

Just Starting

Posted by humanbeing - 04 Jan 2010 17:34

Hello fellow brothers,

I can't begin to describe my feelings of love and gratitude to all you kind Yidden. Kal Yisrael Araivim etc. and now I can truly see I'm not alone...

A little about me - I'm 32 years old with 4 B"H beautiful children and a very wise wife whom I truly love and cherish.

I have been struggling with remaining clean since I'm 15/16 years old...I fall once or twice a week since then.

When I got married (8 years ago) I was able to control myself for quite some time. However, the pressures of Parnossoh and the pitfalls of the high speed internet. R"L... Due to technical difficulties (I marked 1/1/2009 instead of 1/1/2010 as my first day) mistakenly my wall of honor post shows a previous streak of 364. I am now clean for 4 days since the Goyishe New Year and I hope to make that 364 days clean (and beyond) a reality.

I hope to find a sponsor or at very least a partner to whom I can entrust my internet filter/Accountability software. I will need that person to spend time in the beginning to tweak the settings since I have to use the internet extensively as part of my job. Unfortunately, I spend many hours alone in my office...I pray that this accountability and sense of community will help me attain a daily victory over my Yetzer Horah and desires for many years.

I also hope to find a Phone Group that would work with my schedule...I'm in the West Coast

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Re: Just Starting

Posted by humanbeing - 04 Jan 2011 23:44

thy will not mine be done...

Directions to the Road to Recovery: Got to Hell, and then make a U-Turn!

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Re: Just Starting

Posted by Yosef Hatzadik - 18 Jan 2011 22:47

[humanbeing wrote on 21 Dec 2010 00:25:](#)

Thanks for asking Tzadik.

Well, I am asking again now. :D

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Re: Just Starting

Posted by humanbeing - 19 Jan 2011 18:16

I'm having a good day today Adank Gut...Learning to take it day by day

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Re: Just Starting

Posted by Yosef Hatzadik - 19 Jan 2011 18:23

Reb **Humanbeing**,

We like to hear your updates. Why to we have to beg for them? :-\

(BTW, We are happy that you are fine - with Hashem's help.) ;D

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Re: Just Starting

Posted by humanbeing - 20 Jan 2011 22:38

Yosef Hatzadik - I'm so touched and grateful for your request/beg.

Like most addicts I'm very good at pontificating and spouting deep spiritual philosophical words of wisdom. However, i'll just try to stick with what I'm truly working on in regards to my 12- Step Program today, because in truth for me Elazar, the sex addict everything else is reallly Bull.

I've been working on my 4th Step for the 2nd (for real this) time. With Hashem's tremendous Rachmanus and completely unearned kindness I was able to pinpoint a resentment this morning which involved 3 people and one institution. I went trhough the steps of finding where I was at fault and sincerely, almost desperatley (because resentment will kill me if I hold on to it) Davvened for the people I was angry with. I have listed over 120 people and institutions I have resentment and now I'm working on column two listing with a few words what they have done wrong to me.

Yosef if you're interested in hearing more about my 12-Step Program work just ask no need to beg.

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Re: Just Starting

Posted by humanbeing - 01 Feb 2011 19:40

Hashem please help me to remove fear and self seeking from my life. Your will not mine be done!

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Re: Just Starting

Posted by ZemirosShabbos - 01 Feb 2011 19:42

amen!

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Re: Just Starting

Posted by Yosef Hatzadik - 01 Feb 2011 19:44

[humanbeing wrote on 20 Jan 2011 22:38:](#)

Yosef if you're interested in hearing more about my 12-Step Program work just ask no need to beg.

Asking

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Re: Just Starting

Posted by Yosef Hatzadik - 01 Feb 2011 19:46

[humanbeing wrote on 01 Feb 2011 19:40:](#)

Hashem please help me to remove fear and self seeking from my life. Your will not mine be done!

I think that when you are finished with the wonderful 12 Step program **HumanBeing's** will & Hashem's will will morph into one. :D

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Re: Just Starting

Posted by humanbeing - 02 Feb 2011 22:46

[Yosef Hatzadik wrote on 01 Feb 2011 19:46:](#)

[humanbeing wrote on 01 Feb 2011 19:40:](#)

Hashem please help me to remove fear and self seeking from my life. Your will not mine be done!

I think that when you are finished with the wonderful 12 Step program **HumanBeing's** will & Hashem's will will morph into one. :D

Amein v'amain...My greatest focus every day is for my will (my E.G.O. (edging G-d out), desire for control, resentments, being oh so judgmental, being afraid, guilt, arrogance and condescension and of course the best self serving oh so comfortable self-PITY) to be in line with hashem's will. It takes a lot of davvening and Hashem's unearned rachmanus.

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Re: Just Starting

Posted by humanbeing - 02 Feb 2011 22:56

[size=8pt]...when you are finished with the wonderful 12 Step program...

You mean when Moshiach comes! :D ;D :D

Till then, every day (a few times a day), I have to knock it into my head how I'm powerless over the deep human defects of my character and beg hashem to help me remove them from my thoughts and heart. If resentmnets and fears fill my life and brain there is no room inside me for Hashem's will to shine through.

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Re: Just Starting

Posted by humanbeing - 11 Feb 2011 22:31

A Gutten and gebenchte Shabbos.

Hasshlech al Hashem yehavecho V'hu Yechalkelecha

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Re: Just Starting

Posted by silentbattle - 12 Feb 2011 19:42

Hope you had a great shabbos, and that you have a fantastic week!

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Re: Just Starting

Posted by humanbeing - 14 Feb 2011 20:45

Amein!

One day at a time.

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