

TzedekChaim's journey

Posted by TzedekChaim - 06 Sep 2016 23:20

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Well here I am.

I thought I could do it on my own. Definitely can't. That's how being an addict is. Although this is in the 90 day journey section. I am not going for 90 days. Just 1 day. Today. From now till 7:08pm tomorrow. Then we'll see from there.

I was exposed to this filth as a youngster, completely out of no where. I was playing a gameboy and one of my classmates had a psp with unfiltered internet access and he shoved it in my face. The internet in my house was not filtered (parents in denial, yada yada...). b'h I have not watched that much shmutz but my imagination is a real problem, not to mention the triggers abound in the goyish college/public transportation that I go to. The rest is history. But since finding gye about 2 yrs ago I hope to change that.

So why am I starting a thread if I have been doing this for two years? Obviously, because I have been failing at this for not just the past two years (where I have made some very big gains) but also for the last ten years. I am now 23 and in the parsha, but I am not stupid to think that getting married will solve my problems. it will probably make them worse. What I need is advice and support from this amazing community to help me get through this.

Thanks

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Re: TzedekChaim's journey

Posted by TzedekChaim - 28 Mar 2017 00:56

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First of all thank you. Thank you. All of you amazing people. (markz nice new truck you got

Wow!

So, ODAAT is a big thing. But it is a tool. Yes a tool that I need to continue to implement (by tool I mean mindset and technique kinda rolled up into one. Not sure what I mean by that but hey...) I think the wall I was running up against is self acceptance. This is what my rebbe thought. Shame that I am wrong, and not accepting this situation. (imagine, though not too graphically, if a person could never have sex again. Physically impossible. The lust wouldn't go away. They would suffer and suffer horribly until they accepted that this was the new reality and then they could move on and live in it) Same thing here which **lhavenostrength** was saying as well (thank

I was reading up on self-acceptance and tunnel-vision

([www.psychologytoday.com/blog/emotional-sobriety/201108/when-vision-becomes-tunnel-vision](http://www.psychologytoday.com/blog/emotional-sobriety/201108/when-vision-becomes-tunnel-vision)

). (I found a bunch of articles on self-acceptance as well and I'll put them in the bottom, just be warned there is some garbage about how society messes people up and doesn't let them

) They speak to a lot of issues I believe in the GYE handbook as well as this whole addict thing. So that was helpful.

Then, I finally, got over my reservations and listened to the first shiur in Dov's workshop. you).

PAUSE...

I want to publicly (or as publicly as an anonymous user on an anonymous forum can do) thank Dov for his amazing work. When I first got here two years ago I found a lot of what he said to be crazy, off the wall, not jewish. I was convinced. But then I kept falling, and I slowly began to realize the amazing and simple truths that he posts about. I found a few of his articles to be very helpful, and even if I didn't like them. I knew they were true and I wasn't getting out of this without owning it and being brutally honest with myself. (one article I remember well is the reset button, but there were many) So thank you Dov for all you do for the GYE community and especially for the helping hand you have given me.

express their 'true' gender identity. you have been warned

RESUME

So I listened to the first Dov lecture, and you know what? He starts going through the outline of the 12 steps and when he gets to step four (which is probably what I am up to in terms of implementing) He says it straight out. about accepting our reality. I was like, 'thank you Dov, and

thank you Hashem for sending me this rather clear answer.' So maybe if I felt like I was up against a wall it is because I need to start the next step.

(the articles on self-acceptance, at least most of them, list making an honest inventory about yourself as critical to self-acceptance) I understand step four includes a brutal and honest and thorough inventory. But I think I shall include also all of the positive things I have done as well so I can accept the total ME.

So I updated today, and it has been one day since the last, and IMY"H it will be just one more one more time.

Thank you GYE and friends!!

ps. here are the links please see my warning above:

[psychcentral.com/lib/therapists-spill-12-ways-to-accept-yourself/](https://psychcentral.com/lib/therapists-spill-12-ways-to-accept-yourself/)

[www.psychologytoday.com/blog/evolution-the-self/200809/the-path-unconditional-self-acceptance](https://www.psychologytoday.com/blog/evolution-the-self/200809/the-path-unconditional-self-acceptance)

[zenhabits.net/acceptance-techniques/](https://zenhabits.net/acceptance-techniques/)

[www.eruptingmind.com/how-to-love-and-accept-yourself-self-acceptance/](https://www.eruptingmind.com/how-to-love-and-accept-yourself-self-acceptance/)

[www.oprah.com/spirit/how-self-acceptance-can-crack-open-your-life](https://www.oprah.com/spirit/how-self-acceptance-can-crack-open-your-life)

really just the first bunch of google results that I found relevant.

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Re: TzedekChaim's journey

Posted by Ihavenostrength - 28 Mar 2017 01:13

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I think you're going to be fine mate. May you continue inspiring me and others. You've already accomplished loads and I think it's going to get even better. Just my feeling.

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Re: TzedekChaim's journey

Posted by Singularity - 28 Mar 2017 08:59

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Keep it up, TC. Very inspiring indeed!

My wife and I are both BTs. As it happens we didn't have the nidda period straight after the wedding day. We concluded: "so we made mistakes in the past. Let them ease the future." And this was a good case of it.

I was dreading it, though. I actually don't know how someone would deal with it. But I'm sure if I had had to, I might not have dealt with it properly because I wasn't fixed, or close to being fixed, 3 years ago.

I'm sure you'll be fine. But let me know your experience in that period. Even in email or PM. If you want. I think I might learn something from it.

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Re: TzedekChaim's journey

Posted by TzedekChaim - 31 Mar 2017 19:04

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Thank you Hashem for everything. It is impossible to thank You enough for all of the help and assistance you provide to me in my life, But thank You nonetheless. I hope to grow in my hakars hatov and recognizing all the good that I have as well as all the good that Hashem and

I have to confess, I just read my entire thread again. For the first 75% percent of it I was like, "who is this smiley guy. He's just way too happy" Of course I have been trying to resolve some issues in my mind and been a bit down lately so that explains that comment. I will say that, being the above mentioned smiley guy I know what was going on for him in terms of having lust people around me do for me, cravings, physical erections out of nowhere, and wet dreams. But the enthusiasm in which (not to toot my own horn )

Another thing I noticed in rereading the thread is that some of what I wrote in my most recent posts in terms of the two dimensions of ODAAT, one of which not previously considered. Is a LIE. I had considered the surrendering future events one or two pages previously in several posts. So that part of my thinking was a bit crooked. (need to watch out for that sneaky brain

@**singularity**: I will see how it goes. Probably forum is not the best, most likely a PM or something. I have to talk to a rebbe of mine in terms of what is the appropriate way and what

he/me accepted them and kept going is really outstanding. Wow!

@**IHAVEnoSTRENGTH**:

I think we have to give up on the idea of reaching a point where we don't have any cravings. These habits are very deeply ingrained in alot of us. They don't go away so quickly.

What's most important is learning to deal with them, each in his way.

glitch )

I'm not sure the cause is important. It implies that once dealt with these cravings will magically

go away.

Perhaps it's best to merely find a method that helps you bring back a feeling of serenity and well being into your life, bypassing the need to identify and address each and every problem (most of us have many and it's easy to get lost in them. I'm not suggesting that we shouldn't work on our issues, but merely that the proper time to do so isn't when you are stressed and overcome with lust).

My method these days is music. I set the timer on my phone for a half hour, close my eyes and pay attention. I tell myself my problems? will still be there in a half hour and give myself permission not to think about them.

I think this is a big part of my issue. I don't have peace on the whole thing yet. That is I have not sorted out normal sexual behavior, attraction, arousal, and interaction and how it is different from LUST? I think once I get more clarity on some of these things and how to look at this in the RIGHT way, then I'll be able to accept it more easily and learn to live with it, as it slowly fades over years. IT took about 10 years to get in, it should take about that long to get out. One big difference between the going in and the getting out is that I didn't work to put it in my head, I am working to get it out so maybe it won't take 10 years. But even if it takes a lifetime, that is okay

At this point it's up to Him and I just have to do my part which I am still figuring out more exactly.

(man! emotions are really complex things. I have only really been addressing my emotional side in like the past six years or so, and more intensely in the past six months here. It's not easy for someone who spends a lot of time trying to rationally solve problems, to be dealing with a

If I believed in myself as much as everyone else

So that is that, before I close, I have one last share...

I Wednesday, I had an AMAZING day. (maybe it had something to do with me crying my eyes out to Hashem in mariv the night before. I just cried in pain at feeling so overwhelmed by this challenge and I surrendered in a real powerlessness. I said if Hashem doesn't help me then

I was literally 'MR. Happy' for the day. Everything, was taken in stride, I did a lot of chessed, there is nothing that I can do.) interacted with all kinds of people (men, and women) in a sober and energetic fashion. I studied a lot for my upcoming exams and it was great!!! I just kept smiling and trying to live **NOW**. That was my main focus. If I was sitting somewhere waiting for an appointment with the bursar, I was like, 'what can I do now to take advantage of this moment.' it was very powerful. (I walked almost double my usual pace the whole day). I'm sure everyone's had at least one day like this.

But I think that it was a freebie from Hashem. Showing me that true the cravings are very hard, and painful, but if you live like this, you won't be in pain, and life not only won't be unbearable, but it will be full of energy and happiness. The next day, I was in that mood about 30% of day. But that one was on ME. So I just need to keep stepping it up one day at a time and build on the previous.

Let the trucking\* continue!!! and may everyone of us have an amazing shabbos!!!

I've had several b'H!!!!

Sorry for another long post...

**Warning: Spoiler!**

\*please talk to Reb Markz for the halachic heter for trucking on shabbos!!

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Re: TzedekChaim's journey

Posted by Markz - 31 Mar 2017 19:28

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You have to shift your Truck into Shabbos mode where it works on default drive as invented by the "shabbbat.com" group (advertised recently on gruntig pending Rabbinic approval) and is powered with the concept of "hasarat mo'nea" = surrender

Its actually the preferred form for weekdays too

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Re: TzedekChaim's journey

Posted by TzedekChaim - 02 Apr 2017 11:05

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Love the explanation.

Day 208 Baruch Hashem!!! Thank you Hashem for helping me through.

This shabbos was not good, but I think it is because I am worrying too much. It took me a while  
(This post is strictly positive  
and I was very down over shabbos. No falls b'H!!!!!!), but I can't say I didn't come close, so that  
was amazing help from Hashem even if I didn't see it at the moment.) Whatever it was was\*. I

I was rereading gateway to Happiness by Rav zelig pliskin shlita and I happen to be up to the  
chapter on self esteem. I couldn't believe some of the gems that were written there. (I didn't  
) He  
writes there that worry is a bad habit. It has to do with how we look at the world. It does NOT



stem from an inherent part of us. Meaning that when I excuse my anxious or nervous behavior with, "oh I am just a nervous person" it isn't true. (I understand there are people who may have it as an issue, but I know for me what he is saying is Emes!) I am not a nervous person. When I get myself all wound up, and start living in the future then I get nervous, but I know that when I am **present**, **positive**, and **proactive** I am very calm and nothing rocks my boat. Given this realization it is so important that I focus on the three P's and may Hashem bless me and all of

One example where I think I have reduced my anxiety by a lot, Davening for the amud. I am great davening for the amud during the week; no problem! And I know that for the most part I am fine davening on shabbos and Yom tov (and b'H Hashem has given me a good voice and I enjoy using it) However, sometimes when I get asked to daven for the amud on a shabbos, I get very nervous before hand, but once I have davened or even once I start I usually am fine. Recently, I told myself that if I really want to be able to daven for the amud without any problems, I will just agree to daven whenever the gabbai asks me. If I mess up, so be it. ~~us to be able to live now~~ Hashem gave me the talent to do a good job, whether or not I do a good job it's up to him, but I feel much more genuine when I go up. Not trying to impress anyone, just trying to use my voice in service of Hashem and to make a nice davening nicer. I have found that it takes away like 90% of the nervousness since I am excited to do it (and by being excited my davening is also so much better)

note - so funny that Even when I get complimented on my daveing, weekday and shabbos, (and I get complimented regularly for having a good pace, not swallowing words, and generally just a decent job) the YH sneaks in a sows doubt. (oh maybe it wasn't so good, you could've done better, no one said amain cause no one cares about your davening, everyone noticed that hesitations, etc... mostly 100% derogatory untrue self judgments) I used to feel it a lot when I was younger and one time a guy who is known as one of the nudnicks came over to me with a big smile (he smiles a lot when he is up to mischief too) and gave me a big yasher koach. I thought he was being sarcastic because I had thought I messed something up (it was really minor and I don't think anyone noticed either way). He was taken aback by it, and I felt really bad for miss calling him out. That made me realize how much I was negatively overthinking it and I think I have made great gains in taking people and their well meant and sincere

last comment. I think a lot of the worry was worrying about so many potential screw ups with marriage. (It's funny that no one worries that maybe their marriage will turn out better than they )

Hatzlacha GYE and let the trucking continue, One day at a time!

\*I'll deal with it with a rebbe most likely. Or not. Sometimes you just need to move on and keep

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Re: TzedekChaim's journey  
Posted by TzedekChaim - 03 Apr 2017 01:49

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the momentum and positivity up and not get stuck in a potential rut.

@Markz:

You have to shift your Truck into Shabbos mode where it works on default drive as invented by the "shabbbat.com" group (advertised recently on gruntig pending Rabbinic approval) and **is powered with the concept of "hasarat mo'nea" = surrender**

Its actually the preferred form for weekdays too

I think I detect a deeper message in this that I missed on my first read: Don't struggle with understanding or being at peace with it. Just accept it and surrender it. Struggling with it is not giving it up to Him. Is that what you meant Reb Markz?

Thank you GYE!!! Let the trucking continue!! Hatzlacha and remember whatever happened

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Re: TzedekChaim's journey

Posted by TzedekChaim - 06 Apr 2017 12:26

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One day at a time!!!

A few things. One, I noticed that I beat myself up over a glance. Let me explain what I mean with a story that happened to me. I was walking by a subway platform (Seem to have a lot of interesting stories around subway platforms) and I noticed\* a group of girls with a tour-guide/teacher. I was with my chavrusa and we just walked past them with no issues. While all of us were waiting on the platform, I hear their guide lining them up against the wall to not block the people walking on the platform. I was positioned so as not to be looking at them. But I did see a guy walk past and he looked in the direction of the girls, and he scanned them head to foot. (like a copy machine). Then it struck me that a lot of beating up we do to ourselves (myself certainly included) is over a mere glance. [I was re-reading the gye handbook and the 3-second rule so it was fresh in my mind] This is why the 3-second rule is so crucial!! (thank you Hashem for giving me brains enough to be able to learn from different experiences!!)

Second, I was thinking the 3-second rule can be applied to thoughts as well, however, sometimes thoughts take more than 3 seconds before I realize they are bad. The yesod is the same I believe, but it is a slippery slope to tweedle out a set number of seconds. I think it's just, when you notice that the thought is going places it shouldn't, just surrender it and switch to a new thought. Only, if one actively goes after the thought once realizing that it is bad is there an issue. Is this correct?

A) Yes

No

C) Yes, but...

D) No, but...

and finally, I think some of my self denial (having trouble accepting myself) comes from being on the fence about the whole addict thing. What do I mean? Well, In truth I think that I am an addict because my difficulty in trusting is usually correlated pretty well to a feeling emptiness, boredom, sadness, lack of self-esteem, anxiety, and not just to triggering images. On the otherhand, I have not figured out how to deal with that understanding in terms of my future wife. Meaning, if what I have is an illness (and i understand there are degrees) how can someone be married to another and not tell them they have an illness like this. If I had diabetes c/v I would

have told her already (heck, she probably would've noticed) but because I have not sorted out how to share it or if sharing it is even good for me and fair to her, it seems easier to tell myself that I am not an addict and just get on with it and it is a crazy yetzer hara issue, or that I am just more triggered than usual especially as I approach the wedding and the prospect of intimacy

I do plan on discussing it with my rebbe

to see what he says.

In the meantime, I will continue reading the handbook, since these principles always need refreshing. I will continue to post on the forum at least weekly, and talk to Him a bit more about all this.

looms. (Now that I have this mental contradiction clear

These are some of my thoughts, feel free to disagree, I would be happy to discuss them with you. I keep writing these long posts. That's just what comes to mind as I write. Sometimes I'll write one idea, and then when I finish I think of another. Maybe I should keep a long document )

I had an amazing hashgacha story about getting a position somewhere, tune in next time...

Hatzlacha GYE and keep the trucking up!!!!

p.s.

\*didn't stare or check out in any way.

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of all my thoughts and then serialize it and put them up one thought at a time (OTAAT

Re: TzedekChaim's journey

Posted by TzedekChaim - 06 Apr 2017 12:29

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I just wrote a long thoughtful post, but I accidentally deleted it. Oh well...

Here's a short one I guess. Hatzlacha GYE and let the daily trucking continue!

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Re: TzedekChaim's journey

Posted by Markz - 06 Apr 2017 12:54

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Here's your missing post buddy

You're not subscribed for emails to your thread????

Day 212!! Chasdei Hashem!! One day at a time!!!

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In the meantime, I will continue reading the handbook, since these principles always need refreshing. I will continue to post on the forum at least weekly, and talk to Him a bit more about all this.

These are some of my thoughts, feel free to disagree, I would be happy to discuss them with you. I keep writing these long posts. That's just what comes to mind as I write. Sometimes I'll write one idea, and then when I finish I think of another. Maybe I should keep a long document of all my thoughts and then serialize it and put them up one thought at a time (OTAAT )

I had an amazing hashgacha story about getting a position somewhere, tune in next time...

Hatzlacha GYE and keep the trucking up!!!!

p.s.

\*didn't stare or check out in any way.

Please keep them coming!

Breath of fresh air!!

OBAAT

I had an amazing hashgacha story about getting a position somewhere

Subway manager?

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Re: TzedekChaim's journey  
Posted by GrowStrong - 06 Apr 2017 13:20

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@Markz, why did you strip all his smileys, and how did you find his post if he deleted it!

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Re: TzedekChaim's journey

Posted by Markz - 06 Apr 2017 13:24

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I copied from my email

when you paste directly with smileys and all, all paragraphs melts into one after you click submit

so I had to paste into "source" in order to retain spacings, but the smileys aren't in "sauce", only with reb TC

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Re: TzedekChaim's journey

Posted by GrowStrong - 06 Apr 2017 13:26

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ohhh he deleted it after posting it!

Good job!

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Re: TzedekChaim's journey

Posted by Ihavenostrength - 06 Apr 2017 20:22

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@tzedekchaim Article recommendation:

[www.vice.com/en\\_us/article/this-neuroscientist-argues-that-addiction-is-not-a-disease-and-the-rehab-industry-is-bullBAD](https://www.vice.com/en_us/article/this-neuroscientist-argues-that-addiction-is-not-a-disease-and-the-rehab-industry-is-bullBAD) WORD REMOVED

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