaakov's Ladder

Posted by skeptical - 16 Sep 2014 20:56

Pidaini

and again, comments and/or thought invoking questions are welcome

Didn't you just get through saying that you should stop thinking?

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Re: Yaakov's Ladder

Posted by Pidaini - 16 Sep 2014 21:49

It depends about what....

I'm not clear about the matter though, let me think about it

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Re: Yaakov's Ladder

Posted by Pidaini - 17 Sep 2014 17:14

I had an insight today that I would like to share.

Walking down the street and having endless opportunities to feed my lust, I was thinking of two things, 1) What Duvid Chaim always says that we can turn our "got to"s into "get to"s and 2) When I talk to Dov he almost always mentions how "I've had many opportunities to surrender".

Thinking about those things, I asked myself "what is the "get to" here, and why doesn't Dov say "I had an opportunity to look but didn't"?"

It dawned upon me, based on [a post that I had written about love](#), and how I build how much I love another person by giving of myself to them, and not that love comes by itself, that the same is with loving myself, loving life, and loving Hashem.

Every time that I give away something that will give me pleasure, but it will hurt me, my life, and my relationship with Hashem, I am building my love for those things! Hence, when I remember that, I can easily say that I now "get to" surrender and I now have the "opportunity" to surrender,

which is really saying that I get to grow closer to the things that really matter to me!!

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Re: Yaakov's Ladder

Posted by cordnoy - 20 Sep 2014 02:50

What better thread is there than this one to say somethin' I don't recall ever sayin' here before.

Have a good Shabbos

lichtig, freilich, gezunt, menuchadik, kedushadik, etc.

Good Shabbos friend and friends,

Avrohom

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Re: Yaakov's Ladder

Posted by Pidaini - 21 Sep 2014 22:00

I don't want to write what's going on, it's quite embarrassing, I guess I'll just say that I'm still off kilter.

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Ask Hashem for help!!

Packing.....Calm down, it's a breeze, it's really not a big deal at all!!

Getting out of the house.....OK, you're not going to get out any earlier is you are nervous, and you haven't missed a flight yet anyway, so whatchya so nervous about?

The drive to the airport.....It's not as long as you make it, and the calmer you are the better the kids will be, so just sit back and enjoy the ride!!

Check-in.....Yeah, that's usually easy, whew!!

Security.....It's ok that you have a lot of things, just take your time, it's all good!

Flight.....One breath at a time, one helpful act with kids at a time, one kapital Tehillim (if possible) at a time,

you're not in control of everything, somebody might get nervous, just remember that your job is to make sure your wife is comfortable

.....WE'RE THERE!!

UK Border.....They'll let you through in the end, they might be a bit nasty, but who cares, let them put it on their 9th step.

and we're done!!!!

Not that bad, is it?

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Re: Yaakov's Ladder

Posted by unanumun - 21 Sep 2014 23:41

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Re: Yaakov's Ladder

Posted by Pidaini - 22 Sep 2014 17:16

I called someone who is sober, who could possibly help me work the steps based on his experience....and his phone is off!

Nu, nu.

wouldn't it be easier just to go to uman for rosh hashana?

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Re: Yaakov's Ladder

Posted by MendelZ - 22 Sep 2014 17:29

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Re: Yaakov's Ladder

Posted by ZemirosShabbos - 23 Sep 2014 00:13

my kids prefer the escalator

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Re: Yaakov's Ladder

Posted by Pidaini - 23 Sep 2014 20:18

It is so heartwarming to be asked tens of times "so how was the trip?"!!

But, it can also get annoying.

So, the trip was BH amazing!! exactly as planned in the post above. There were times when I cood've and maybe even shood've gotten nervous but BH I was able to take it one day at a time.

One cool thing is that I didn't watch anything!! I tied a pair of tzitzis and entertained Zlatah Yenta for the duration of the trip!

Another cool thing is that I went through the firs three steps in my mind this morning, just the basic steps (not the exact wording of the steps)

1) I am powerless over lust, and my life has become unmanageable.

2) I have come to believe that a higher Power can restore me to sanity.

3) I turn over my life and my will over to the will of Hashem.

It's been quite a while since I've actually recognized those steps, and they hit home this morning, hence, the 15 new posts from Pidaini!!

Thank you all for your care and concern, and may Hashem help us all with a good, healthy, sane, Year!!

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Re: Yaakov's Ladder

Posted by kilochalu - 24 Sep 2014 01:48

amein

thats great to hear

kesiva vachasima tova

a gut gebenched yohr

mistama it was the segula of the tzitzis that did the trick, no?

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Re: Yaakov's Ladder

Posted by Pidaini - 24 Sep 2014 18:36

It's day one for me today, Rosh Hashanah to the highest definition!! I watched porn and masturbated today.

I am BH not bummed out about it in the least. It was quick, in and out, and there is no reason to let it affect anything more than it did already!

Important Note - I got a hold of that 12 step partner yesterday and we should be starting that

right after yom tov!

Wishing everyone here, and not here, a good new year!!!

May Hashem help us all find Him in our lives, and may He help us take everything one step at a time!!

K'sivah V'chasimah Tovah!!

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Re: Yaakov's Ladder

Posted by dms1234 - 24 Sep 2014 19:06

Next time, If you are thinking of falling why don't you let the apple fall into the honey!

That's really what's sweet in life!

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