

My Book of Business

Posted by Shivisi\_Hashem - 19 Apr 2017 16:41

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Hi all ????? ???? ????,

I'm starting again my 90 days after being clean for the first time for 2 weeks, 14 days, I hope it will be an ????? ???? ???? , you can read here my 30 year story, <https://guardyoureyes.com/forum/19-Introduce-Yourself/310830-my-long-%D7%A0%D7%A1%D7%99%D7%A2%D7%94-of-almost-30-years> and I hope to be here daily with my ups and down daily, I feel that will help me get out of my sickness.. with all your support and Chizuk

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Re: My Book of Business

Posted by Ihavestrength - 17 Aug 2017 14:08

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[dms1234 wrote on 17 Aug 2017 04:28:](#)

Just to pipe in: my first sponsor said that (this is directed for addicts) sobriety is very important for recovery and that i need to count my recovery and every meeting announce how much sobriety i have. (Before this, i was saying "about 2 weeks" etc) Because i cant really recover without sobriety. If i am filled up with lust then how am i supposed to be in the right headspace? How am i going to feel my feelings if i keep running away? So counting is important for me. So i can be grateful to God for keeping me sober! So i can keep moving in the right direction. So i can work the steps probably. Do i only count? Absolutely not. Its not even one of my real tools! But i do announce it at meetings. I dont usually concentrate on it so much as it is one day at a time but it still is important to remember once in a while.

I will note that as much as it is important to remember my sobriety date, it is even more important to remember how powerless i am over lust and how unmanageable my life is. How i cant stop lusting, how it ruins my life. That is step 1 and that is the foundation of the program.

(ps. I didn't ask my sponsor about does a person lose what he had before. I could argue both ways. But if this is truly a life or death disease to me then at some point it could be!)

I think you made some great points. In paragraph 1 you talked about how without sobriety, how can one recover? I think that's brilliant.

I think there is another reason counting with an actual sobriety definition is important. If your definition is vague, especially if it's very broad, (unreasonably tough) you are setting yourself up for failure. If you have unrealistic ideas about what sobriety means you will destroy your ability to see progress, even where it exists.

In paragraph 2, you spoke about step 1 as being even more important than counting. I think this is smart. For many people, counting and seeing many days of sobriety leads them to feel that they *do* have power over lust, and that their life *is* manageable ("Look I've been sober for 90 days"). So, always remembering your history and present reality of powerless is of supreme importance.

("The word supreme is so cool, no wonder the Ayotollah of Iran chose it for his title")

In your last paragraph you touched on the topic "do you lose your past gains after a fall".

Here's my two cents: From a Jewish perspective definitely not. You went X amount of time not doing aveiros. Maybe even got a mitzva of sur mera.

From a disease perspective probably not either. Would have been better to be acting out all this past time and feeding the addiction? No, right? So you *gained something*. You are better off for doing it.

So I would say the following: I definitely lose something by acting out, but do I lose the past clean days? To say yes would be a bit ridiculous in my not so humble opinion.

However, using this logic to abstain from taking action (especially when you see that what you're doing clearly ain't enough (you keep falling) probably won't be helpful.

Peace

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Re: My Book of Business

Posted by Shlomo24 - 17 Aug 2017 17:30

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Great stuff. My experience shows that I did not lose what I gained during a relapse or slip. In fact, the past 2 times have been a catalyst for more growth. But that's only because I got back on track. If I would have stayed off-road I wouldn't have because I would have been overtaken by my sickness. I don't count days though, because in my experience, counting days has been toxic. It would give me a larger ego and I would go into fantasy about how many days I can rack up. Keeping it in today had been the best for me. My Sponsor does the same thing also.

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Re: My Book of Business

Posted by Shivisi\_Hashem - 17 Aug 2017 18:06

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[dms1234 wrote on 17 Aug 2017 04:28:](#)

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counting, shouldn't be THE tool, but it definitely helps going further, knowing where you are on this world, am i doing good or not, counting as a goal is contradicting of working on a daily basis, but counting do helps just to know that I'm doing well...

lust is here to stay, it's part of the ?????, so of course we are powerless about it, and we have to take out the good use of it, and not the bad,

a person doesn't lose any good doing, every moment we don't act out, again every second moment hour day days we stay clean, goes on our account, and we will definitely be credited for it.

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Re: My Book of Business

Posted by Shivisi\_Hashem - 17 Aug 2017 18:10

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[lhavestrength wrote on 17 Aug 2017 14:08:](#)

[dms1234 wrote on 17 Aug 2017 04:28:](#)

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However, using this logic to abstain from taking action (especially when you see that what you're doing clearly ain't enough (you keep falling) probably won't be helpful.

Peace

what a great post!!!

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Re: My Book of Business

Posted by cordnoy - 17 Aug 2017 19:02

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lust is here to stay, it's part of the ?????, so of course we are powerless about it, and we have to take out the good use of it, and not the bad,

It (lust) is/was not part of Creation. There is nothin' good about lust (although I am extremely friendly with it).

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Re: My Book of Business

Posted by Shivisi\_Hashem - 17 Aug 2017 19:20

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[cordnoy wrote on 17 Aug 2017 19:02:](#)

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disagree, Chazal destroyed the lust for ????? and left us with ????? for a reason

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Re: My Book of Business

Posted by cordnoy - 17 Aug 2017 19:29

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Shtussim.

Lust is not tayvah.

Lust is the misuse of certain desires.

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Re: My Book of Business

Posted by cordnoy - 17 Aug 2017 19:37

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And, by the way, the reason this distinction is important is because many here see a pretty human on the street and desire to be intimate with that human. They scream, "oy vey, I'm lustin', gevalt, where did I put my sponsor's number?" Wrong! They desired; if they act upon their desire (fantasy, act out, sexual talk, etc.) - that is lustin'.

And further for those who are married: if you desire to be sexual with your wife, that is not lust. It is lust when you misuse that desire (e.g., you fantasize about her naked body, you cajole her excessively into being intimate, you compare her to other women, etc.).

Desire is part of Creation; lust is/was not.

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Re: My Book of Business

Posted by Shivisi\_Hashem - 17 Aug 2017 19:41

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## **Day #2**

finally, im at the second time TODAY in my new cycle.... and i will hopefully not be anymore at day #2, im so excited that im still part of GYE, after falling there is big chances to give up, but ) im not giving up, im still a fathers a child, i still love hashem, and i will always try to do what he likes,

Hashem, thank you, for helping me to survive, thank you all of you on GYE, I'm clean only because of you, it has nothing to do with me... I'm powerless, I wouldn't be clean today without your help, I'm very happy that I'm part of this chevrah, without you, I wouldn't be where I'm today.

Thank you all!!!

**Let's Stay Strong! Let's Stay Clean! And let's be positive and happy, Yes! We can! And Together!**

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that's not me, i keep on marching (marks doesn't like to march, only trucking....

Re: My Book of Business

Posted by Shivisi\_Hashem - 17 Aug 2017 19:46

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[cordnoy wrote on 17 Aug 2017 19:37:](#)

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Desire is part of Creation; lust is/was not.

thank you for the clarification, but i think "lust" is interchangeable...

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Re: My Book of Business

Posted by Gevura Shebyesod - 17 Aug 2017 20:04

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[cordnoy wrote on 17 Aug 2017 19:37:](#)

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**Desire is part of Creation; lust is/was not.**

Great post, but...

Lust (defined as desire out of control) is definitely a part of creation, or at least the capability for one to choose to lust. But it's not inevitable or necessary for the world to function. Desire, on the other hand, is a necessary part of the functioning of the world.

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Re: My Book of Business

Posted by cordnoy - 17 Aug 2017 20:07

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[Shivisi Hashem wrote on 17 Aug 2017 19:46:](#)

[cordnoy wrote on 17 Aug 2017 19:37:](#)

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I don't.

The reason I'm being persistent is because the definition of "powerless" is completely different based on your understandin' of the word lust, and then the whole relyin' on God changes, and that my friend is why some people white knuckle and some people recover.

B'hatzlachah to all

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Re: My Book of Business

Posted by LifneiHashem - 17 Aug 2017 20:17

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[cordnoy wrote on 17 Aug 2017 19:37:](#)

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very clear and articulate distinction between desire and lust. Thank you!

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Re: My Book of Business

Posted by cordnoy - 17 Aug 2017 20:43

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[cordnoy wrote on 17 Aug 2017 19:37:](#)

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Yep.

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