

i'm new here's who i am

Posted by gma316 - 17 May 2009 15:50

I grew up in a normal modern home and went to a modern dayschool and high school. My rebbim had a huge impact on me so I started learning every night when in 12th grade, although my problem started when I was much younger. I went to 2 years in yeshiva in ertez yisroel which included one in the mir, followed by 4 years in a yeshiva in america where I became the top bocher and got married. the whole time I felt I was living a double life and was very imbarressed as to the fact that i would look at pics on my phone as well as read stories on the phone and if I ever had internet access I would watch videos. materbation was all too common for me and I would cry at night because I was so imbarressed and I was terrified that someone would find out. B"h no one ever has. 9 months after I got married I had a beautiful baby girl B"h, and we moved to a small community kollel which ended up being a disaster and shut down. following the kollel shut down my wife left me with no warning and took my daughter with her. I am now divorced from her b"h as I was not so happy with her which did not help my problem. it is almost 3 years since she left me and I do have my daughter monthly.

I often wonder how come I am the way I am I always imagined that being the top bocher and avrech in a kollel my spirituality would keep me from stuff like this, but as time has told I have not been strong enough to fight the overpowering yetzer harah. I feel like I live a double life the person who I am that I have worked so hard to become, and the evil twin. B"h in the last few weeks discovered this web site and have been getting these emails, and since then I have only stumbled Bli eyn horah once and have gotten the chizuk to try and remain strong.

I used to think I was the only frum Jew and for sure the only yeshivish black hat Jew to have this problem even though I had heard about others I just could not believe it. Although seeing that the last 3-4 years I have spent in legal divorce issues and a horrible mess with the last kollel I was in I have had real problems as depression (which I am getting over b"h) and loneliness which is my biggest problem and makes my lust so much stronger rule my life at a lot of times although hearing others' stories and cries for help has been the biggest chizuk I have ever had so thank you as baruch Hashem I have gone 12 days without even looking at anything which I shouldn't kolshechain any masterbation. I hope to hear more tremendous chizuk stories to help me and maybe I can help some of you all. I have some ideas which I use to help myself but unfortunately I do not have the time to post them now so feel free to ask me if you want.

P.S. these 12 days have been some of the happiest of my life as well I am not remember feeling this good in the almost 15 years in which I have struggled. I hope B"h with all you all's help I can overcome.

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Re: i'm new here's who i am

Posted by battleworn - 21 Jul 2009 10:25

Rabeinu Guard, I can not discuss it with you, as I have already said. I'll just say for the benefit of everyone else that (1) I didn't say a word about the 12 steps in this thread, besides that SA is not an automatic solution. (2) I believe that all the posters on this forum are either addicts or ex-addicts. (3) My understanding of The Torah Approach is spelled out over here: rehab-my-site.com/guardureyes/forum/index.php?topic=602.0 Ayin shom.

Once again Rabeinu, you are one of my favorite people in the world!

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Re: i'm new here's who i am

Posted by the.guard - 21 Jul 2009 10:50

I didn't say a word about the 12 steps in this thread

"choose to highlight the chitzonius of the person and hides the real person and he will look like a goy"

I must have misunderstood the above quote, I apologize. (I thought maybe you were "hinting" to the 12-Steps).

Once again Rabeinu, you are one of my favorite people in the world!

Same feelings here :D

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Re: i'm new here's who i am

Posted by battleworn - 21 Jul 2009 12:12

reply #12 on this page.

BTW,For my reply to a related question, see reply #3 over here.

rehab-my-site.com/guardureyes/forum/index.php?topic=349.msg2294#msg2294

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Re: i'm new here's who i am

Posted by the.guard - 21 Jul 2009 13:10

battleworn, that was a beautiful reply over there. And I quote from you:

You need a strategy - a game plan. With perseverance - and only with perseverance - you can change the way you think and the way you act/react. Once you succeed, you will become a much higher quality person

BINGO!

So... if your "Torah approach" can be people's game plan, that's fantastic. But in case - just in case - someone finds that that alone doesn't *"change the way you think and the way you*

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Re: i'm new here's who i am

~~not/read" then maybe have them try~~ Chaim Duvid's 12-Step phone conference...
Posted by Dev - 27 Jul 2009 19:10

HASHEM MELECH - HASHEM MOLOCH - HASHEM YIMLOCH LEOLAM VA'ED!!!

I just felt like saying that. I feel better now, thank you.

...but it is nice to see how it goes (using R' Chaim Volozhiner's beautiful Q&A on this popular little formula):

First we recognize/admit the truth: He just *IS* the King - the *only* King, period;

then we get into what to *do* right now, our avodah is **as though** he *was* King - our avodah is to *make* Him King by being mekabel Ohl Malchus Somayim in this poor reality;

Finally, we declare that all our efforts are in some respect irrelevant, as one day He will "make good" on all the truth that is hidden now and show His complete eternal control over everything.

I find that recovery takes us through the exact same process:

Recognize/**admit the truth** about myself and life/reality first (1, 2, and 3);

Act the right part, for a change, to make real changes in me (4-10);

Have a **spiritual awakening** as the result of these steps (11 & 12).

And we go through it over and over again on many levels till we die, growing all the time!

Nice to be part of you yidden!

Dov

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Re: i'm new here's who i am

Posted by battleworn - 21 Jul 2009 15:56

Reb Dov, right on!

And after all that, here's the next step from R' Tzadok Hachohen:

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Re: i'm new here's who i am

Posted by Dov - 21 Jul 2009 20:32

Yes, Hashem certainly has an *eisek* with me, though the word he chooses reminds me a bit of the be'er...i wonder why...

And I certainly believe he desires and *a/ways* desired, loves and *a/ways* loved me me more than I can love myself...

And I even believe in *myself!* My real self. For reasons irrelevant to me, this *chelek eloka mima'al* named Dov, lives within the context or body, if you will, of an addict. Yup, he does. And I believe that even though I (a neshoma/body - "achor vokedem") am still **ill** - an addict who is paradoxically probably **even more powerless today than I was last year** to control and enjoy lust - I *still* get a daily reprieve so that with Hashem's chesed and gevurah I can stay sober **today**, and only today. It's great!

As far as the Rebbe's "mishta'asheya bo keshe'oseh retzono" goes, I guess Rav Tzadok was not writing for an addict as I am. You see, what Hashem *does* after I give my avodah to Him is really none of my business. I, as an addict, can't afford the luxury of concerning myself with stuff like that very much. In this respect, as I have written you before, I firmly go like the Nodah
(. It is

essential for **me** to stay out of what He chooses to do, as much as it is for me to avoid questioning His will and what He does. In the same way, the past is not my domain and neither is the future. Will I be able to *mesaken* my terrible aveiros? not my "eisek" (trust me, it sure *was* my business *and focus* in my acting out years!! Many of you know what i mean). Will I be ready for tomorrow's nisyonos? None of my business (though I sweated and worried so much about the future back then that I needed professional help - not any more, though, B"H). I am now sure He'll take care of me and my past so everything will be alright *if* I mind my own business and do my job. And guess what? If *chas vesholom* I *don't* He'll make it alright in the end somehow, anyway. As Rebbe Nachman says, Hashem is even with a yid in gehinom - it is not *byehudah*, because it works for me. (Chassidus is still my ladder of choice, though!)
the end of the road. He'll help me make it right, somehow. Woops, there I go - that's none of my business! Ahhhh!!!! ;D

This way, my sobriety is really **one day at a time**/"Hayom", - in action. In my case, anything else *is* lip-service.

And BTW, as i wrote above, the same exact bracha of recovery seems to continue over and over again working the 12 steps, perhaps for the rest of our lives, (11.4 years here and counting) ever deeper into deveikus, honesty, sobriety and still more deveikus leading to more honesty, deeper sobriety and - you guessed it - more deveikus!

For me, there is no "after that".

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Re: i'm new here's who i am

Posted by gma316 - 22 Jul 2009 22:06

I am very confused but b"h for the time being very good and clean. I thought about when I have the most trouble and possibly why I think but do not know fore sure it is when I feel the most lonely and feel the most regret for the way my life has gone over the last few years but I am working and putting in my histadlus so bezras hashem I will only get stronger.

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Re: i'm new here's who i am

Posted by the.guard - 22 Jul 2009 22:22

Hi gma, you are a very inspiring warrior who never gives up! Please elaborate for us about what

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Re: i'm new here's who i am

Posted by Dov - 22 Jul 2009 23:04

your confusion is about... Maybe we can help

[gma316 wrote on 22 Jul 2009 22:06:](#)

I am very confused but b"h for the time being very good and clean. I thought about when I have the most trouble and possibly why I think but do not know for sure it is when I feel the most lonely and feel the most regret for the way my life has gone over the last few years but I am working and putting in my histadlus so bezras hashem I will only get stronger.

You, dear fellow, are certainly not alone in the inability to bear loneliness! Actually, that's kind of ironic, no? Anyway, as your insight into yourself grows, you certainly add weapons to your arsenal - but relying on weapons, no matter how powerful, is not always a recipe for success. If you are truly an addict, the testimony of many addicts is that it's never a recipe for success. It's like learning 'a great new tripping move' to use on Mohammed Ali (*before* he got ill, that is :D) Ouch! Kinda like that friend of a rebbe of mine who went to the Lubavitcher Rebbe ZT"L before his NYS Regents exams for a brocha, which he got. As he was walking out of the room, the Rebbe said to him: "Wait - don't forget: my brochos only work if you study!" We need to do the work. The only question is: what *is* the work?

"Remember that we deal with Alcohol (lust, for me) - cunning, baffling, powerful. Without help it is too much for us. But there is One who has all power - that One is G-d. May you find Him now! Half measures availed us nothing. We stood at the turning point. We asked for His protection and care with complete abandon. Here are the steps we took, which are suggested as a program for recovery..." - from AA ch. 5.

I and others I know needed (and still need) to **take** some occasionally uncomfortable (but simple) steps. We needed to take them **with others** who were as serious about them as *we* were (there *are* bad meetings). And we needed to **learn** how to keep our 'eyes on the ball' all the time, finding that asking for help from Hashem and bringing our crazy *ideas* out to (safe) people *as soon as possible* was the first way to start making that a reality.

Much more than sincere desire is needed. You are a very, very good man and certainly *always* sincerely desired to do only good. Like all of us. Sorry for waxing poetic again. May Hashem send you more and more help to do whatever you must, w/**open nissim** every day!

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Re: i'm new here's who i am
Posted by the.guard - 23 Jul 2009 15:15

Now **THAT** was a post that would trip Mohammed Ali any day!

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Re: i'm new here's who i am
Posted by gma316 - 24 Jul 2009 12:29

it is now erev shobbas befoe the week of tisha ba'av i can safley say I am have been good and clean for about 5 days including today so far I will take this as a spring board thru shabbos and hopefully be back on on sunday or maonday to asay i am good for a week + good shabbos.

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Re: i'm new here's who i am
Posted by the.guard - 25 Jul 2009 21:35

GMA, you had a zechus in Friday's Chizuk e-mail! Keep strong, we are here for you.

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Re: i'm new here's who i am
Posted by gma316 - 26 Jul 2009 15:09

Chasdei hashem I can say now 7 days as I survived my most dreaded night for the first time in a long time

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