

A journey to Hashem

Posted by zvi - 20 Mar 2013 23:54

I am a teenager, aged 16 years old. Since I was 12, I have had lust-related problems. As I have got older, the problems have got worse. It started off with the odd thing, here and there- I was only 12, so I didn't really know what I was doing. I vaguely knew I shouldn't be doing what I was, but it didn't interfere with my life much. As I got older, and I started to find out what I was doing, and the severity of the Aveiros, my 'little problem' developed into an addiction. For the past 2 1/2 years, I have been acting out on a regular basis (at least once a week). Then, finally, I had a clean streak. A proper clean streak. For 66 days. But then it came back. I didn't even see it coming. All I knew was that I was on the computer, doing some school work, and then suddenly I was looking at images that I shouldn't be looking at, and before I could stop myself, I had been motzei zera levatala. Again. That was two months ago. After that, I lasted 14 days, but then it was over. I was doing the aveiros again, but on a much greater level than before. As it stands now, I'm only keeping myself clean for between 1-3 days at a time. Two nights ago, I acted out twice. I was depressed, angry with myself, and- unfortunately- angry with Hashem. How could He do this to me? Didn't he see that I wanted to stop? That I wanted to be close to Him? Anyway, the next day (i.e yesterday), I joined GYE. I'm currently on my second day clean, B'chasdei Hashem. But it's not going to be easy...

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Re: A journey to Hashem

Posted by skeptical - 02 Jul 2013 09:40

Can't you see that these feelings are the YH's handiwork?

So you had a fall, ok.

But now he's telling you that you can't daven properly.

He's telling you that you can't learn properly.

He's telling you to feel like the lowest of the low so that you can't move on.

Why can't you be happy with what you accomplished and just get up?

When a child is learning to walk, he also has falls, it's part of the learning process.

We don't dwell on his fall, we encourage him to get right back up and walk again.

So now you're learning how to live properly and you fell. Nu nu. It's part of learning how to live.

Don't dwell on the fall. Get back up and run with what you've accomplished till now.

Hatzlacha!

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Re: A journey to Hashem

Posted by yehoshua - 02 Jul 2013 11:16

Zvi, I don't have anything smart to say. I guess it is day by day and we are so small, so small and so helpless, Hashem help us.

Counting is great, but like Dov said, I would take today's soberness over trillions of days in hart

Sorry, that are words from Dov and AA, not mine. But hey, they could be right? Check out the White Book again perhaps!? Darn it, look at Dov, I think he was out of learning for a long time when joining an SA, he was just getting better from lust. People keep telling me here, you can't do the same stuff and expect different results. Ups, I sound angry. Well actually I am angry at myself, cos I feel like acting out and this is actually my medicine.

Anyhow Zvi, I wish all you all the best. Fell schmell.

And, how are you doing?

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Re: A journey to Hashem
Posted by tehillimzuger - 02 Jul 2013 13:19

Zvi, they say you make an awesome Kishka, I'd like to quote you some words from the heiliger Bardichever in Harry's Son:

Bardichev

TATTY TELLS ME ALL DAY KEDUSHA SHMEDUSHA KISHKA HEY I TUNE HIM OUT.

The Yetzer Hara tells you davening: Kishka

He tells you learning: Kishka

He tells you Kedusha: Kishka!

Tune him out!

Keep on trucking!

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Re: A journey to Hashem
Posted by nitzotzeloki - 02 Jul 2013 15:58

for me after a fall its not a matter of continuing from where i was before the fall, but continuing the best i came from where i am RIGHT NOW. on my successful days its not about how good my davening is compared to whatever, or how easy or hard it is for me to open a sefer compared to whatever, but how am i going to do the best i can in the situation i find myself in today.

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Re: A journey to Hashem
Posted by zvi - 02 Jul 2013 21:08

I fell- again... twice in two days... I haven't done that for months...

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Re: A journey to Hashem
Posted by skeptical - 02 Jul 2013 22:11

In order to get out of the ditch you find yourself in, you need to make a decision to reach up to the surface and pull yourself out.

You can do it. All it takes is a decision.

Are you ready to leave the dirt behind?

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Re: A journey to Hashem
Posted by yehoshua - 03 Jul 2013 16:11

Fell schmell. Hashem loves you, we love you. One day at a time, one day, talk to Hashem, I am

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Re: A journey to Hashem
Posted by zvi - 03 Jul 2013 23:15

I'm still feeling quite down and unmotivated. Usually when I fall I listen to music to pick me up, but now I can't because its the 3 weeks...

I don't feel like I'll ever get out of this... it's just going to carry on and on and on...

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Re: A journey to Hashem
Posted by Machshovo Tova - 03 Jul 2013 23:29

[zvi wrote:](#)

I'm still feeling quite down and unmotivated. Usually when I fall I listen to music to pick me up, but now I can't because its the 3 weeks...

I don't feel like I'll ever get out of this... it's just going to carry on and on and on...

[zvi wrote:](#)

First stage of recovery! Admitting your helplessness, and the fact that you're addicted...

You're on your way, heilige yid!

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Re: A journey to Hashem
Posted by gibbor120 - 03 Jul 2013 23:42

[zvi wrote:](#)

I'm still feeling quite down and unmotivated. Usually when I fall I listen to music to pick me up, but now I can't because its the 3 weeks...

I don't feel like I'll ever get out of this... it's just going to carry on and on and on...

I'm not a Rav, but there may be a heter in your case to listen to music. I know that people hav

gotten heterim to listen to music cuz they can't exercise without it! This doesn't seem any less important. I actually once saw a sheilah about listening to music during the 3 weeks nowadays because our dor is unusually sad and depressed. You might want to call your Rav and say that you are feeling down, can you listen to music to pick yourself up.

Also, I assume that you know that **you will** pick yourself up, it just *feels* like you won't.

Get involved in a good project like cleaning the attic. Or just do some plain old exercise (to music or not ask your LOR).

Imagine all of us here at GYE cheering you on

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Re: A journey to Hashem
Posted by zvi - 03 Jul 2013 23:51

Thanks for that one. I'm going to ask my Rebbi about listening to acapella... I'm ususally machmir about that, but it might just be stupidity in my case.

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Re: A journey to Hashem
Posted by Pidaini - 04 Jul 2013 01:00

Here's a group photo

[gibbor120 wrote:](#)

Imagine all of us here at GYE cheering you on

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Here's a group photo

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Re: A journey to Hashem
Posted by gibbor120 - 04 Jul 2013 01:31

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Re: A journey to Hashem

Posted by yehoshua - 04 Jul 2013 13:17

What acapella do you listen to?

What get's me up sometimes, sorry to write this, but sometimes it's Jimi Hendrix and Voodoo Child, lately it's Bach Chaconne. In my car I listen to Szering's version of Chaconne all the time and it just moves me to... darn it... moves me to tears.

And thanks for this mention of music. I have been thinking about this in my car: How do I bring Bach into GYE. Really, no joke, I did think about that.

So I can now write BACH and it's ok. It doesn't sound too presumptuous or too forced. It is now kind of normal that I write about Bach.

Sorry, enough of that. I am trying to be funny in that last part and having some trouble.....

Hm, one day at a time.

You know, I always wonder how some guys here are all happy, making jokes and being sooooo darn sober. I feel like out of place then. So I hope I didn't do that now.

All the best to you HEILIGER YIDDELE!!!!!!

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