

Zalmandovid's Journey

Posted by zalmandovid - 12 Mar 2010 07:24

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?

=====

Re: Zalmandovid's Journey

Posted by zalmandovid - 25 Apr 2010 02:10

no sweat dude. Seriously. I came to this place to heal and thats what i'm doing. If that comes in the form of hard love than so be it. I value anything you have to say to me reb silent. Sorry for not responding to your PM. Have an amazing week my friend. True friends are those who tell you what you have to hear and not necessarily what you want to hear. Thanks for being there, and being a true friend.

Wishing you and yours a truly happy successful week.

with Love,

ZD

=====

Re: Zalmandovid's Journey

Posted by silentbattle - 25 Apr 2010 03:39

Glad to hear it. You're a really special person, and I'm proud to be able to stand next to you.

=====

Re: Zalmandovid's Journey

Posted by Chazak Amenu - 25 Apr 2010 04:03

Me too! doing ok SB?

=====

=====

Re: Zalmandovid's Journey

Posted by silentbattle - 25 Apr 2010 04:05

Yep, thanks!

=====

Re: Zalmandovid's Journey

Posted by Chazak Amenu - 25 Apr 2010 04:09

i updated my chart and i have 3 days clean because i did not realize it was after 12 so really i only have 2 and tommorow would be my third but i guess it won't matter if i make it through tomorrow and if i do we can do the group on monday if everyone else is good as well.

=====

Re: Zalmandovid's Journey

Posted by zalmandovid - 26 Apr 2010 05:25

I had an A&W moment(no not the root beer) a and w means awe and wonder and I wanted to post about it. Sometimes Hashem reveals his involvement in our lives and we should take notice of them when they happen. On Friday I was speaking to a good chaver of mine on the phone. Amongst other things i mentioned to him how I really needed a place to eat for the Friday night Shabbos meal.I really needed to get out. He gave me some practical advice as well as some chizuk that Hashem would surely help. I agreed.Literally a secand after we were saying this I got a click. Guess who was on the other line. A close friend who hasn't called me in a while asked me to come to help make a minyan at a shteeble and than come to his house for a shabbos meal. A&W right there my friend. Drink it in. I had not been invited out in months! Hashem surely takes care of all of his Kinderlach. We must just let him into our heart and into our lives.

Let go and let G-d.

Love, ZD

=====

=====

Re: Zalmandovid's Journey

Posted by silentbattle - 26 Apr 2010 12:12

That *is* cool - you might want to post this on the "feel the hugs" thead!

=====

=====

Re: Zalmandovid's Journey

Posted by Chazak Amenu - 26 Apr 2010 13:08

that is really nice! i have been feeling very lonely recently but what can you do?! if everyone in our accountability group has three days clean we should be able to start. i mentioned it on the thread but i thought i would tell you here while i was here anyway.

=====

=====

Re: Zalmandovid's Journey

Posted by zalmandovid - 29 Apr 2010 02:01

"For, after all, every one who wishes to gain true knowledge must climb the Hill Difficulty alone, and since there is no royal road to the summit, I must zigzag it in my own way. I slip back many times, I fall, I stand still, I run against the the edge of hidden obstacles, I lose my temper and find it again and keep it better, I trudge on, I gain a little, I feel encouraged, I get more eager to climb higher and begin to see the widening horizon. Every struggle is a victory. One more effort and I reach the luminous cloud, the blue depths of the sky, the uplands of my desire."

-Helen Keller

=====

=====

Re: Zalmandovid's Journey

Posted by zalmandovid - 30 Apr 2010 00:29

Hey peoples,

. Gotta get out of my head a little. Have a good shabos!

=====

=====

Re: Zalmandovid's Journey

Posted by silentbattle - 30 Apr 2010 00:34

I have been feelin a little down lately

That quote from Helen Keller is interesting!

Have a great shabbos - go connect with people, do something interesting, enjoy, live life!

=====

=====

Re: Zalmandovid's Journey

Posted by strugglingyid - 30 Apr 2010 03:44

Zalmandovid,

Cheer up! You are doing great despite what your head may be telling you. Just unscrew the lid, remove, give a shake, reinsert and screw the lid back on, jump up and down a few times to get it to settle and you'll be just fine.

=====

=====

Re: Zalmandovid's Journey

Posted by Steve - 06 May 2010 14:38

Hey, ZD! Long Time No Post!

Having too much fun with your Big Mac?

Why don't you show us what all that power can do, and send us a quick post or two?

=====

Re: Zalmandovid's Journey
Posted by Dov - 06 May 2010 23:30

Hi Reb ZD!

=====