

Momo II: Another try

Posted by Momo - 17 May 2009 10:10

Hi everyone,

After originally joining this forum, my first streak was the best for me (24 days). That was accompanied by almost daily posts and the chart. More important than the number of days, during this streak I really felt the Kedusha and that was an amazing feeling. I felt that I was actually getting rid of lust from within me. However, after I fell, I gave up with the forum and chart, and had smaller streaks. I make efforts to try again, however, I never reached the feeling of Kedusha during the shorter streaks (that were between 5 and 20 days). I also never felt that I was getting rid of the lustful feelings. I was just counting days until the next fall.

Anyway, I'm ready to try again with the chart and posting on the forum. I'm ready to make a REAL effort again but I've been feeling very lonely for the past few days, and I need the chizuk from this board to remind me that I'm not alone, and someone cares if I try or not.

Here's another try to feel the Kedusha and attempt to rid myself of the lust...

My first clean day was May 12, so yesterday (May 16) counts 5 clean days so far.

May HaShem help me.

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Re: Momo II: Another try

Posted by jerusalemsexaddict - 23 Sep 2009 17:33

Im with guard 100 percent.

This is a struggle unlike any other.

My therapist has a site called hugme.co.il

Flaky, right?

Our illness comes from a place of fear. From a place of insecurity. From a place of lonely hopelessness.

We're not trading your-momma jokes.

We are showing love and concern.

We are laughing and hugging.

We are healing the problem.

This is not a philosophical site (for the most part).

A tushload of philosophy has been written on this subject.

SLAA meetings aren't a chance to share philosophy.

It's a **forum** in which to share and feel understood and accepted.

And that's what goes on here on GYE.

It's true some threads get hijacked.

It's true Rage has forgotten his English.

But we are not forgetting why we are here.

THIS IS WHY WE ARE HERE

Our addictions will never let us forget why we are here because we have constant *nisyonos*.

Love to all

-uri

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Re: Momo II: Another try

Posted by SoHard,YetSoRewarding - 23 Sep 2009 17:45

[Rage AT Machine wrote on 23 Sep 2009 16:40:](#)

perhaps you have continuously failed because you enjoy wallowing in self pity and depression...the 12 steps are not magic...there are themes that the 12 steps attempts to implement...if you mechanically go through the 12 steps but dont really get to the underlying principles you are wasting your time...one of the themes is the importance of being part of a social network in which people with similar addictions can share stories of struggle and stories of triumph and occasionally a laugh or a jab in the ribs...when you say that "this forum turned, at least for me, into a social network instead of a place to work out my issues" you state an oxymoron (and youre being a moron)...the way we work through the issues is by being part of this social network...you never got that...go look at your post from June 7, you went through this entire parasha then...we are your friends, we care about you and we want you to succeed...if youd rather lash out at us and sulk in your misery, you are missing the entire point....

keep fighting

ratm

Tone... Please tone it down. Just becaused he misexpressed himself or you misunderstood him doesn't make him a moron.

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Re: Momo II: Another try

Posted by Tomim2B - 23 Sep 2009 17:47

[Uri wrote on 23 Sep 2009 17:33:](#)

So Tomim,i disagree with you 100% percent.

:D ;D

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Re: Momo II: Another try

Posted by SoHard,YetSoRewarding - 23 Sep 2009 17:53

[dov wrote on 23 Sep 2009 17:18:](#)

I'm tempted to crack a joke

[Momo wrote on 22 Sep 2009 06:11:](#)

Dov, Guard,

You didn't over do it. I appreciate your honesty and effort to give me practical advice.

You're saying sipping beer and laying off the booze isn't good enough since beer leads to booze. It's cold turkey for me.

I can try it again today even though I wasn't completely successful yesterday.

Dear Momo -

Two things to respond that are not the derech for everybody, but I share this for Momo cuz my heart tells me it may be for him, too:

No, and...No. I'll explain, be"H...

For me in addiction, staying clean was a **religious** struggle. A clean day was another feather in my hat, a good deed, a great mitzva, and - as some here have stated - another feather in the "hat of the Ribono shel Olam". This did not get me any better, though, same as you seem to be saying. It's beautiful to know that a clean day is a kiddush Hashem and gives Him nachas, a tikkun, etc. But by itself, that did nothing to change me, and I knew it.

In recovery, things are vastly different than that. And that brings me to your reiteration of Guard and my posts to you (#453-ish above). No, the ikkar of recovery is *not* "not acting out". It is about the *rest* of what we are doing. Why is it that some of us has had a year or so of relatively clean time while in yeshiva in EY, or wherever? We were *living* differently, so we *were* different. (Then we went back home and back to the same way of life and the rest was history.) The steps do not talk about a struggle, they don't even *mention* our drug/problem, besides in #1.

As Kedusha has posted many times, the "best way" to guarantee I'll think about lust is *focus on trying not to think about lust*. But I'm going a step further, perhaps. In my life so far, the way it works is that I can't struggle with it. I can't struggle with it, even for Hashem's sake. "Hashem ish milchama" means *I am not*, in my case. So, the way for me to *keep* struggling with it (and losing) is to just keep thinking about *not struggling with it*. "Counting the days" is all the impetus I need to pick up that bat and get back to work struggling (and losing). It is so natural. And for years it was "leshem shomayim", which doesn't make it right, of course. And it isn't "right" if it doesn't *work*.

I have to give the entire mess to Hashem. But how do we **do** that?

The answer is to learn how to continuously focus on *living right - living for Hashem*. And that takes work and is what the 4th-12th steps are all about. The 3rd step - the program's condition for sanity and sobriety - is about one thing: deciding to live for G-d. Not about *resisting temptation* for G-d, and certainly not about *not acting out*.

Sfas Emes: "v'hyisem kedoshim leylokeichem" - Hashem does not have any interest in his people being "Kedoshim". What He wants his people to be is: Kedoshim **leylokeichem** - kedoshim for Him. Jews for Hashem.

If I am acting out, even occasionally, even just "slipping", my real malady is that ***I have slipped back into living for myself***. It needs quick correction. Struggling is not the issue. I'm not even the issue. I've just got the *wrong employer*, that's all. And nothing will "work", because I am an addict. A regular yid can "make it". I can't.

How lucky can a man be?

So, sipping beer or not sipping beer is not what the solution is about. It is about all the other things that we thought were not related to our acting out. Our motivations for living is what matters, not our motivation for acting out. Life gets good in a hurry when we are living for the right reasons, even if we are not doing it perfectly. The 3rd step is about a decision, a start. But it has to be real.

A tzaddik: "pischu li pesach kechudo shel machat, v'ani eftach lochem pesach shel ulam, etc." he said, it has to be like a needle: **all the way through**. Meaning: He doesn't ask for perfect, just for "**real**".

If you are content with "winning one for the Ribono shel Olam", gezunterheit. That has not been my experience or understanding of the program, or recovery.

Don't worry, He won't mind you engaging in some enlightened self-interest. He wants **you** to win, after all, no? The only way I could "win" is by giving up the romanticised struggle, and getting to work, for Hashem. C'mon. At some point I had to admit that my whole struggle and torture (of about 20 years) was ultimately *all about me* deep inside, really. Even though it was cloaked in kedusha, Torah and mitzvos, for Hashem, etc. Eventually I saw I was only fooling myself. They'd be cheering for me at my grave. Wow.

Adon Olam: "Hashem li, velo iroh" - He is for me. And I'm for If He's my banner and my employer, then I have absolutely nothing to be afraid of.

I love you, and all addicts.

- Dov

Dov, you are so gevaldig!!!

I now feel reborn. Truly.

The Zchus zul dier beishtein!

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Re: Momo II: Another try

Posted by Momo - 23 Sep 2009 17:56

[Rage AT Machine wrote on 23 Sep 2009 16:40:](#)

youre being a moron

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Re: Momo II: Another try

Posted by the.guard - 23 Sep 2009 18:14

Did I mention we are crazy?

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Re: Momo II: Another try

Posted by Momo - 23 Sep 2009 18:17

[Rage AT Machine wrote on 23 Sep 2009 16:40:](#)

perhaps you have continuously failed because you enjoy wallowing in self pity and depression...

Maybe I do enjoy wallowing in self pity. I suffer from depression, and that's par for the course.

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Re: Momo II: Another try

Posted by Kedusha - 23 Sep 2009 18:19

[guardureyes wrote on 23 Sep 2009 18:14:](#)

Did I mention we are crazy?

:D ;D

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Re: Momo II: Another try

Posted by Momo - 23 Sep 2009 18:22

[letakain21 wrote on 23 Sep 2009 14:09:](#)

Speak for yourself!

I was so scared that i was triggering people. let's just say my pillow was soaked till 2am and i texted habib "ow!" a few times. i almost gave up the forum. i felt like a louse for letting the y'h fool me into thinking i was a "sister". i'm so glad it's not like that and i'm really so so sorry if i did have any bad affects on people. i never want it that way. I will be VERY careful to be serious if i post on your thread at all, momo. if you want me there only or if i'm the only one on if you need help.

Please forgive me for any lightness/distress that i caused you.

I give up. I tried to explain myself and I see I've failed.

I didn't want anyone to cry.

I don't want anyone to leave the forum.

Nobody hurt me.

The forum became to addictive for me at work, and once or twice a serious thread was hijacked by jokes. That's all.

I'm sorry I ever brought it up.

Can we move on now?

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Re: Momo II: Another try
Posted by the.guard - 23 Sep 2009 18:27

We forgive you Momo... I think it was good. It brought out some justified concerns and gave everyone a chance to express their views. I think it also brought us some clarity...

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Re: Momo II: Another try
Posted by the.guard - 23 Sep 2009 18:29

Dov, please forgive my outburst. Whenever I read one of these life-changing, earth-shaking, eye-opening, beautiful and profound posts of yours, I just go a little nuts and start dancing around my room. Sorry.

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Re: Momo II: Another try
Posted by Rage AT Machine - 23 Sep 2009 18:40
One small problem... you probably got even less work done today than usual

[Momo wrote on 23 Sep 2009 17:56:](#)

Dear "Rage", I see you have anger issues to work on.

What gave it away, MY NAME or was it the jab in the ribs i gave you?

Its Rage ben KaAsan, uri.

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