

Zalmandovid's Journey

Posted by zalmandovid - 12 Mar 2010 07:24

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Soooooooo. I am feeling on top of the world. I am over two weeks clean and down the road to recovery. My Yetzer Harah must definitely be crying inside me. He yearns to express himself. TOO BAD FOR HIM.

I have begun to notice how I have always been turning to acting out as an escape from reality and dealing with daily life issues. For example today something happened that made me really upset. I was fuming angry. I swore loudly. I was walking outside immediately after the incident and my eyes began to wander. they were hunting. Anything Non-Tznius was my prey. It was like going on autopilot mode of seeking out evil, except I wasn't the one who put it into gear. It happened on it's own. After years of being trained to do this (as a preperation for acting out) my body did it automatically. I realized right away of course because for the past two weeks I have been careful to guard my eyes from things on the street and have been using the pinching technique.

If I couldn't act out what could I do. I was still so angry. I almost never had to deal with that amount of anger for so long. I asked a friend of mind how he deals with his anger. He told me he takes a cigarette if he's really upset. I will be honest,I would rather have an addiction to cigarettes than this messy addiction. At least cigarettes won't ruin my marriage. But they are gross. and I really can't stand the smoke.(and they kill you in the end also right).

So now I am beginning to get in touch with all of the bad character traits I have hidden underneath that have always been numbed until now. This is becoming much more complex than I had hoped. I am now dealing with not only my repulsive addiction, but also with the negative, unrestrained, unrefined, unacceptable character traits that have been hidden underneath the layers of lies. Oy. nu nu. So is life. I must deal with it. If Hashem gave me this test I guess I have the power to overcome it. I really had hoped It would be easier than this. But in the end I guess it will be all the more worthwhile. I guess the damage done after years of abuse is not so quickly fixed. This is a major downer :-[. So annoying. I need some Siyata Dishmaya.

I am really considering seeing a therapist at this point but I hate the idea of opening up to some guy who

A. Doesn't really know me

B. Cares just enough to make sure I come back again

What to do?

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Re: Zalmandovid's Journey

Posted by teenagehelp - 22 Jun 2010 04:58

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Re: Zalmandovid's Journey

Posted by Dov - 22 Jun 2010 05:16

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Ditto. You are a very fortunate - not perfect, but very fortunate - fellow. Thanks for the post, ZD.

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Re: Zalmandovid's Journey

beautiful post, thats all i can say  
Posted by yehoshua - 22 Jun 2010 12:25

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How to overcome self-pity? Join the addicts of GYE... Great Reb Zalmans!!!

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Re: Zalmandovid's Journey

Posted by zalmandovid - 01 Jul 2010 03:29

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Hello my dear friends on GYE.

I have not posted here in a while. Jest checking in to say Hello. Boruch Hashem I am working on connecting to Hashem more. It is easy to forget and just go on with life and forget all about him. May I continue to find his hand in everything in my life. Amen. i just wanted to publicly

thank Hashem for all of the kindness he has shown me recently.

Take Care,

Zalmandovid

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Re: Zalmandovid's Journey  
Posted by briut - 01 Jul 2010 03:47

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[zalmandovid wrote on 01 Jul 2010 03:29:](#)

i just wanted to publicly thank Hashem for all of the kindness he has shown me recently.

Amen.

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Re: Zalmandovid's Journey  
Posted by zalmandovid - 08 Jul 2010 03:07

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Hello everyone,

Just popping in to say hello. Baruch Hashem all is well.

Wishing you a wonderful week

Zalmandovid

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Re: Zalmandovid's Journey  
Posted by zalmandovid - 09 Jul 2010 04:25

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## The Red Robin and the Mirror

One afternoon as I was walking back to my car after work I encountered an interesting spectacle. As I approached the door to my car I saw a Red Robin fluttering excitedly by the side view mirror. I was impressed by the beautiful deep red color of the bird, and wondered about Hashem's beautiful creations. The next day I saw my fluttering bird friend again. I thought to myself "wow what a coincidence". After encountering the same spectacle three days in a row I finally realized what was happening over here. You see, this Red Robin has found a friend in the side view mirror of my car. He mistakenly thinks that the reflection in the mirror is a real live bird staring right back at him, who is excited to see him. He therefore comes back every day to say hello and revisit his newfound "friend". He has attributed emotions, and life to a place where there is none. In truth, the only thing staring back at him is cold dead glass. If only there was a way that he can realize the grave mistake he is making. When all the other robins are busy having fun and interacting with other real-life robins, our red winged friend is really only hanging out with himself. He is the loneliest bird of all. Although he may be enjoying the company now, it will come back to bite him later. Instead of having a real life companion, our poor bird friend has found a "friend in the mirror". A fake. How telling is this story of the Robin. May Hashem grant us the strength to develop and nourish our real-life relationship and find meaning in our real lives. Let us not go to the cold, dead, lifeless things in this world. They may trick us sometimes, and they may seem appealing at times, But let us never forget what they really are. Truth always prevails in the end.

With Love, and Kind Regards,

Zalmandovid

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Re: Zalmandovid's Journey

Posted by Steve - 09 Jul 2010 13:46

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ZD, I was just checking here to see if you put up that story of yours. i'm glad you did. Let's always be migalleh Hashem's sweet messages to the world. That's the ultimate purpose of these A&W moments.

Have a GREAT Shabbos!!

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Re: Zalmandovid's Journey

Posted by zalmandovid - 20 Jul 2010 03:41

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How do you deal with PAIN?

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Re: Zalmandovid's Journey

Posted by yehoshua - 20 Jul 2010 06:22

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I go to this forum and go through the 12 steps. There can be only one thought in my mind at a time. I feel happy and then there is no place for pain.

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Re: Zalmandovid's Journey

Posted by silentbattle - 20 Jul 2010 17:54

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Depends what kin of pain. I find that exercise can help - I can jog, and it just empties my mind as I focus on the jogging, my breathing, and my steps...it gives me a break from whatever else is going on.

Other than that...pain is part of who we are as humans. Especially in golus.

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Re: Zalmandovid's Journey

Posted by zalmandovid - 25 Jul 2010 06:36

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After a recent fall i am unable to get up. The withdrawal symptom pain and my stressful job are it's just causing more acting out. the visous cyc;r begins again. It's not fair. This seems too hard to bear. when will it all end?

Crying and pleading

Zalmandovid

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Re: Zalmandovid's Journey

Posted by Ineedhelp!! - 25 Jul 2010 14:03

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All of these pains are too much to bear on your own. We, as addicts do not know how to handle stress and anxiety so when we try to deal with it, the only way we know how to do it is to lust to ease the pain. Lets turn our troubles over to God because only God can help us with what we cant help ourselves.

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Re: Zalmandovid's Journey

Posted by silentbattle - 25 Jul 2010 14:36

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The key is to remember that acting out doesn't help you - certainly not in the long term, but even in the short term. It's totally your addiction pushing you to do it. Think about it - I'm under stress, so I'll...do something that'll make me feel even worse?

It sounds crazy, but we do it anyway!

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