

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 lavi - 07 Dec 2014 17:07

no pressure reb yankel,

DOES ONE DAY AT A TIME MEAN YOU HAVE KOACH TO POST EVERY DAY ONCE?

anyway given the above info,

avrohom is here [cordnoy b'laz]

yaakov is here [pidaini b'laz]

what about yitzchok???

well the gemara calls yitzchok a "yedid" [soif r.e.dmila, asher kidaish yedid mibeten] and ????
and backwards this reads "dd"

so we got the avois together.....very impressive.

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Re: Yaakov's Ladder

Posted by Pidaini - 07 Dec 2014 22:50

Well, as of Thursday night I got a big push to stay clean. It just so happens that that push came right after a fall, but that's irrelevant.

About the GYE thing, as I wrote, I took this last fall very hard, it cam as a terribly great disappointment to me, and I have that feeling of "better to not get attached to anyone than to be connected and then separated", here also, I feel like I don't want to get high because the fall was so painful.

This push is a start, and only that, and even though I know that external pushes will not take care of the problem, I am taking this opportunity and start keeping clean one day at a time, using the push for now for whatever it's worth and I will (or won't) deal with what happens after that, but that's irrelevant for now.

I would like to mention one thing that I mentioned to two friends, and I am certain that I am actually the cause of it, but I feel that my status here is different than when I first joined. I will just say that (if I want to be sober) I need other peoples' help, I need to hear their experiences that they think I may be able to learn from, I need to hear their victories in order for me to gain hope from them, I need to be reminded that I am not the answer and I cannot figure everything out.

Thanks to all of you that have sent me emails even when it seems that I ignored them, that is certainly not the case, and quite the contrary, each one makes the desire to be sober again stronger, keep them coming!!

over and out....

Just another guy on this bus

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Re: Yaakov's Ladder
Posted by Watson - 07 Dec 2014 23:14

I've heard some SA members with long term sobriety start their talks with "I'll lead with my weakness" and begin by talking about the problem. I think that attitude helped them get the long term sobriety. But I think that's much much easier to do in a real meeting. The forum doesn't lend itself to that kind of approach.

I'm completely powerless over lust. I had a lust attack today and wanted to act out. I called another member (2 actually) and shared explicitly exactly what was in my head. That's not something I can do on the forum. So it's harder to lead with my weakness here. I worry that I sometimes come off as knowing the solution here because I repeat what I've heard from others. Only people who've been in a meeting with me know how clueless, baffled and powerless I actually am.

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Re: Yaakov's Ladder
Posted by milletry613 - 08 Dec 2014 03:12

Life is like a heartbeat. If there were no ups and downs you wouldn't be alive.

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Re: Yaakov's Ladder
Posted by milletry613 - 08 Dec 2014 03:14

Pidaini I know I know how you feel. What separates the men from the boys is those who keep going even when sometimes its tough and you don't know why things are turning out like it is.

This song is powerful: mostlymusic.com/products/lazer-siegelman-stars-will-shine

Stars will shine!

Hashem loves you and at times its hard to take but the fact is he wanted you to fall on Thursday night. Accept that everything is in his will. We can only make sure that the next step we take is the right one but everything else must be left to Hashem. No matter how you feel, He is right their above you.

We don't always have answers to why things happen. The trick is to take each test as an opportunity to grow. The greater the person the more potential therefore more tests and more growth. Hashem sees the person with more potential and guides him with tests in order to grow. You wonder why all the greatest people had so many challenges.

Do you really think Hashem needs our prayers? What does prayer do? When ??? didn't have a child, do we really think this was some cruel joke by Hashem? Has Hashem not realised that ??? has not had a child and only now after all this prayer does Hashem realise. No! Hashem sees potential.

Hashem sees that ??? has huge potential. You have HUGE potential !

Therefore Hashem makes it that people with greater potential have greater tests. By giving tests we are given the opportunity to grow and pray. Hashem doesn't need our prayer. Everything is for the final purpose which is ultimately for the good.

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Re: Yaakov's Ladder

Posted by cordnoy - 08 Dec 2014 04:12

[Pidaini wrote:](#)

I would like to mention one thing that I mentioned to two friends, and I am certain that I am actually the cause of it, but I feel that my status here is different than when I first joined. I will just say that (if I want to be sober) I need other peoples' help, I need to hear their experiences that they think I may be able to learn from, I need to hear their victories in order for me to gain hope from them, I need to be reminded that I am not the answer and I cannot figure everything out. Just another guy on this bus

Long flight back.

Had its challenges.

Planned ahead, and read step 2 in the action book as soon as I entered hotel.

I don't like it that I need to come onto that, but that is all what the first two steps are about.

b'hatzlachah

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Re: Yaakov's Ladder

Posted by Gevura Shebyesod - 08 Dec 2014 05:39

Long flight back.

At least it wasn't a bus ride,that would have been reeeeeeeallllly long!

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Re: Yaakov's Ladder

Posted by guy - 10 Dec 2014 15:39

Hey people.

Guess who's back.

me.

yay.

whatever. just wanted to make myself heard.

sorry to hijack your thread for that.

I havn't gotten up to date on your thread but it appears like were both thinking of making some sort of an effort at a comeback.

Maybe together?

Feeling pretty depressed right now.

Whatever. Let me know whats going on with you.

Here or anywhere.

You know how to get hold of me.

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Re: Yaakov's Ladder

Posted by ted - 10 Dec 2014 19:25

Welcome back!

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Re: Yaakov's Ladder

Posted by Pidaini - 01 Jan 2015 16:47

I feel like a real newcomer....

I fell, downloaded and looked through pornography pictures and masturbated.

Granted, I was tired, not really happy that I got up so late and had to (got to) run to the grocery before davening, and that I couldn't even eat breakfast, but that's all normal, it's the fact that I didn't even bother to try and reach out that bothers me a bit.

Day 1, and that's cool because for the past few weeks (or months) I didn't really even start.

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Re: Yaakov's Ladder
Posted by lavi - 01 Jan 2015 17:13

hi reb yankel.

we are all here for reason.

newcomers, oldcomers and everyone in between.

make yourself at home.

because you are at home.

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Re: Yaakov's Ladder
Posted by Pidaini - 01 Jan 2015 17:33

Thanks lavi!!

, and to have such accepting and encouraging siblings isn't always the way it goes nowadays.

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Re: Yaakov's Ladder
Posted by Shakeitoff - 01 Jan 2015 18:49

I believe you're going to make it because you picked yourself up right away. I'm curious about "I didn't even really start". Do you have a routine you go through to help yourself?

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Re: Yaakov's Ladder
Posted by cordnoy - 01 Jan 2015 19:37

The acceptance piece (others with us and us with them) is the openin' for recovery.

Truthfully, that's the easy part.

The difficulty is acceptin' ourselves.

that can be @#4tty.

Ever stop and pause and stare at the screen for moments on end?

that's what I just did.

Acceptin' ourselves with all our defects, for there ain't no foolin' us!

Tough task, and a lifelong one as well (although in recovery, it gets easier).

b'hatzlachah

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