

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 Shlomo24 - 26 Apr 2017 03:15

[MayanHamisgaber wrote on 25 Apr 2017 18:46:](#)

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

Can someone define clearly what it means to be in the drivers seat?

This may help with your question:

My relationship with God is a two-way relationship. A common AA phrase is "Without Him I can't, without me He won't." Sitting on my butt all day and expecting my life to change is a fantasy. Yet, I have learned that I know only a little and many things are out of my control. In the middle of that is my relationship. I believe that I'm in charge of the efforts and God is in charge of my results. Not getting into a religious discussion here, I believe that every day I have choices to make. I can choose healthy ones or not healthy ones. I can choose things that will lead me closer to God and recovery and I can choose things that will lead me further astray. It's up to me. But ultimately, this world runs on God's will (not Dunkin') and He is the provider of all sustenance. I cannot change His will. But I need to be connected to Him in order to receive his gifts. I like to think of it as electricity. A power cable is nothing but potential. That potential cannot be activated unless it is plugged into the source. I'm the cable and God is the source. So long as I'm not plugged in I can't receive his power. (There are limitations to this mashal but it makes a good point).

So I actually believe that I'm in the drivers seat. I'm the one responsible for making the decisions. But God is the one who gives me what I need. In addiction, I never got what I wanted. In recovery, I am gifted constantly. That's just my experience. Is it merely a change of attitude? Possibly. But I am seeing miracles occurring now that did not occur when I was acting out. The most basic and profound miracle of all is that I'm sober. That's definitely from Him. No idea how the hell I'm sober. It's straight-up insane.

In terms of "Let Go and Let God," that is a necessity for an addict because addiction is a disease of self-will. My problem is not lust or alcohol. It's self-will. So I need my life to be completely devoted to my HP because without that I am going to be back in my disease. I can't speak for non-addicts. Don't really understand them. Especially Mark.

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Re: I will make it b"h

Posted by MayanHamisgaber - 26 Apr 2017 04:35

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Beautiful Shlomo that was exactly what I was hoping to hear.

?Not getting into a religious discussion....but the way you said it I understand to mean that I still have b'chira to chose which way I go but after that Hashem will guide me down that path as much as I let him.

This is what I meant that my passenger side has their own brake and access to the emergency brake perhaps I should add their own gas pedal and steering wheel too....

Let me know if I am making ant sense hear anyones comments are appreciated as I am just trying to get things clear and this area seems to be very hazy to many as to me it seems that there is a common ground here for addicts and non-addicts but also this is the dividing line too...

p.s. bb I think Shlomo's post is a way of explaining what you were trying to say. Am I correct?

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Re: I will make it b"h
Posted by MayanHamisgaber - 26 Apr 2017 04:37

Oh and by the way I don't fully get Markz either but he is a reliable friend and knows how to

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Re: I will make it b"h
Posted by GrowStrong - 26 Apr 2017 07:43

[MayanHamisgaber wrote on 25 Apr 2017 18:46:](#)

Can someone define clearly what it means to be in the drivers seat?

In recovery I am hearing a lot about whats driving me.

In active addiction the obsession and then the craving comes to medicate life.

And then we are driven by the addiction.. But whats really 'driving us' is fears, resentments, shame.

I think this is the same for addicts and non addicts in the main.

Non-addicts living a balanced life might say they are driven by ambition and love and selflessness.

Normal heilige yidden might say they are driven by Fear of God and Love of God and his creation.

The point is that everyone is being driven by urges, feelings, desires and intellect.

As Shlomo pointed out, addicts are driven by a loss of self will. Which is why its so important to Let God Drive.

But this is a lesson for humanity.

At any moment in the day we need to ask ourselves (addicts and non-addicts) What is Driving Me.

We all have middot we need to work on constantly, if we didn't we would either be doing tikkun olam all the time as an emissary of God or we would have completed our task and not be here.

So when I lose the plot because the kids are going wild and the wife is sick in bed and I am unable to handle the situation I am being driven by negative forces of resentment and anger and selfishness.

What do all these middot represent.

A lack of emunah that Hashem is literally running everything, its all from Him.

This is basic mussar.

So, what we are discussing is getting to a point that everything that happens to us, both for the good and the bad, doesn't upset our equilibrium. There are two ways to do that.

To repress or to face it. Repressing it causes mounds of negativity. Facing it means being constantly aware of myself and the world around me.

Addicts are very very bad at facing life. So they need to go to the extreme of being constantly aware of what is driving them right now and ask God constantly what He would have them do.

The third step prayer is a perfect example of it as is the fourth step prayer for our fears.

The third step prayer isn't something you do once and then move on to step 4.

Its a daily renewal of asking God to show you at all moments how to act and how to react.

When I get angry or hold resentments, It is clear that something has gone awry.

Something is off.

Why is this relevant to addicts and non-addicts alike? Because as you saw while back 'home' - 'most' people are driven by selfishness and self will and by what they want from life. And those same 'most people' are in the main non-addicts.

Imagine if the world all acted at every moment with emotional equilibrium, asking God at every moment to show them the right way to react and to act in every situation as it occurs.

Shalom Bayis would be a standard. Dare I say there would be a lot less conflict in the world.

We all act and react according to whats driving us.

If we are balanced and aligned then we can drive. Because we are then using Gods GPS and not our own.

But who is balanced and aligned in the world today?

More than 36 people? I don't know. Hard to imagine it.

So i would say like this.

It's OK for us to drive. But we need to use Hashems GPS at all times. And we need to realize we are in a learner car, and God is sitting next to us with the controls.

Selfishness—self-centeredness! That, we think, is the root of our troubles. Driven by a hundred forms of fear, self-delusion, self-seeking, and self-pity, we step on the toes of our fellows and they retaliate. Some times they hurt us, seemingly without provocation, but we invariably find

that at some time in the past we have made decisions based on self which later placed us in a position to be hurt.

Addicts are driven by these fears and resentments in active addiction.

Normal people are only driven by these things when they happen and then they go back to being 'normal'.

I don't think this is a religious discussion.

I don't think God is a religious discussion.

But then I also don't think that Judaism is a 'religion'.

This is about each of us and our own personal relationship with Hashem.

Either He is everything or He is nothing.

Thats why I dont think this is about addicts or non-addicts. I think everyone can benefit from this 'mussar'.

I always used Shlomos example of the cable and electricity to explain the Mitzvot. but I see that it explains living with God constantly in my life much better.

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Re: I will make it b"h

Posted by Hashem Help Me - 26 Apr 2017 11:26

Mayan, do you realize that your challenge a few days ago was the impetus for an incredible education on this thread? The great ba'alei mussar would be so proud of the desire everyone here is displaying to get to the real truth and shed all negius. In one of your posts you apologize for how you may have come across. We have to thank you for your honesty. lyh you will continue being matzliach.

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Re: I will make it b"h

Posted by MayanHamisgaber - 26 Apr 2017 11:55

Yes this is true and is part of the light at the end of my tunnel

Thank you all again

(still working thru my feelings but getting better, davening to be able to sleep tonight as that will help tons)

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Re: I will make it b"h

Posted by bb0212 - 26 Apr 2017 13:25

[MayanHamisgaber wrote on 26 Apr 2017 04:35:](#)

p.s. bb I think Shlomo's post is a way of explaining what you were trying to say. Am I correct?

To be honest, I'm not sure what I was trying to say. I was half serious, half joking. The serious part was trying to say that if you let go and let God drive, don't worry about the consequences of God's actions, you'll be fine. just enjoy the ride

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Re: I will make it b"h

Posted by MayanHamisgaber - 26 Apr 2017 16:44

[bb0212 wrote on 26 Apr 2017 13:25:](#)

[MayanHamisgaber wrote on 26 Apr 2017 04:35:](#)

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I agree that at the end of the day one will be fine however I still worry about the consequences meaning while I will grow from them and they are for my own good that does not mean that I will or need to enjoy the ride

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Re: I will make it b"h

Posted by Shlomo24 - 26 Apr 2017 19:45

[MayanHamisgaber wrote on 26 Apr 2017 16:44:](#)

[bb0212 wrote on 26 Apr 2017 13:25:](#)

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There's a hell of a lot of thinking going on here.

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Re: I will make it b"h

Posted by MayanHamisgaber - 26 Apr 2017 20:42

Are worried about me over thinking things ?

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Re: I will make it b"h

Posted by Shlomo24 - 26 Apr 2017 22:51

[MayanHamisgaber wrote on 26 Apr 2017 20:42:](#)

Are worried about me over thinking things ?

I wouldn't say worried. Just don't know if it's productive.

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Re: I will make it b"h

Posted by bb0212 - 27 Apr 2017 05:00

[Shlomo24 wrote on 26 Apr 2017 19:45:](#)

[MayanHamisgaber wrote on 26 Apr 2017 16:44:](#)

[bb0212 wrote on 26 Apr 2017 13:25:](#)

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Re: I will make it b"h

Posted by MayanHamisgaber - 27 Apr 2017 11:19

I will now take the advice of Singularity (which I not so nicely ignored way back in the beginning of this thread)

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Re: I will make it b"h
Posted by MayanHamisgaber - 27 Apr 2017 11:20

It DID help I feel lighter

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