

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 cordnoy - 29 May 2017 23:13

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[cordnoy wrote on 09 May 2016 15:30:](#)

The Kohen's Gadol's tefillah on Y"K in the K"K concluded with the bakashah that Hashem shouldn't listen to the "ovrei derachim's" tefillah that there shouldn't be rain then.

Isn't that an odd tefilah to be inserted at the holiest place on the holiest day at that time?

Mefarshei Tehillim say on Tehillim 22: ????? ??????? ????? ?????? - at times the Ribbono shel Olam acts with us different than our requests, and that is because the "yeshuah" is distant from our request, for we are askin' the wrong thin'. Additionally in 17 as well.

The tefillah of the "ovrei derachim" is a short-sighted one, for they are lookin' at themselves only, and just for that time. They are not seein' the full picture. This is code for all of our tefillos, every day. We may ask for a lot, but is that what we should be requestin'.

He knows what is good for us. May it be His will that He gives us the good allotted for us, and may it be His will that we should realize it.

That and more on the call today iy"H.

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Re: TzedekChaim's journey  
Posted by TzedekChaim - 30 May 2017 02:38

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Re: TzedekChaim's journey  
Posted by TzedekChaim - 02 Jun 2017 14:00

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Doing very well. IT's amazing how much of this struggle is attitude and perspective. Simply

Some ways that I have found for working on ODAAT in a concrete way.

OBAAT -- one blessing at a time. In shemoneh esrai, focus on reading the words of one blessing at a time ignoring the others completely. My head starts to hurt from the concentration but it is really amazing how suddenly you find yourself at the end having looked in the whole

OMFAAT -- one mouthful at a time -- focus on the food in your mouth as you chew it. ignoring the previous bite and not thinking about the food on your plate. Just enjoy the food in your mouth as you chew the succulent savory flavor. Rabbi Nachman suggests waiting 5-10seconds before taking your next bite. This way you are forced to enjoy the bite in your mouth since you

OPCAAT -- One phone call at a time,

OCAAT -- one chessed at a time.

time  
OFTAAT --

**Warning: Spoiler!**

Also, sorry to disappoint the chashuva chevra, but I will be taking a hiatus from GYE forums for the next month so that no one can figure out when the wedding is (and because the whole ).

**Warning: Spoiler!**

month will be sfeika d'chodesh you'll just have to celebrate my wedding every day

So have no fears if I disappears.

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Re: TzedekChaim's journey  
Posted by Markz - 15 Jun 2017 14:22

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May you have

And

???????????????????? [spoiler]

Time to join the BB's ;-)

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[spoiler]

Re: TzedekChaim's journey  
Posted by bear - 15 Jun 2017 18:13

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Mazel Tov

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Re: some highlights  
Posted by bear - 15 Jun 2017 18:23

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[TzedekChaim wrote on 29 May 2017 19:26:](#)

you know we say that kohen gadol on yom kippur when he goes into the kodesh hakodashim he prays a short prayer so that the people shouldn't get nervous that he died. the gemara asks what does he pray for? IT answers that he prays for the rain to come down. What?! What a waste! He is the holiest guy, in the holiest place, on the the holiest day of the year and that is what he prays for! a few drops of rain! Why do we use such a strong prayer for this seemingly little thing? I heard in a shiur once the answer. In eretz yisroel they need the rain. However, if someone is walking on the road and it starts raining, they will pray for it to stop. Why do the walkers win out over the tziburs of yidden praying mashiv haruach? because they really mean it. They feel the cold water running down their back and getting in their eyes and they really mean it. When a jew really means something it is so powerful. This is why it takes the kohen gadol at such a powerful moment and place to counteract the prayer. Your prayer when you were going through the roller-coaster-heck (believe me, I've been on my own roller coasters to understand an inkling) is so powerful, sincere, dear, and lasting to Hashem Yisborach that I have no doubt

in my mind that it has helped many a chasson!

Al achas Kamma ViKamma all of the prayers that come from the heileger GYE chassidim on this site who are striving so sincerely to come close to Hashem. It's mind boggling if one thinks

Thank you for sharing and your constant encouragement!

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about it what must be going on upstairs.

Re: TzedekChaim's Journey

Posted by TzedekChaim - 03 Aug 2017 14:07

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AAAANNDDDD HE's BACK!!

Hello all fellow GYE'rs!

I have been reluctant to post since somewhere in my mind came the thought to put together a whole list of everything i have learned and since I didn't and now don't remember all of the minutia, I should altogether abandon that track. Which left me not sure where to start and hence my hesitation to post. (also not having so much time either) Nevertheless, Posting is important and I have learned a ton since my wonderful wedding, and with His help i will continue to learn )

The wedding was amazing! It could not have been better and I thank my rabbeim and the chevra here, as well as some live chevra of mine, for helping me reach a level of preparation where I was able to chaparein the entire wedding, I was present, beaming, and felt like I utilized the experience 100%. Thank you!!!!

What are the recommended guidelines for posting about marriage things. I know there are so many things that I found triggering beforehand that i've gotten used to. IS that stuff fine to post here or should i make a new thread in the marrieds section?

Either way, Hashem has blessed me with a wonderful wife, who loves, cares for, and supports me. She has an amazing family and I am the luckiest guy to be a partner with such a special person.

I have to keep working on it and the battle has shifted in many ways, (as well as many new )

Hatzlacha GYE!!!

KOT!!!

>not the greatest post, but writing anything is a start. :D

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fronts, not lust related, just middos and character flaws that could use some polishing up  
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Re: TzedekChaim's journey  
Posted by Hashem Help Me - 03 Aug 2017 22:47

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Mazel tov! Wishing you a life of simcha and hatzlocha. If you start a new post please tell us.

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Re: TzedekChaim's journey  
Posted by TzedekChaim - 19 Sep 2017 00:25

it's been a while, thought I would post something. DAY 378!! With, and only because of, His help. Thank you Hashem for bringing me to this day and keeping me sober today and each Hello Chevra!!!

Some things I've learned in the passed few months:

1. a person is not responsible for their initial emotional response to something. That's beyond our control. It is then up to us to decide how to act on that something.

today thus far. What happens tomorrow is not for now. Thank you for today!  
2. If I'm feeling overwhelmed and like everything is going downhill. (Check HALT and see if I am missing in any of those four things) Am I tired, hungry, etc...

3. focus on doing. focus on doing for others and appreciating what they do for me. Not spending so much time wrapped up in my own (selfish) thoughts of woe is me!

4. appreciate the good in myself. Love myself. How can I love God or love another person if I

5. surrender the negative 'low self-esteem' or whatever thoughts the same way i surrender inappropriate thoughts. My self esteem is something I have been working on and only

6. He is running the world and I don't need to figure it out. Just had a political debate with someone. I realized after the fact that it was really bothering me. Then I was like, "what kind of silly thing is this. Do either of us really know anything about how the world is working and the political machinations at work. Can any one person possibly understand the metzius of anything really?" It's just a distraction from the real focus which is putting my life in His hands (or really understanding that my life is in His hands no matter what) and that he loves me more than I



could possibly love anything and is always there to help me even if I don't deserve/ understand at all why.

7. My wife b'H is pregnant and I noticed on the married men's forum that there is a lot of discussion about this, since pregnant women have a lot of nausea and are not up for close proximity things very much. This is fertile breeding ground for the addicts resentment and anger at why can't she just let me... But Thank God, because of all my growth here at GYE, I have made great strides and give her the space she needs, and try to do everything I can to help. (if anyone has good suggestions for thoughtful helpful things to do that would be most ) I don't want to think about what it would be like right now if I hadn't found GYE...

8.Thank you chevra for being there for me in the rough times as well as the happy times!! The trucking goes on one DAY at a time, I will try to live up to the life that HE want's me to, and not

Hatzlacha Rabba GYE'rs and to the heileger oilam here, thank you again and again.

appreciated. Surely I can't have thought of everything

ps. was listening to a DOV call, and he said a wonderful thing. Someone asked about not being sure if he was an addict. Dov's response was, "does working the program make your life significantly better?" the guy answered yes, Dov then said, "so do it. it's a teiku, when moshiach comes you'll find out if you actually are or aren't, but if doing the steps makes you better then do it" (there was a more subtle context, but the idea is great nevertheless)

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my own little selfish orb or negative/depression/anger/resentment/loneliness/poop

Re: TzedekChaim's journey  
Posted by Hashem Help Me - 19 Sep 2017 03:16

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Mazel tov on your accomplishments. Great post.

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Re: TzedekChaim's journey

Posted by TzedekChaim - 22 Oct 2017 20:33

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Ok here is the honest truth...

Let me back up a bit.

This passed shabbos was a very rough day. Super rough. I woke up shabbos day early, learned for a while before davening then I went to doze on the couch for fifteen minutes before davening. I woke up at 8:15, I thought davening was at 8:30, so I was in rush mode, everyone seemed to be dragging their feet. Then I found out davening was at 8:45. It should have been a sigh of relief, a smile, and no big deal. That's what I thought too, but i just kindof dismissed the frustration instead of flipping it to positive (doesn't really matter, not the main point here). The whole day was rough, davening was very challenging, lot's of hirhurim, etc..., the walk from shul was tough, flashy frum ladies (I was in a flashy community so some of the modesty was technical, but not in the spirit) now, that's not a reason to look, nor does it cause me to do anything. I was surrendering the whole day, surrendering lust, to Him. But it wouldn't seem to go away, Then came nap time, I was a little tired, since I had woken up late, I have been passing up shabbos naps for a while now, since I really don't need them and to me unnecessary sleep is another form of reality escape. But this case was different since I had woken up early (though if I were really honest about it I did get seven hours of sleep, so it wasn't essential). I asked my wife about cuddling a little, (I knew she wouldn't be up for more, because of how she has been feeling) When I asked, I kindof knew the answer and I even told myself, why ask if don't want to feel rejected. But I asked anyway and guess what? it was a no. I turned over and went to sleep a little resentful (even though I knew that would be the answer in advance.)

(new paragraph for reading's sake) I had a wet dream then, Remember I was still watching my eyes, and surrendering my thoughts, and surrendering to Him. Still it was what it was. I didn't let it get me down and went to learn with my chavrausa before mincha. That went well (though we didn't cover everything we needed to, we still learned well for the 40 minutes). During mariv I ) I just felt like such a faker, living a double life, even though I had made such progress in my recovery and I have acted more sanely in my life and grown in so many ways. I was battered and beaten, and at the end of the road. I felt like ten miles of bad road(kill). I said to Hashem, I understand that this is my package in life to bear, and that today was just a wreck of a day, even if it was technically sober in terms of acting out or

actively bringing thoughts into my head, or davka looking/staring at women. I said, "Please give me the strength to keep going and that tommorow will be a different, new start.

(new paragraph for reading sake) Today I realized something about the whole thing. let me back up again. For the passed couple of months, I have been working on my shemiras eynayim, my surrendering, my davening, etc... BUT, I haven't been posting here, and somehow, lust had slowly crept back in. I don't know how, it was a gradual process. and I had been fighting it without realizing it for what it was. It mainly took the form of resentment to Hashem for the predicament that I find myself in. Let me explain.

My wife b'H is pregnant and really not feeling well. Definitely not up for any bedroom stuff (kimat nothing, except for a quick good night). For anyone not in this situation you might not be able to understand, it is not a small thing especially for a newly married fellow who is an addict. Whoops! their I go trying to give excuses. None of this is an excuse, let me be clear, that is not my intention at all. What makes this situation particularly challenging is that it is always there, and I thought I had dealt with it many times, but it kept rearing its head again and again. The resentment, the feeling that she doesn't care about having sex, the feeling then that I must be a ) which made me feel rotten, and then the resentment at HIM for putting ME in this situation of not being able to be with my wife. Parenthetically, pas bisalo is really something, when we were having a normal 1-3 times a week at the beginging, it was a non issue, sex wasn't a thing in terms of looking at other women. (I think that I was very strongly working in recovery then too, so this is not a proof really that it is good, and having regular access won't solve anything as long as I think that it is MY right to have sex and the universe is only in balance if I have regular sexual activity. It hurts to write that, it hurts more not too)

Either way, it came up the first time, the resentment and I spoke it over with my rebbe, and worked it out. It was smooth sailing (

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Re: TzedekChaim's journey  
Posted by Hashem Help Me - 23 Oct 2017 03:31

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Wow! What a post! It's a pleasure having you back on the forum. You are handling a tough but normal situation quite well. Iyh you will be fine, and for the record, the severe nausea etc usually ends after the first trimester, so the distance will iyh soften..... You are a great guy - Keep up the seichel, the honesty, and the hard work.

super sexaholic (checkit, irony  
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Re: TzedekChaim's journey

Posted by TzedekChaim - 23 Oct 2017 21:34

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Today is 412, Thank you Hashem for causing me to reach here. Thank you for helping me

Thank you HashemHelpMe for your encouraging words. I really appreciate it. (way past the first trimester, but that's okay, because Hashem set it up this way so that I can have the opportunity to accept it without any conditions or strings attached such as an end date.)

ToDAY was pretty good. I had to drag myself out of bed in the morning (some residual negativity from the previous day, that's fine, I'm really passed it now). After shacharis I had a quick conversation with a friend of mine and it left me grinning ear to ear. Then I realized that so much if not all of my angst is just from swimming around in my own and often times negative echo chamber in my head. Instead of trying to reason my way out of a negative mood I really ) and call someone. It's amazing how a simple conversation can pull us into a better mood.

I was in the elevator on two occasions over the last 24 hours. I decided to say something both times instead of just remaining in awkward silence. (it turned out to be some of the most interesting elevator rides of my life)

the first one was a man who was on his way to hang with a friend and was concerned about the weather. We chatted and I, who had been driving all day in the clear sky, told him that it was really nice outside, which gave him a big smile.

The second one was a woman (who was in pajamas, and I swear was in the middle of buttoning them when the doors opened for me to enter. I actually didn't look or stare in the direction until it was clear she was decent.) without facing her directly I asked how her day was, she said nice, I commented on the weather being so nice these passed couple of days, and she got all enthusiastic about the weather. Then she added in a sad way as we were about to depart that well winter is coming and its going to get real cold soon. Too bad, she said, I wish it were so nice the whole year. I replied, then we wouldn't appreciate the nice weather. She looked at me and said in a mindblown kindof way, you are so right, Wow! She thanked me and went on her

way.

These two incidences aren't too crazy, but they show that if I step out of my little mind world and

Thank you GYE, I love you guys!

-Hatzlacha rabba All and keep the focus on all the good we do/done and not on all the good we haven't done. (maybe I'll elaborate at a later date; just something I learned today)  
into His world there are a host of interesting things out there and nice people within it.

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Re: TzedekChaim's journey

Posted by LoveU,Hashem - 23 Oct 2017 22:08

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Thedeck chaim,

if I step out of my little mind world and into His world there are a host of interesting things out

WOW! what a wonderful post! So true! Sometimes I too need to just join other people in Hashem's world and stop living in my own mind for too long! I love your perspective! Though I would never have the guts to approach another woman in pajamas.

May Hashem be in your way today!!

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