

(BIG) LONG SHOT!?

Posted by stillgoing - 30 Apr 2015 18:20

Sometimes I wonder if being a big shot (since I am the most humble guy I have ever met, I must be a big shot) is such a bad thing. Right now the main thing that is keeping me clean for 6 days so far is the 90 day chart. Why does the 90 day chart work for me, because I know that my name (ok, not my birth name, my rebirth name) is up on the chart for everyone to see, and since I think that I am G-d's gift to the world, I know that if I fall everyone is going to see that I'm a loser (which I am, since I've been losing for more years than I can count on my hands (and feet). Ok I know someone is going to tell me that I'm not a loser, and I would say that to you also, and I would believe it too - when I'm talking about you. Somehow when it's about myself, it's much harder to believe.

So that's why I'm specifically calling attention to my chart so that if I feel myself slipping I will think how embarrassed I will be since everybody will know about it (which hasn't been since high school.)

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Re: BIG SHOT!?

Posted by stillgoing - 05 May 2015 01:45

shlomo613

Maybe issues and fears that we have make us retreat to soothing activities that are self centered but does that mean you are selfish?

Doesn't self centered mean someone who is centered around himself?... ie, selfish?

Anyway, thanks for listening - assuming that anybody is listening

Does your wife tell you that you're selfish? That maybe an indicator.

No she doesn't, but I'm just a good actor. I've been acting for about 30 years now.

btw, I'm getting a little worried that I'm going to owe therapy fees to serenity, yiraishamaim, InspireYidden, TalmidChaim, ysftw, TheBigX90, and shlomo613. Thanks everybody for helping me sort myself out. (Gosh! I've never liked sorting my things out. Maybe that can explain a thing or two.)

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Re: BIG SHOT!?
Posted by stillgoing - 05 May 2015 02:26

shlomo613

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Re: BIG SHOT!?
Posted by yiraishamaim - 05 May 2015 09:57

Hey, around here we all owe each other an eternity's amount.

G-d is our Tatte, he's got the big bucks, I have a feeling it will be his pleasure to pick up the bills.

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Re: BIG SHOT!?

Posted by unanumun - 05 May 2015 15:48

[stillgoing wrote:](#)

So what would you say to a person who on the one hand is very helpful, both at home and in the community, someone who in our definition would be called selfless, and yet in private he is the most selfish person he knows. Watching p___ despite having a wonderful wife and kids, mz"l despite having been granted millions of 2nd chances from his creator. I'd say, such a person has an underlying middah of selfishness. But if he's selfish, then what is all of his helping about?

I think it might have to do with the fact that since he is selfless and gives so much of himself away, one might have a need to run away to a corner of his life where no one else exists except for himself, so that he can escape from his public self and be alone.

It could be that the porn is less of a selfish experience and more of an escape mechanism.

A good way to know would be, if one has other healthy means of escape or is the porn his first choice of drugs when the going gets tough?

It is hard to give and give without having some personal source of energy. Like a well that can run out of water as opposed to a spring which has its own source of water and can overflow to others

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Re: BIG SHOT!?

Posted by shlomo613 - 05 May 2015 16:06

[quote="unanumun" post=253935]stillgoing wrote:

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Umanuman, Wow! Such a clever insight. I think StillGoing has much food for thought on this point - and probably many of us here too.

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Re: BIG SHOT!?
Posted by serenity - 05 May 2015 16:44

LOL

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Re: BIG SHOT!?
Posted by stillgoing - 05 May 2015 19:55

this.) Thanks. I need to digest

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Re: BIG SHOT!?

Posted by stillgoing - 08 May 2015 01:20

this.

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Re: BIG SHOT!?

Yes, I do, I think unanimumun may have hit the nail on the head (ouch!
Posted by cordhoy - 10 May 2015 06:03

[stillgoing wrote:](#)

OK, so studentChaim or anybody else who wants to answer, TalmidChaim and TheBigX90 have explained the difference between an ego and a self serving person. So what would you say to a person who on the one hand is very helpful, both at home and in the community, someone who in our definition would be called selfless, and yet in private he is the most selfish person he knows. Watching p___ despite having a wonderful wife and kids, mz"l despite having been granted millions of 2nd chances from his creator. I'd say, such a person has an underlying middah of selfishness. But if he's selfish, then what is all of his helping about? (Guilty conscious?)

Warning: Spoiler!

Perhaps he is helpin' out in order to get credit.

The question is not necessarily a difficult one, for perhaps that person has bouts of both.

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Re: BIG SHOT!?
Posted by stillgoing - 13 May 2015 16:38

You know, I've been thinking (I try to do that at least once a year or so, "one thought at a time), we always talk about one day at a time, or 90 days made up of single days, and I realized that if you are 20 years old you only have 36,500 days until 120. And if we figure the average lifetime today to be 80 years that's only 21,900 days until we die, and if we're older then 20, say 40, it's 14,600 days! I'm not trying to depress anyone, but we've all been on this world so long, and have been feeding our addiction for so long, that sometimes, if we get a shock of reality it helps to put our minds into perspective and out of "*her*"*inspective*.

btw, if a day seems like a long time to keep clean, try seconds. 14,600 days is only a little over 21 million seconds. (Sound like a lot, but seconds go by awfully fast).

May we all be second to none!

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Re: BIG SHOT!?
Posted by shlomo613 - 13 May 2015 17:13

You've just given us new meaning to the mishna "*shuv yom echad lifnei misascha*" - relax about sobriety there might be no tomorrow!

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Re: BIG SHOT!?
Posted by serenity - 13 May 2015 20:17

Once a year max.

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Re: BIG SHOT!?
Posted by shlomo613 - 13 May 2015 20:24

By the way have you calculated how many million of those seconds are sleeping, eating, praying and shaking lulav etc,?

Get yourself out a big envelope and a pen with plenty of ink and let us know how many million

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Re: BIG SHOT!?
Posted by TalmidChaim - 14 May 2015 13:36

Wow, what a great thread. I'm sorry I've been out of the discussion, and I'll try not to push things too far off topic.

I agree with everything that's been said, especially when it comes to the relationship between "selfishness" and addiction.

I've found with my own recovery process that meditating on my mental constitution, well, constitutes self-indulgence too. There's a point at which pondering one's level of selflessness or selfishness takes away that person's very ability to pursue acts of Chesed. In other words, if you're up in your own head about whether you're acting out of self-interest or genuine concern for others, you're probably missing some prime opportunities to really help others. Again, this is not seconds per year we've got to worry about. Something I've realized about myself.

My motto (which is definitely not always followed) when it comes to this is, "Just Do It!" (trademarked). We all know when we don't want to do something, and if you're really taking on a character make-over, that's exactly the time when you should do something. When your wife asks you to do so-and-so, and you don't feel like it, try doing it. Worse case scenario: you're a selfish person who lives selflessly!

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Re: BIG SHOT!?

Posted by stillgoing - 20 May 2015 22:25

I've found with my own recovery process that meditating on my mental constitution, well, constitutes self-indulgence too. There's a point at which pondering one's level of selflessness or selfishness takes away that person's very ability to pursue acts of Chesed. In other words, if you're up in your own head about whether you're acting out of self-interest or genuine concern for others, you're probably missing some prime opportunities to really help others. Again, this is something I've realized about myself.

So, are you basically saying that this will just take up time that we could be using to help others? What about just spacing out?

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