

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 Momo - 27 Oct 2009 12:25

[Uri wrote on 27 Oct 2009 12:22:](#)

Momo,

I love you.

-Uri

I love you too. But I hate me.

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Re: Momo II: Another try

Posted by jerusalemsexaddict - 27 Oct 2009 12:27

I love me too.

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Re: Momo II: Another try

Posted by 7yipol - 27 Oct 2009 12:56

So much pain.

A little little boy is crying

such bitter, heart rending cries.

which are spanning decades.

May Hashem dry his tears

and help him feel His hugs.

Momo, *no-one* deserves a beating, least of all an addict who is ill.

Least of all an innocent little boy hiding in the body of a grown man.

Acknowledge that child and reach out towards him.

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Re: Momo II: Another try

Posted by Momo - 27 Oct 2009 13:09

[7Up wrote on 27 Oct 2009 12:56:](#)

Acknowledge that child and reach out towards him.

And then do what???

I've hidden him down in a hole for so many years.

Why would I want to confront him. He's weak and helpless.

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Re: Momo II: Another try

Posted by Momo - 27 Oct 2009 13:14

Sorry 7Up, my question wasn't fair. You're not a psychologist (as far as I know).

I'll work it out with Rav Shlachter if he feels it's the right direction for us to take.

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Re: Momo II: Another try

Posted by 7yipol - 27 Oct 2009 13:25

[Momo wrote on 27 Oct 2009 13:09:](#)

[7Up wrote on 27 Oct 2009 12:56:](#)

Acknowledge that child and reach out towards him.

And then do what???

I've hidden him down in a hole for so many years.

Why would I want to confront him. He's weak and helpless.

He is small and helpless because no one ever empowered him and taught him how to survive in a world he saw as out to get him.

The first step in helping him

is to **recognize that he is there and alive within you,**

that **he's hurting**

and that you **recognize his RIGHT to feel** the pain, anger and betrayal

which he's hidden for so long

Once *he* heals, so will the man who is sheltering him iyH

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Re: Momo II: Another try

Posted by the.guard - 27 Oct 2009 13:37

Duvid Chaim sent some good articles today by Rabbi Twerski (by e-mail). Did you get them Momo?

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Re: Momo II: Another try

Posted by Momo - 27 Oct 2009 13:45

Got the email with attachments. Haven't read them yet. I'll get to it later.

I don't want to be seen as a nebach on this forum. Maybe it was mistake writing something so personal. Maybe I should delete the past couple of posts. I don't know.

I am so numb now, I don't feel anything.

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Re: Momo II: Another try

Posted by the.guard - 27 Oct 2009 13:46

Don't delete them... they are good... You are getting in touch with your "inner wounded child"...
This is a big part of the healing.

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Re: Momo II: Another try

Posted by 7yipol - 27 Oct 2009 14:15

You are not a nebach Momo.

Reaching back in time towards the hurt takes *strength* not weakness.

My instincts say you are finally heading the right direction.

Backwards

It will take time

It will hurt

And then you will heal

And be happy.

B'ezras Hashem

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Re: Momo II: Another try

Posted by jerusalemsexaddict - 27 Oct 2009 14:22

[7Up wrote on 27 Oct 2009 14:15:](#)

You are not a nebach Momo.

Reaching back in time towards the hurt takes *strength* not weakness.

thats my mom

these are words of truth!!

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Re: Momo II: Another try
Posted by Dov - 27 Oct 2009 16:42

[Momo wrote on 27 Oct 2009 13:45:](#)

Got the email with attachments. Haven't read them yet. I'll get to it later.

I don't want to be seen as a nebach on this forum. Maybe it was mistake writing something so personal. Maybe I should delete the past couple of posts. I don't know.

I am so numb now, I don't feel anything.

Mom's right, you aren't a nebach, Guard's right, you are probably healing, and I hated **me** also, Momo. Funny how most addicts I meet hate the same guy, no? Ha.

The one, most powerful thing I *ever* did that changed my entire view of myself, was the fourth step. If done in order and (with help) basically right, living the 1st four steps changed me from the disgusting piece of garbage I knew, to a real, genuine, limited, beautiful human being who is dependent on his G-d and his fellowship for life itself. Nu, not so bad.

Mark Twain wrote that it "amazed" him how in just the three short years that **he** left home and
You are a good man right now, but that's covered up by sheker because of **your** old attitudes and ideas. You are a victim in that sense, because you were given many of those ideas by your parents, friends, genes, etc. Get some new attitudes and ideas and it'll be amazing at how quickly you will be "transformed" into the good man that you are. See Ch 5 of AA for more on this, if you like. BTW, you have found a nice bunch of friends, chaver.

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went out into the world, his father "tranformed" from a stupid old ass, into a genius!
Re: Momo II: Another try

Posted by the.guard - 27 Oct 2009 21:17

living the 1st four steps changed me from the disgusting piece of garbage I knew, to a real, genuine, **limited**, beautiful human being who is dependent on his G-d and his fellowship for life itself.

By "limited" did you mean "limited edition"?

Where can I get a Dov? I need one here in Israel.

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Re: Momo II: Another try

Posted by Momo - 28 Oct 2009 06:08

So last night I met with Rav Shlachter. He thought my insights I had (and posted) yesterday
What's done is done. But, what's important is how I feel NOW as a result of my history, and what I can do NOW to rectify it.

If I understood him, I feel insecure and unloved due to a number of events that happened in my childhood. I felt, and currently still feel powerless and helpless. So, I look for control in my life. To feel in control I either get angry, or surf and act out. The problem is since I'm addicted to the internet, when I surf/act out I feel a loss of control afterward. That makes me angry and feel powerless and helpless. Round and round the mulberry bush we go!

The key for me is to feel loved and secure. I must do that by stop being such a loner, by deepening my relationship with my wife, by hanging out with people and making friends outside of work (I have none besides my wife!). Hopefully, once I feel loved and secure, my need to surf will drop, and I'll like my life and myself.

He explained that I'm living most of my life in my virtual reality (I control which relationships I have with which women when I want, I have no real relationships outside of my family, I always dream of escaping with other women or escaping to my death...). Also, I'm living my "non-virtual real life" as a bedieved life, in survival mode. I have to switch that around, I've got it backward.

Also, since I wasn't able to do last weeks assignment and not surf for one week straight, he told me to work on not surfing until lunch and seeing how that works.

This is personal advice for me. Each person is different. But, I hope you all find this interesting, and maybe there's someone out there who feels like me and can be helped with this advice.

In future sessions we'll work on how I can stop living a virtual life as a loner and start really living, with real relationships, and start enjoying life! Beezrat HaShem!

PS. I'm wondering if this at all fits in with the 12 steps or if this approach comes before I should work the steps. The steps are about surrendering to HaShem and building a relationship with him by crushing our egos. Rav Shlachters approach for me seems to be for me to do work on building relationships, and what is fun and feels good for me in real life (not Internet based) so that I can start enjoying life and myself. He doesn't focus on religion and G-d at all, which I like since it simplifies things for me. Dov, any ideas?

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