

starting my battle

Posted by hoping - 03 Jun 2009 03:02

I have just discovered this site two days ago and I think this is the first time in years that I really think that I can do Teshuva for my sins. I have been masturbating for 20 years and I have tried to stop countless times. Aside from my terrible addiction, I have been quite succesful in other areas of my life. I am what some people consideer a solid Kollel yungerman and I have a wonderful marriage. However, every step of my life has been tainted with my feeling that I am disgusting and that if anyone new the real me, they would run the other way. I have tried to stop in the past but I have always fallen down, often to a worse point than where I was initially. I one time made it all the way from Yom Kippur until Taanis Esther. That night I had a wet dream and woke up feeling so degraded that I instantly plunged deeply, falling to depths that I had not been to in years.

Because my addiction is not so strong, I have difficulty marking success with the passage of days. I would love some Chizuk from people who have dealt with similar situations and I think that I would benefit from some advice on hitting the bottom while still on top. I am ready to fight and I cannot be successful without the support of this forum. please help!

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Re: starting my battle

Posted by the.guard - 12 Jul 2009 18:56

Chart Updated. 43 days!

The Noam Elimelech writes it takes 40 days to change a bad habit, so you're past one major stage on the way to 90!!

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Re: starting my battle

Posted by hoping - 15 Jul 2009 13:59

B'H this week is easier than last. I have really begun to feel and see the Yad hashem more and more as I try to let go of control and strangely, the idea that am not in control has led me to increased responsibility for my actions, because they are the sole thing for which I am responsible. I will repeat what I have already mentioned. This lesson is important for everyone; it just took an addiction for me to figure it out.

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Re: starting my battle

Posted by bardichev - 15 Jul 2009 14:16

KEEP UP YOUR HEALTHY OUTLOOK!!

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Re: starting my battle

Posted by battleworn - 15 Jul 2009 14:17

Reb hoping, that's a tremendous yesod! You're very fortunate to be able to feel it.

CHAZAK VE'EMATZ!!!

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Re: starting my battle

Posted by Dov - 15 Jul 2009 21:01

[hoping wrote on 15 Jul 2009 13:59:](#)

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Reb Hoping, Shlit"a

#1 - you are so *not alone* in this realization!

#2 - I doubt you "*figured* it out" - when did you get smarter? Chances are, you "*lived* it out"! And **that's saying something!!**

How sweet it is!!

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Re: starting my battle

Posted by hoping - 15 Jul 2009 23:33

Thank you R' Battle and R' Dov,

It is actually your posts that give me direction and aspirations in this overhaul of my life. When I first read some of the way that you two relate to Hashem, I thought that I had no ability to ever get there. Now I am touching the very tip of the iceberg and I cannot believe the internal change I feel. It is truly an amazing and very humbling feeling to realize that Hashem is with me every moment of the day and night, waiting for me to call out to Him and holding my hand. R' Dov you are right; it is the sweetest feeling in the world and I hope to continue to learn from you how to further deepen my relationship with Hashem and do His will.

Thank you so much!

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Re: starting my battle

Posted by kutan - 16 Jul 2009 15:36

Hoping,

Thank you R' Battle and R' Dov,

It is actually your posts that give me direction and aspirations in this overhaul of my life. When I first read some of the way that you two relate to Hashem, I thought that I had no ability to ever get there.

That is exactly how *I* feel.

Yet you say you are beginning to do it...

So, because of you, I'm still Hoping.

kutan

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Re: starting my battle

Posted by hoping - 19 Jul 2009 18:04

I am B'H back after another weekend and I think I'm at 50 days! This weekend I had slightly relaxed in my vigilance with regard to Shmiras Aynayim and I have to focus a bit on this issue. I think that it is important that I spend some time thinking about it before the weekend so I have a positive, thought-out approach for when the Nisyonos come. It is not that I consciously looked this time just that my vigilance *not* to look was not as it should have been. Otherwise, my main focus has been on the realization that I can accomplish *nothing* (including recovery) without the help of Hashem and even this awareness requires the help of Hashem. I have begun to daven to Hashem that He should give me this awareness as it is for me the starting point for any facet of Emuna and Bitachon.

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Re: starting my battle

Posted by Dov - 19 Jul 2009 18:23

Hoping -

"**pischu** li shaarei tzedek! (Dovid Hamelech, not exactly a man we'd call an outsider or a newbie, says: *open* the gates for me, Hashem - meaning: I am outside and *trying to enter!* I am a **newbie** and just *starting out!*) - avo vam odeh Kah (if I actually enter them, I *won't* forget you, rather, I will admit/thank You and only **You**, Hashem for this)

zeh hasha'ar Lashem (zeh - *only* **this** is the gateway to Hashem: the recognition that I am a newbie, *just starting* my avodah now!) and, **tzaddikim** yavo'u (=future tense) vo (it is the tzadikim who enter that way - they may be tzdikkim ,but there approach is *always* as a newbie).

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Re: starting my battle

Posted by hoping - 19 Jul 2009 18:40

R' Dov-

Thank you again for your words of chizuk. I relish them.

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It seems you are in very good company, my friend!

Re: starting my battle

Posted by hoping - 21 Jul 2009 13:51

B"H I am doing well.

I have been following the discussion on GMA's thread. I can only talk from my own experience and not from a general perspective so I would like to post my feelings here.

When I discovered this thread, I was drawn by the feeling that it would help me finally beat back

the Y"H that I have been fighting for the majority of my life. Aside from that particular issue, I viewed myself as a pretty solid Ben Torah. Even as I initially tried to implement some of the attitudes that I learned from this site and from 12-step, it was mainly as a 'trick' to overcome the Y"H. What I realized with the help of Hashem, was that I was working backwards. The more fundamental and in ways the more important issue was addressing the internal Chisronos that I am now willing to acknowledge. Understandably, there are times that habit pulls me to act out and I have to fight with the Y"H, but essentially, my battle is on a different plane. I am no expert in the 12 steps, but the concept of 'letting go and letting G-d' is utterly profound and utterly simple at the same time. Not easy, but simple. It is this Yesod that I constantly go back to whenever I am feeling stuck. This is also in my mind the cornerstone of Emuna Peshuta. There is a long Tefilla from the Ohr Lashamayim that focuses initially on acknowledging the involvement of HKB"H in every aspect of our lives, then leads to a Bakasha that we should be aware of it, and only at the very end does the Tefila focus on success in Limud Torah (almost like a tefilla written for the beginning of the 12 steps). This focus on dealing with fundamental Emuna issues is not, in my mind, a medicine that I take until I am cured from whatever is plaguing me, it is a lifelong approach to that, with Hashem's help, can allow me to deal with the Y"h in a healthy manner.

I don't know if this post will benefit anyone else, but it helped me crystalize some of my own thoughts.

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Re: starting my battle

Posted by kutan - 21 Jul 2009 14:58

You know, Hoping, your post reminded me of the Gemara that Chavakuk boiled it down to one: emuna. My Rebeim say that Chavakuk was the last navi and was speaking to the last generation...

I would recommend R' Wolfson's emuna shmuzen. They have impacted my life, although of course I need to still work on internalizing. Your posts help me too!

R' Guard posted a link to MP3 files of the shiurim somewhere.

www.613.org/wolfson.html

kutan

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Re: starting my battle

Posted by battleworn - 21 Jul 2009 16:50

Hi Hoping, you're right on target. I know that R' Shalom Arush's book "B'gan Ha'emunah" (available in Hebrew and English) has changed the life of thousands of people. I read the part on Teshuva and I think it's amazing!

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Re: starting my battle

Posted by me - 21 Jul 2009 20:04

I believe that this book is/can be our solution for how to: Let Go, and Let G-d.

That fact that something seemingly so simple, is one big chiddush to the reader, proves that we have really lost a major step in this golus. True Emunah P'shuta.

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