

Slogging Through the Muck

Posted by habaletaher - 16 Dec 2009 09:28

Hello to everyone,

This is my first foray into the world of GYE, and I'm really hoping that it will become a real force in my life, as I've been battling the other forces for too long.

I'm happily married to a beautiful and loving woman, and together we are raising a bunch of wonderful children, yet there is a side of me that no one knows about, a side of me that has been eating away at me for almost as long as I can remember. That side of me is the Mr. Hyde to my Dr. Jekyll, the crazed sicko who gets set loose at night and does horrific shameful things. Being a true ohaiv Ha-shem, who really loves the aibishter and his torah and mitzvos this creates an enormous amount of conflict in my life, leading me to feelings of isolation despite being surrounded by people who love me, and despair despite leading a relatively successful life.

To compound those feelings, I am involved in avodas hakodesh, so while people are looking to me for inspiration, I'm sometimes involved in things that if they had the slightest clue of, they would pillory me in the town square. This makes me feel even more like a fake and a fraud despite the fact that all I really want to do in my life is bring people closer to Avinu Shebashamayim. Many times, I have thought about quitting, recognizing that I'll never really be able to inspire others if there's no gas in my fuel tank, but I'm reminded of the fish's response to Rabbi Akiva, "If in the water, the place of our life, we need to fear, how much more so on dry land, the place of our death!" So I guess I will try to stay close to the water, (besides all the teaching I do, I personally learn for hours every day, sometimes immediately followed by a most inglorious session of shmutz!), and just keep trying to slog through the muck.

I hope you can give me the chizzuk I need to make it out of my living hell.

Habaletaher

PS I can't even say Day 1! Maybe tomorrow!

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Re: Slogging Through the Muck

Posted by habaletaheer - 18 Dec 2009 08:27

WOW, everyone, I'm truly humbled by the great number of people who have come out in support of me, and what I'm going through. I see that everyone is stressing that I should read the handbook and the guide, and I will have to get to them soon (does anyone hear the Y"H in that one????). Ironically, I'm a really really busy guy, and usually only get four hours of sleep (yes I know that makes it all the easier for the Satan to get me, I'm not at full strength...). So I'm having a hard time putting aside the time to read them, even though I always somehow found the time for shmutzzy shmutzzy even if that meant I would only get 3 hours of sleep and feel bombed the next day!

I'm two days clean!!!

That would sound so much cooler if it was two hundred days clean!!! but hey, two ain't bad either.

Thanks again, I really look forward to getting to know all of you better, and hope that I will be in a position to offer more chizuk in this area to others (although I sort of do already when talmidim of mine come to me with problems in this area)

Haba

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Re: Slogging Through the Muck

Posted by habaletaheer - 18 Dec 2009 09:11

[Rage ATM wrote on 16 Dec 2009 16:07:](#)

haba,

welcome and thank you...i am not a talmid chuchum...in fact im probably your everyday am haaretz through and though...but i am observant and i also felt the contradicting life...it hurt...but the thing is, an addiction is a disease...just like a talmid chuchum and an am haaretz can both get rabies or allergies or prostate cancer, they can both get this addiction...and the truth is, contrating this disease was not our fault...we were born into a world that didnt give us much of a chance in this war...we were born into an age where the efforts to turn everyone into mindless drones that worhip sex and lust is too great...but as the titanic is sinking, this little padddle boat is filling...and we're not just gonna paddle to shore but we're gonna fill that hole thats sinkin the ship...so we need you, especially since you are a talmid chuchum...thank you for joining....

heres the other thing: there are specific tools designed to treat this disease...please use them...youre not gonna beat this by upping your daily dosage of frumkeit...you will beat this by using the tools designed to treat addictions...good luck...

Thanks so much for your chizuk Rage. I actually used to love RATM in a former life, but maybe more on that some other time. The truth is that in this area there are no talmidei chachamim and amei ha'aretz, there are just a lot of people trying to figure out a way to escape an addiction that has smothered their potential and threatens to snuff out all their simchas hachayim. You can be my Rebbi, even if I can learn a blatt gemara faster than me. The way I see it, is I'm hoping to find a lot of Rabbeim on this site, from all walks of life and learning levels!

Thanks again,

Haba

I'm just gonna keep rollin down Rodeo with a shotgun... cuz I can't waste a day when the night

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Re: Slogging Through the Muck

Posted by imtrying25 - 18 Dec 2009 10:01

Haba Haba Haba what the heck am i composing a song or something. Yeah dude im weird. Say it again. IM WEIRD. But what could i do about it. My point though. One day at a time. On minute at a time. And in extreme situation one freakin second at a time. Keep the 200 for the racers in the olympics. We ride tricycles here. We are the turtle. we let the rabbit run run run till he ends up in hell. We crawl crawl crawl till we end up in a better place. No offense Rage i think youll end up in that better place too. Sorry just felt i needed to voice my opinion.

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Re: Slogging Through the Muck

Posted by habaletaher - 18 Dec 2009 10:10

[imtrying25 wrote on 18 Dec 2009 10:01:](#)

Haba Haba Haba what the heck am i composing a song or something. Yeah dude im weird. Say it again. IM WEIRD. But what could i do about it. My point though. One day at a time. On minute at a time. And in extreme situation one freakin second at a time. Keep the 200 for the racers in the olympics. We ride tricycles here. We are the turtle. we let the rabbit run run run till he ends up in hell. We crawl crawl crawl till we end up in a better place. No offense Rage i think youll end up in that better place too. Sorry just felt i needed to voice my opinion.

All I want are some frikkin turtles with machine guns on their backs! They crawl, but they also have firepower. Imagine that: "I, Haba Haba Haba, condemn you Mr. Yetzer Hara Man to die at the firing squad. Your crimes are: making life miserable for all of humanity, and hurting Yaakov Avinu's leg. Turtles, aim, steady, fire!"

OK it's 5AM for me, I'm on a massive sleep deficit, and I still need to learn for about an hour before I can go to bed. But the good news is tomorrow will be 3! And you know we Jews love the number 3! Balance my friends, balance, that is true beauty in life, it's also known as tiferes. Unfortunately most of us are here for balance deficits, but 3 is a good goal for me. And if I don't

get off this computer right now, I might not make it to three, so I have to call the turtles in for the night!

Have a Good Shabbos!

Haba

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Re: Slogging Through the Muck

Posted by imtrying25 - 18 Dec 2009 10:12

Good shabbos to you too. Haba haba haba. Keep on firin' youll get through the front lines soon.

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Re: Slogging Through the Muck

Posted by habaletaheer - 18 Dec 2009 11:29

OK, it's 6:22AM, I'm going to bed clean for the day/night. I've been trying for years to figure out a system where I go to bed early and wake up early instead of going to bed real late and waking up late. It's obviously easier to fall when you have the whole house to your quiet self for a good four hours a night, or actually not just to your quiet self, there's also that little voice that creeps in about 10 mins after it gets quiet and says "Let's go check out...."

I used to have a filter that shut down my computer every night at midnight and then turned it back on at 8AM, but I don't anymore. There were too many work things that I do get done between 12-8...

I want to get an accountability partner for my internet filter, but here is my reservation, maybe some of you could help me with this.

If it's someone I know, well, I don't really know anyone who could know about my problem without it being really bad, because I am a public figure

If it's someone I don't know, like someone from this site, I don't really feel any responsibility toward them because they don't know me....

How have you worked on this?

Thanks,

Haba

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Re: Slogging Through the Muck
Posted by the.guard - 18 Dec 2009 11:53

habaletaher, what about k9? See this page: www.guardyoureyes.org/?p=24

For accountability, check out this page: www.guardureyes.com/GUE/Filters/Accountability.asp

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Re: Slogging Through the Muck
Posted by Eye.nonymous - 19 Dec 2009 18:00

Yeah, K9 works pretty good.

Keep up the good work!

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Re: Slogging Through the Muck

Posted by imtrying25 - 19 Dec 2009 22:36

Yes k9. I get complaints all the time about my k9. Speak to uri. Hes so mad i cant read his blog. maybe look around the forum and see if you see soeone who ticks you the right way and have him be your partner. Nothings foolproof man.

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Re: Slogging Through the Muck

Posted by Holy Yid - 20 Dec 2009 02:53

Welcome, sorry it took me so long to welcome you.

There are many chashiva people here. Many people living the double life. My friends complement me on my self disipline but in front of the web I fall apart.

I am a bachor in Yeshiva and many people have big hopes for me but till a few months ago I carried a monster in myself.

I started here about 5 months ago and I thought I would never ever ever get to 90. I am now BH more than 4 months clean.

Post often, tell us what you are thinking. You need to get out of your mind. This will increase your self awareness and self acceptance. Good luck and we are rooting for you.

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Re: Slogging Through the Muck

Posted by habaletaher - 20 Dec 2009 07:38

Hi,

Once again, thanks everyone for your support, it really is making a difference. Just now (2:34AM) all is quite in the house and Y"H started telling me "just go look, but you won't do anything..." but I didn't because today I'm at 4!!!

I don't want to lose that, and I really would like to see 90, so thanks to all of you for the first time I held myself back because of the GYE community, SO MANY MANY THANKS TO ALL OF YOU!!!

As of right now I have Bsecure, how does that compare to K9 or covenant eyes? (I only have the filtering as of right now, and as all of you know there are many ways around it, is it the same thing with K9?) Also, as of right now, I'm not using the accountability email feature they have).

Thanks to all of you for supporting me, and helping me slog through the muck.

A Gut Voch,

Haba

PS Funny Line of the Day: My computer beat me at chess, but he was no match for me in kickboxing!

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Re: Slogging Through the Muck
Posted by the.guard - 20 Dec 2009 14:29

Haba,

It's great to have you here as part of this holy family!

If I was you, I would add k9 **on top** of the other one, and follow the instructions on [this page](#) so that you don't have access to the password....

If you like "funny lines of the day", read through the 20 pages of [the depressed person's chill spot!](#) ;D

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Re: Slogging Through the Muck
Posted by Holy Yid - 20 Dec 2009 17:51

Mazal tov on hold back. I am glad I was a help. One question- what are you doing online at 2:30am? Please make a curfew and a penalty for breaking it. I do this and it is a wonderful tool. Keep up the good work. We want you to succeed.

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Re: Slogging Through the Muck
Posted by the.guard - 20 Dec 2009 18:44

awesome rap, rage! did you make that up? if not, send me the original PLEASE

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