

Beginning the real 'Avodat Hachem !

Posted by Palti-Yossef - 09 Feb 2015 11:39

I wanted to begin with telling my story and introduce myself, but I fell yesterday and I think it would be better to focus on the present for the moment because I'm afraid that telling my past will make me going down now..

I give you the main informations of me to have better advices : I'm 20, french (sorry for the english), struggling since 11 years old, real ba'al techouva for 2 years, Shomer Neguia for 1 year, I'm on my first lecture of the GYE book, I read 'Hizouk every day and I study a little of 'Humach, Moussar and Tehilim every day. Since my last fall of yesterday (18 days, my best on chart) i made a "neder" with the TaPHSiC method for 1 month and I also promise to write to my brothers on forum so here I am. I want a change, from now..

Just wanted to ask you some questions about the attitude to have with the 90D Challenge because I don't understand some very important points :

1)The point I understand the least is to leave the battle to HKB"H. I explain : I'm for exemple sitting in front of my desk working and I feel this desire to enter in luxury, even without internet and all this stuffs. Nothing is done but the desire is here and take more and more space. What have I got to do in this very specific moment ? I tried (not well I'm sure) to speak to Hachem many times like "please Father just save me, I can't face it, give me strength, I love You and I don't want to do this" but without results. I'm sure that I've missed something to succeed with this point so I wanted your advices. I've not begin the 2nd part of the book maybe the answer is there but I also wanted advices of fighters from forum.

2) I have problems with facing the 2 opposite feelings in me when I'm struggling. Some days, I'm like the happiest person on the world, 100% connected with Hachem, speaking with him like a son, feeling Him above me, wanting to pray long Shmona Esré, say Brakhot with Kavana before eating etc... And after days or even hours, I'm like the totally opposite, when desire comes I'm fighting but in these moment when I need Him the most I don't feel He is with me anymore.. It make me very sad because I say to myself : "In fact you are good when you have no problems but when He send you a nisayon you can't even show your love to Him so your love is not real in fact".

I think my 2 questions are kind of related, or maybe I'm wrong. I really need help to see more clearly the situation, I'm in those periods when you have 1000 things in mind but you're not able

to analyze anything..

Thank you very much, just writting here gave me a lot of happiness, really.

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Re: Beginning the real 'Avodat Hachem !

Posted by serenity - 29 Mar 2015 01:16

Thanks for sharing and being honest! You helped me tonight.

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Re: Beginning the real 'Avodat Hachem !

Posted by newaction - 29 Mar 2015 01:35

Palti Y thanks for sharing that. I was very touched by your post. Probably i identify myself with your story. So now what are our options to take. Sadness is definitely not a mode to dwell on . It brings to self pity , feeling of "i am so lost" and then the triggers come . You know in Alcoholics A. they have a say : Poor me, Poor me , POUR ME PLEASE". So what do you think to do about it ?

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Re: Beginning the real 'Avodat Hachem !

Posted by Palti-Yossef - 29 Mar 2015 19:42

Thank you serenity for the kind words, they were very appreciated even if sadness is always here.

Newaction your words are true, as usual. It's amazing how this self pity makes triggers come.. I felt I could be MZL without even touching myself today, only with mind and sadness. "bH" my ego is here and if I stay clean until tomorrow I'll be up to 50 clean days which would be my longest strike ever, so my ego is for the moment not interested in falling.

Seriously I really don't know what to do with that. I think I'll hide it the best I can as usual and wait and see what will happen.. Nissan is the month of miracles, isn't it....?

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Re: Beginning the real 'Avodat Hachem !
Posted by newaction - 29 Mar 2015 20:53

Wanting to get to 50 days is nowhere near ego. It is you wanting to have things done the right way. I am not sure what did you mean by hiding . But if you are talking about emotions , the best therapy for them is to put them "on the table" , to throw a light on them and look them straight to their face. It is very ok to feel . IT is 100 % kosher. Your feelings are NOT you. They are just that , feelings. The Chidush is that you can feel one way but act another way. You don't necessarily have to behave according to any given feeling.

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Re: Beginning the real 'Avodat Hachem !
Posted by Palti-Yossef - 29 Mar 2015 22:34

Yes I was talking about hiding my feelings, you found well. You must be right on the way to take them as well.....! "Look them straight to their face" I wish I will be able to do that instead of escaping..

Thank you for helping and sharing nice advices during hard times ! When you write something, it always looks so simple and clear.

Let's keep in touch with good news bH and thank you so much !

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Re: Beginning the real 'Avodat Hachem !
Posted by SamJoe - 29 Mar 2015 23:41

Palti y I have to say I admire your determination!

I was looking through your thread and saw the story with being alone with your devices which reminds me of when I became bar mitzvah my cousins (wanting me to be happy) bought me a PSP (it's like a tablet...) Well in a very short time I was surfing for those "interesting" websites and got really hooked... I tried to stop going on those websites but I couldn't so I tried giving it to my older brother asking him not to give it back, well that night I had it back already and yes I was surfing those sites again. One day I felt so terrible about it that u just through the PSP in the garbage and it helped me for a few years

I'm sharing this story because I feel I can relate a bit to what it takes to not give in to your devices, and I take chizuk from seeing others also fighting and try to finally break free of this struggle

Hatzlacha!

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Re: Beginning the real 'Avodat Hachem !
Posted by newaction - 29 Mar 2015 23:54

[Palti-Yossef wrote:](#)

Yes I was talking about hiding my feelings, you found well. You must be right on the way to take them as well.....! "Look them straight to their face" I wish I will be able to do that instead of escaping..

Thank you for helping and sharing nice advices during hard times ! When you write something, it always looks so simple and clear.

Let's keep in touch with good news bH and thank you so much !

Thank you for touching my heart , i am happy i helped you. Keep On Trucking ! You Can Do It !!

I'll share an excellent quote : "There is but one cause of human failure. And that is man's lack of FAITH IN HIS TRUE SELF." (William James).

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Re: Beginning the real 'Avodat Hachem !
Posted by newaction - 30 Mar 2015 21:41

you have reached 50 ! Seven Weeks plus one day ,

Amazing accomplishment !! Keep On Mega Trucking ! Hatzlacha Raba !!!

We are all cheering for you !!

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Re: Beginning the real 'Avodat Hachem !
Posted by Palti-Yossef - 31 Mar 2015 21:54

Palti Yosef , Mazei Toy !
Newaction thank you so much for you chizuk which means a lot to me ! Tonight I get out little by little from my sadness, and a big part of this gift from Hachem is surely thanks to GYE. The Rebbe's maamar I studied is certainly big part of that too !

Anw you right now 50 days, it's totally amazing !! If someone have told me I would succeed 50 days clean I wouldn't have believed him.. I begin to try to understand that it's not a matter of number of days but more a different mindset and approach of life..!!

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Re: Beginning the real 'Avodat Hachem !
Posted by Palti-Yossef - 31 Mar 2015 22:34

And I forgot to tell you that today I ended the GYE handbook, so let's make a big leh'aïm with all of you to thank you one more time :

LEH'AÏM VELIVRAH'A, hoping to see all of you very soon in Yerushalaim !

(Sometimes I tell myself that when Machia'h will come, we would probably make a big table with all GYE members, but I still don't know exactly what we would do !)

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Re: Beginning the real 'Avodat Hachem !
Posted by yiraishamaim - 01 Apr 2015 04:22

I know what we wouldn't do!

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Re: Beginning the real 'Avodat Hachem !
Posted by newaction - 01 Apr 2015 06:32

[Palti-Yossef wrote:](#)

I begin to try to understand that it's not a matter of number of days but more a different mindset and approach of life..!!

Great understanding Palti !! You are right on track ! Behatzlacha !!

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Re: Beginning the real 'Avodat Hachem !
Posted by Hashivalisesonyishecho - 01 Apr 2015 14:07

[newaction wrote:](#)

[Palti-Yossef wrote:](#)

I begin to try to understand that it's not a matter of number of days but more a different mindset and approach of life..!!

Great understanding Palti !! You are right on track ! Behatzlacha !!

Ditto

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Re: Beginning the real 'Avodat Hachem !
Posted by Palti-Yossef - 01 Apr 2015 21:25

Happy to be able to post tonight again, even if it's hard to find time, the benefit is obvious.

Anyway tomorrow could be an amazing day and a big opportunity to grow in the good way and to help a bneisrael.. I'm explaining myself :

Today I was lunching with a good friend and I wanted to show him a video of Rav Ovadia Yossef ztq'l. I forgot because of my filter I didn't have access to YouTube so I told him. He was very surprised and told me that he wanted to put a filter on his phone for long time but he didn't. I told him that mine was good and I looked him in the eyes : "it block all the images with sexual character.." and no answer from him. So no ambiguity here. After class I ask him if he wants me to be his password keeper and he said yes. But his phone didn't have battery anymore so we'll put the filter tomorrow b"H. I think I found someone, and part of my friends, who is struggling in this as well. But I don't know how to engage the conversation about that tomorrow when we'll put the filter..

I need your help, how can I begin to speak about this subject with him. I feel it could be an amazing opportunity for us as we could helping each other every day, with calls and so on...!

Please help me !!

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