

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 the.guard - 24 Jan 2010 10:55

I may be a little unconventional here, but **what were you doing** at a Basketball game that has cheer-leaders and thousands of pretty women milling about in the stands? Not a very healthy place for an addict, to say the least... I'll be dan lekaf zechus and assume you are a Rebbe who had to take the class... But even so, if I was you, I'd have played sick or something... If you were allergic to peanuts, would you eat in a restaurant where most of the food uses peanuts in the ingredients?

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Re: Slogging Through the Muck

Posted by imtrying25 - 24 Jan 2010 11:57

No need to go into the lions den and be happy we came out clean. Lets just stay as far away as we can, no??

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Re: Slogging Through the Muck

Posted by habaletaher - 25 Jan 2010 05:44

Anyway, I commend your strength, but next time, let's try not to be "strong" and just be "safe" I appreciate the being dan likaf zechus thing and all that, but the truth is that I was not a rebbe who had to go with his class, I just went with a bunch of my friends... I'm not holding by giving up on going to any sporting event just because there are gonna be ppl not dressed tzniyusdike, if that is the case, I can't take my family on a chol hamoed trip anywhere, I can't take my kids to a local park from March till September, nor can I go far out of my backyard during the whole summer.... (obviously cheerleaders are worse than regular not tznius ppl, but the point made was that I shouldn't go to the game also b/c there are gonna be thousands of pretty women milling about) if I'm allergic to peanuts, I'm not going to go into a restaurant where most of the food uses peanuts, but neither am I going to stay in my peanut free basement for the rest of my life....

Could be I'm totally wrong... I'm not sure...

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Re: Slogging Through the Muck

Posted by Ineedhelp!! - 25 Jan 2010 05:51

Weather we have an addiction or not we still must keep away from places that will have untzniusly dressed people. Of course we cant lock ourselves in a box and keep our head in a sefer the rest of our lives. We have to make a Parnassah. What we are trying to do here is to be able to go into this world where we NEED to go and not have these thoughts that were having. That doesnt mean after we recover we can go to a beach. Kal Vechomer we cant because we know the potential loss involved in it.

-Yiddle

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Re: Slogging Through the Muck

Posted by OneLife - 25 Jan 2010 16:26

[habaletaher wrote on 25 Jan 2010 05:44:](#)

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OK, geveer.

i see that some of us made a switch from beeing proud of you to beat you a little.

;D ;D

chazal spoke about that issue, that if one need to go from point A to point B and he has two ways to go through. the first way is long but clean and the second way is short but there is *pritzus*, and he went through the second way and guarded his eyes very well, so he didn't see nothing untziously.

chazal said that in spite of he didn't see something bad, we call him RASHA (evil).

so, i want to beat you a little too.
now you know what chazal think of your action.

by the way,

KUTGWG!!

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Re: Slogging Through the Muck
Posted by bardichev - 25 Jan 2010 16:57

What are cheerleaders??

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Re: Slogging Through the Muck

Posted by silentbattle - 25 Jan 2010 17:49

We all have things that we're working on, and we're all growing. And sometimes we need a wake-up to remind ourselves that we really are alcoholics, and walking into a bar isn't a very bright idea. I just had a moment like that (but far, far worse) with my therapist.

Nothing like a slip or a fall, but the equivalent of walking into a bar, being sure of my own power and control over the situation. Which of course, is always fueled by my needs and insecurities. Big mistake.

Be thankful that you escaped unscathed, and be proud of that - but learn from the experience, too.

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Re: Slogging Through the Muck

Posted by the.guard - 26 Jan 2010 00:43

As we recover from the addiction more, we start to notice how sensitive we are to triggers... Unfortunately, we have to make some changes to our life-style a bit... Yes, Chol Hamo'ed you may find yourself looking for non-mixed crowds, or at least only religious areas to take your kids... And staying home more often, etc. We are allergic and need to try and avoid potential).

Haba, you have made HUGE changes in your life already. From someone who was not religious (if I understood from your posts), you have become a major teacher of Torah and a major Talmid Chacham. For someone who has gone so high and so far, is it too much to ask of

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Re: Slogging Through the Muck

Posted by imtrying25 - 26 Jan 2010 00:44

[guardureyes wrote on 26 Jan 2010 00:43:](#)

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places of trouble as much as possible (not more

Re: Slogging Through the Muck

Posted by OneLife - 30 Jan 2010 22:51

HABA....???

how you doing man??

shavua tov!!

yourself to perhaps consider giving up "sport games" for the sake of your sanity?

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.....or else you wanna become the famous baseball rabbi!!! :D :D :D :D :D :D :D :D :D :D :D :D

Re: Slogging Through the Muck

Posted by the.guard - 30 Jan 2010 23:19

Uh oh, I hope I wasn't too tough on him...

Don't leave, K? We love you!

Keep on trucking NMW.

Even if you had a fall. That's what we're here for.

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Re: Slogging Through the Muck

Posted by Kollel Guy - 30 Jan 2010 23:45

Yeah man, where are you?

It feels like I haven't seen you around in a while...

Hope everything's ok.

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Re: Slogging Through the Muck

Posted by aryehtahor - 31 Jan 2010 03:49

Regarding the b-ball game, I think we have another case of needing a posek on histaklus issues. While online friends may not know someone as well as a real-life Rav, the real-life Rav probably doesn't know about the lust addiction. So that creates a problem. See here : www.guardyoureyes.org/?p=1997 for a page about "Where can I ask a Halachic Question about intimate issues anonymously?"

I happen to know that sporting events are a whole sugya. Of course they go back to Roman times and maybe before. When an issue like this came up for me, my rebbe showed be the Mishna Brura on it. Ayin Sham!

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Re: Slogging Through the Muck

Posted by Ineedhelp!! - 31 Jan 2010 03:52

Where is this Mishnah Berurah? I would definitely like to see it inside!

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