

I will make it b'e"h

Posted by MayanHamisgaber - 19 Dec 2016 23:17

Just started my 90 days journey (hopefully indefinitely) a little nervous as for years i have had very long stretches with feeling nothing and then WHAM massive fall which would then spiral out of control until someone found out. But now i have gye and everyone here who are so

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Re: I will make it b"h

Posted by Singularity - 23 Feb 2017 11:58

[MayanHamisgaber wrote on 23 Feb 2017 11:52:](#)

encouraging and thoughtful that i know i can do this for good !

I just want to sit and learn for the 4 hour seder that the yishevah has and not have to shmuz about stupidity most of the time

Oh, okay. Then we're worlds apart :D

I spoke to a Rabbi once, he agreed the *kiyum* of the chavrusa is the mild chatter, connection. I asked, then isn't that *bitul Torah*? He said, *so make time for it, like 5 minutes before the chavrusa*.

I've had chavrusas we just stop contact, never even know he exists. It's scary. We just learned for hours, days together.

Maybe it would help the other guy?

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Re: I will make it b"h

Posted by MayanHamisgaber - 23 Feb 2017 12:01

Tried that already

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Re: I will make it b"h

Posted by Singularity - 23 Feb 2017 13:24

he is a bocher that needs help and I really don't mind helping just not during seder

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Re: I will make it b"h

Posted by Shlomo24 - 23 Feb 2017 15:09

In active addiction I would plug away during 2nd seder. Not a word of batalah. How could I do such a thing?!

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Re: I will make it b"h

usually accomplish many things during seder
Posted by MayanHamisgaber - 23 Feb 2017 20:36

I do not understand the question

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Re: I will make it b"h

Posted by Shlomo24 - 23 Feb 2017 20:54

[MayanHamisgaber wrote on 23 Feb 2017 20:36:](#)

I do not understand the question

It was rhetorical.

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Re: I will make it b"h

Posted by Dov - 23 Feb 2017 21:56

Simple and obvious. You had to be extra good in seder. You needed to do somethings that were really truly good in order to counterbalance the horrible choices you were making before, during, and after acting out your lust. Most of us frum masturbaters do that when acting out is a part of our lives.

If we didn't balance it, we'd have an ever harder time acting out. The self-loathing would overcome us.

So in our acting out times, our frumkeit actually enables our acting out and makes us worse. Which is so ironic, for at the time, we were under the impression that our frumkeit was some degree of tikkun for the sins....quite the opposite was true, and Hashem knew this all along (cuz He's not stupid).

We are a hot mess in addiction.

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Re: I will make it b"h

Posted by MayanHamisgaber - 23 Feb 2017 22:11

Yep actually had an experience like that (though still think that I am not an addict)

happened about 3 1/2 years ago I did something stupid and used someone else's card to call a chat line a charge came up blah blah blah we all know how it goes.

Anyways the guy whos card I used came to me to discuss it and my chavrusah was there and helped to calm him down.

We went to call the phone company (just me and my chavrusah) to "figure" out when the call was madeI ended up telling him everything...

One of the things he told me then was that until the conversation in the B"M he had no clue that I even had a problem (something I told the other guy tipped him off)

He was surprised at first but then said after thinking about it that really it makes sense as knowing me it is not surprising that I can have 2 tracks in my brain and that is why I was able to be super focused when I wanted to be even though I was calling for hours every night and masturbating a couple of times a day at that point (I was so scared to go to the bathroom that's how bad I was)

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Re: I will make it b"h

Posted by Workingguy - 24 Feb 2017 04:58

[MayanHamisgaber wrote on 23 Feb 2017 22:11:](#)

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Like I said elsewhere, this is a dehumanizing challenge. When we act out it brings out the worst.

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Re: I will make it b"h

Posted by Singularity - 24 Feb 2017 08:22

[MayanHamisgaber wrote on 23 Feb 2017 22:11:](#)

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Sounds like it's not the bochur who needs help ;-)

But looks like you've actually *gotten* help! Kol haKavod! Now work step 12.

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Re: I will make it b"h

Posted by MayanHamisgaber - 24 Feb 2017 08:46

That story was about 4 years ago I have grown much since then

I have no problem working step 12 just really do not want to do that during 1st seder

Do not think that I am insulted by the responses if anything I appreciated them

Thank you

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Re: I will make it b"h

Posted by MayanHamisgaber - 24 Feb 2017 09:31

Have a great Shabbos

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Re: I will make it b"h

Posted by hudaugen - 24 Feb 2017 09:32

[MayanHamisgaber wrote on 22 Feb 2017 19:43:](#)

Mostly 1st seder not going so well learning with a bocher that has issues (the Rosh knows)

We all have issues, but let me know what you did about it. I am also learning with someone who want to shmooze but i just do not have patients for that until we finish the Daf and he goes like talking first and afterward when there is still time we can learn something.

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Re: I will make it b"h

Posted by MayanHamisgaber - 25 Feb 2017 21:27

Probably will white knuckle through the rest of the zman but will see....

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