

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!

=====

====

Re: Slogging Through the Muck

Posted by Steve - 07 Mar 2010 18:54

Well, I did it. I took those two extra shots in a l'chaim for your first 80 days, and your beginning your next round of clean days ahead. Haba, I love you. Life is all about ups and downs. The YH almost had me last week, i even got so close to the fence i could HEAR his voice in my head saying "c'mon, just this once, just click here, it's no big deal..."

I am no better than you. I held myself back THIS time. But i shouldn't have come so close to that line!! i was a hairsbreath away MAMASH from falling also. What about the future? SO I HAVE REDRAWN THE LINE AGAIN, this time further back than before. Building a Fence, like chazal did, to avoid the real breach.

Haba, we are all the same. Just as strong as each other. Listening to that YH and falling is not a sign of weakness, it's a sign we are HUMAN. IT'S OK TO ACCEPT THAT WE ARE HUMAN. You didn't fall because you were rebelling against Hashem, you simply made a mistake. You have learned the way WE ALL HAVE that the first step over the line is really a tumble off a cliff with nothing to hold onto, till you hit bottom.

Don't let it depress you. This new tekufah you can be much more aware of the poison and seek to stay away. don't let the YH convince you, with ideas like "enjoy your trip with me at your side for now, then when you get home you can begin another 90."

Haba - Hang in there, and remember we all love you!!

KOT!!

=====
=====

Re: Slogging Through the Muck

Posted by OneLife - 08 Mar 2010 08:28

Haba, my dear friend.

what can i say after steve ...??

i agree with every word of him,

just to add that i love you too.

so keep up the great work!! you simply gonna do that again - 90 days clean is over here!

we will wait to you to LECHAYIM. :D

=====
=====

Re: Slogging Through the Muck

Posted by Steve - 10 Mar 2010 04:53

yea, and dont make me wait too long...my mouth is getting dry...

Does anyone here think that i'll need REAL AA after i get thru with the SA stuff...? Bards?

=====
=====

Re: Slogging Through the Muck

Posted by habaletaher - 11 Mar 2010 07:33

Dear Friends,

You guys are the absolute best giving me chizzuk in this lull in my life. I'm finding it hard to get back up and restart the fight.

I still want to have the L'chaim with you OL and Steve, let's figure out a time when we can get on a conference call....

Steve, I can't tell you how thankful I am that you had those two l'chaims for me this past Shabbos, I can't say I got up just yet, I had another fall yesterday, but immediately after the fall, I installed accountability software that goes to my Rav, and I'm really hoping that does the trick.

One day soon, I will try to roar again!

)

=====
=====

Re: Slogging Through the Muck

Posted by silentbattle - 11 Mar 2010 16:24

Every moment, we have an opportunity to move forward, and grow. You've seized your opportunity, and that is incredibly beautiful!

You've already roared!

=====
Thanks for all your chizzuk, I appreciate it so much (and Steve, I don't mind the longish posts
=====

Re: Slogging Through the Muck

Posted by the.guard - 11 Mar 2010 17:50

If you're finding it hard to get back up, then you haven't learned the #1 Yesod on GYE, which is that Hashem looks for progress, not perfection. The fact you can't get restarted is because of the fear that you might fall again soon (on your trip, or whatever), so you say "what's the use"? That means you are looking at recovery as something that has to be "prefect", or you're looking for "prefect streaks". It's not that way at all. Every day clean is infinitely precious. Also, the merit of every time we say "no" builds up to give us koach for longer and longer clean streaks. It's all about progress, one moment at a time. A fall last week has nothing to do with this moment NOW.

Yalla, kum chaver!

=====
=====

Re: Slogging Through the Muck
Posted by habaletaheer - 12 Mar 2010 02:07

Arggggh! That's the sound of the battle raging inside me right now - literally raging like you can't imagine!!!!

=====
=====

Re: Slogging Through the Muck
Posted by bardichev - 12 Mar 2010 02:14

Talk it out to uncle bards

We are sitting in the back of a shteebil over two cups of cofee

Let's shmoooze!!

=====
=====

Re: Slogging Through the Muck
Posted by Steve - 12 Mar 2010 05:14

haba,

Bards has taught us all how an Eved Hashem falls and gets back up again.

YOU ARE ALSO AN EVED HASHEM! That should give you SIMCHA, not depression!

DO NOT DESPAIR, HASHEM LOVES YOU!! **YOU!!** EVEN JUST AS YOU ARE, Human, with all your faults.

Just DO IT! You can! Daven to Hashem for the strength, then WALK AWAY from the battlefield. Don't sit there with your finger poised over the mouse button, "should i or shouldn't I?" Take your hand away, get out of the chair, go outside on this beautiful day for a walk. Call a friend, or a chaver like Bards, talk it out!! Get out of isolation. If nights are hard, take a natural sleep aid and get to bed early, get 8 hours of shut-eye. follow the shulchan aruch about sleeping on your side.

I know you can succeed. Why? Because you've done it before. That shows you have it in you. Every day clean is a priceless victory. GET ONE. Then take the next day as it comes, and GET ANOTHER ONE.

One day at a time... PROGRESS, not perfection.

I love you, Haba, Have a GREAT, AWESOME Shabbos!!

=====

Re: Slogging Through the Muck
Posted by bardichev - 12 Mar 2010 12:44

Haba

Just walk away!!

Adois!

Ciao!!

Walk away!!!!

=====

Re: Slogging Through the Muck

Posted by NOYA - 12 Mar 2010 14:38

Haba, vayter in shas. mir darfen gayn vayter and not look back. 80 days is awesome and I admire you for getting that far. You're special and going to make it all the way next time!

=====

Re: Slogging Through the Muck

Posted by bardichev - 12 Mar 2010 15:30

Yupppp!!yupppp!!

Trust the guys!!

Yes u can!!

B

=====

Re: Slogging Through the Muck

Posted by silentbattle - 12 Mar 2010 20:21

Haba - how are you doing?

Hope you have a great shabbos, my friend!

=====

Re: Slogging Through the Muck

Posted by habaletaheer - 12 Mar 2010 21:54

Man-o-man, I wish I had something good to report...

I wish I could say that I'm restarting my climb, but unfortunately, I'm not. I'm gonna lay in the

But at least I have Shabbos coming, I can't Wait!!!

=====

muck for a while