

Britt's Beyond

Posted by briut - 02 Feb 2010 18:00

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Dear Friends: Sorry I've been off in my own mind these last couple of days and not posting.

I've had a very very emotionally busy couple of days as I approach the end of a 20-day kaballa to be clean. Here's an update, and I'm hoping for your insights/comments.

That kaballa ends this evening. I've learned a lot. I want to express my thanks to all of you for jumping in to post, even in the face of some pretty long rambling posts without clear message. It means a lot.

And to the author of many insightful PMs, your direct, almost brutal comments scared away a lot of delusional thinking and brought me a tremendous sense of clarity. Saying thank you doesn't even come close to my gratitude for your time. I'd love to hear from the decades of accumulated wisdom here on the forum.

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Re: La-Briut and Beyond!

Posted by ur-a-jew - 27 Sep 2010 02:59

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Great to hear that youre doing good. As they say in GYE land Keep on Truckin.

[Briut wrote on 27 Sep 2010 01:53:](#)

You see, for the rest of you giving up "all this" seems great. You're clean; you're free; you're back on the 613 track; whatever. For me, I had so carefully built my life around this "inconvenient truth" of my se\*ual orientation that changing it feels like a piece of me is gone. There's a pain I don't think you folks have.

I think we all have an element of this in us. For me its watching movie videos. As much as I

know that they're bad for me the notion that staying clean means never watching another one for the rest of my life is something that I cannot really swallow. There have been times that I've gone over a year without looking at one. But to say to myself that I'm never going to watch again is simply too much for me to commit too. I feel like I'll just be missing out on something and how can I possibly never watch another one again. So for now as bad as I know that they are for me even relatively clean ones, I just have to go little by little.

Good luck and a Gutten Moed.

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Re: La-Briut and Beyond!

Posted by desperate\_teddybear - 27 Sep 2010 02:59

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i get it. this is a part of you that was important, that held you apart and made you unique. it's a chunk of what made you YOU. or so you thought.

you know, going back to that story of the shul that got upset about raising the Mechitzah after 40 years...they are so silly. why view it the way they do?

why not view it with a forward angle. that now we are going to have a BETTER Mechitzah b/c we are yidden and yidden are always growing and improving.

in the past you were perhaps confused. there were things about this whole topic you didn't know about, did not understand, or were mislead in.

now you are working on being a BETTER you. not that you were 'wrong' or 'horrible' or this is a part of you that must be slashed out and replaced.

when working on oneself, sometimes its helpful to ignore the past a little and just look forward and work towards the future

the fact you make an effort means you are an amazing person. keep on trucking, Bruit!

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Re: La-Briut and Beyond!  
Posted by Dov - 27 Sep 2010 03:45

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While I can't speak for you, Briut, I can safely say that every now and then I inconveniently discover that I have been wrong all along...about other people, about G-d, about whatever. Your story strikes a nerve for me. They say that Rav Sa'adia Gaon was a guest unrecognized by his innkeeper till the last day of his stay. The innkeeper came in grovelling at the Gaon's feet, and said something like, "Had I known you were the great Gaon, I'd have behaved entirely differently to you. I am so ashamed!" He heard no response and looked up - but no Rav Sa'adia...then he saw the Gaon was on the floor with him, but sobbing. He heard him saying, "Hashem! Each day I come to know Your Ways more clearly. In light of today's growth, the way I behaved toward you *yesterday* seems so pathetic, so silly. Forgive me for it, please!"

Now, people may have told the same story about whoever else, but the point I want to make is that we are all wrong about lots of stuff. That's what we are: wrong about lots of stuff. And it seems that we'll *a/ways* be. Maybe it's the only way to get some humility.

It's nice to be in the same club with a man like you.

Adios!

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Re: La-Briut and Beyond!  
Posted by frumfiend - 27 Sep 2010 03:49

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Mr teddy that was a beautifull post.

. Mr briut I want to share that when i was first married and lived in EY i usdd to take the buses. On the buses i was exposed to such a variety of women that i could write a book on my escapades. I decided to try not to look. After a short while i stopped trying not to look. I FELT THAT THE SOURCE OF ALL JOY AND LIFE WAS IN LOOKING AT WOMEN. il FELT I WOULD DIE IF I WOUDNT LOOK. From that moment on i was a addict.

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Re: La-Briut and Beyond!

Posted by Eye.nonymous - 27 Sep 2010 11:08

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I love that "Tinuk Sh'nishba" excuse. You can have done the worst things in your past, and feel little or no guilt for it. "What did G-d expect from me if that's the situation he put me into."

Then, when we finally discover the truth, it's only to our merit that we change. And change can be gradual, and gradual change is usually advisable. G-d only expects from us the best we can do, and sometimes that's the best we can do, and--usually--gradual change is the only thing we can do that will last.

--Eye.

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Re: La-Briut and Beyond!

Posted by Me3 - 27 Sep 2010 15:22

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Briut

. You never (Or at least for a long time) thought that the state you were living in was Ok, you thought it was the best you can do.

Perhaps it was.

But now you understand that you can do better, maybe it's only now that you can, it's not a condemnation of the past 30 years of your life, that was all you were capable of then.

But now I'm afraid to tell you, G-D wants more from you. You know it, we all know it.

Easy? No. But who said it was supposed to be?

Gut Moed, my friend.

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Re: La-Briut and Beyond!  
Posted by Dov - 27 Sep 2010 16:41

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Anybody wants some extra abuse, just let me know, OK?

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Re: La-Briut and Beyond!  
Posted by desperate\_teddybear - 27 Sep 2010 17:44

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[dov wrote on 27 Sep 2010 16:41:](#)

Anybody wants some extra abuse, just let me know, OK?

oh me! me! pleeeeeeeeeeeeease PICK MEEEEEEEEEEEEEEEEEEEEEEEEEEEEEEEE

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Re: La-Briut and Beyond!

Posted by briut - 28 Sep 2010 14:28

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[Eye.nonymous wrote on 27 Sep 2010 11:08:](#)

I love that "Tinuk Sh'nishba" excuse. ... "What did G-d expect from me if that's the situation he put me into." Then, when we finally discover the truth, it's only to our merit that we change. And ... gradual change is usually advisable.... gradual change is the only thing we can do that will last.

[Me3 wrote on 27 Sep 2010 15:22:](#)

... now you understand that you can do better, maybe it's only now that you can, it's not a condemnation of the past 30 years of your life, that was all you were capable of then. But now I'm afraid to tell you, G-D wants more from you. You know it, we all know it.

[dov wrote on 27 Sep 2010 03:45:](#)

[W]e are all wrong about lots of stuff. That's what we are: wrong about lots of stuff. And it seems that we'll *a/ways* be. Maybe it's the only way to get some humility.

[desperate\\_teddybear wrote on 27 Sep 2010 02:59:](#)

... there were things about this whole topic you didn't know about, did not understand, or were misled in. Now you are working on being a BETTER you. not that you were 'wrong' or 'horrible' or this is a part of you that must be slashed out and replaced. [W]hen working on oneself, sometimes its helpful to ignore the past a little and just look forward and work towards the future ... the fact you make an effort means you are an amazing person.

Wow. Thanks for everything, friends! What warm and wonderful chizuk.

I guess my first reaction is that (apologies to Dov, shlita) I'm not buying the idea I was "wrong" in the past. Instead, I buy the message that I might have been correct in those past moments... but the past is past. In the current moment, the RBS'O is asking me for more AND giving me the koach to give it. There's nothing else to say (except maybe, "Yes, Sir, I'd be HAPPY to").

There's another reason I want to focus on being "tinuk sh'nishba" (or at least "b'oness") rather than "I was wrong." You see, even if I AM "mistaken" about the "oness" category, I find it better to view the current moment's challenge as an "upgrade" and not requiring some heavy t'shuva for 20 years of so-called "wrong." I figure there's plenty of time in the future to consider whether I'm chayiv for tshuva... ONCE I'VE MADE THOSE CHANGES (and not before). I've already got enough to do! In other words -- change FIRST, analyze (and do tshuva if needed) LATER.

So, I'm forging ahead. Going out of town next week and giving (serious?) thought to one (last?) two-day binge so I can get it out of my system and observe how stupid the whole "temptation" is. But I'm afraid I know I can't. Oy.

At least the deaf man getting cochlear implants (see earlier post) has a little notice that the operation is coming that will rock his world forever; I got tossed into this scene without even knowing it! Oy, again.

Thanks again, buddies. You be de best!

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Re: La-Briut and Beyond!

Posted by Eye.nonymous - 28 Sep 2010 16:17

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[Briut wrote on 28 Sep 2010 14:28:](#)

change FIRST, analyze (and do tshuva if needed) LATER.

THAT'S EXACTLY THE IDEA that kept me sane for the many years of this struggle before I found GYE.

I think, with that, I managed to keep treading water instead of getting sucked totally into it.

I saw the more I analyzed my undesirable behavior, the more bogged down I would get, and that led me to just doing it even more.

--Eye.

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Re: La-Briut and Beyond!

Posted by an honest mouse - 28 Sep 2010 22:09

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just wanted to check in and say hatslocho with the new madreigoh! we're all rooting for you!

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Re: La-Briut and Beyond!

Posted by desperate\_teddybear - 29 Sep 2010 05:18

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Going out of town next week and giving (serious?) thought to one (last?) two-day binge so I can get it out of my system and observe how stupid the whole "temptation" is

personally i never find that method works for me. for me it's always the YH trying to get me to procrastinate something super important by convincing me im not yet ready.

tell me how it goes and if it works for you?

KOT bro

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Re: La-Briut and Beyond!

Posted by briut - 29 Sep 2010 17:39

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[desperate\\_teddybear wrote on 29 Sep 2010 05:18:](#)



Going out of town next week and giving (serious?) thought to one (last?) two-day binge so I can get it out of my system and observe how stupid the whole "temptation" is personally i never find that method works for me. for me it's always the YH trying to get me to procrastinate something super important by convincing me im not yet ready. Well, DTB, you caught me. I know I'm rationalizing, and I suspect I'm not really gonna go for it, but even the planning is lowering my irritability (RID) in a good way. I'll keep you posted, both if I actually follow through and what the decision feels like after it's made. Thanks for keeping me on the straight and narrow, buddy.

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Re: La-Briut and Beyond!  
Posted by briut - 03 Oct 2010 15:36

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A sincere wish that this Bereshis ushered in a new and holy madreiga for everyone here.

As to me, I had one moment on Simchas Torah that rocked me a little. I remembered how addicted I am to perfectionism!! Even perfectionism in my GYE work. And how I fear that even one fall would make me unlovable. Unlovable by my fellow humans (incl wife, family, etc), but even unlovable by the RBS'O -- Ch'V.

For me, the quest to "perfectly" seek "perfection" is... POISON. In fact, I'm allowed to slip, even to fall. When I allow the battle to mess up my moods and social interactions and mental state etc (or at least when I feel powerless to remain calm in the battle), I think I need to remember I'm not expected to be perfect. Not even perfect in seeking to be perfect. And that I can still know the love of the RBS'O, the love of a good wife, the love of my self. That He will help me with a hug and not a potsch.

I've been feeling like the guy on the website's front page with the tightrope walk between the skyscrapers. One slip and it's gone -- a paralyzing thought. The whole world might be a narrow bridge, but maybe the ikkar is simply to avoid fearing our own imperfections as we cross through. Some battles we'll lose, at least for now, and He'll still have a good place waiting for us in this world and the next. And I don't need to punish myself to the end of time for an effort that's only a B+.

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