

A different approach

Posted by philpher - 22 Jun 2009 19:06

Taking a leap into the unknown - my own thread to air my ups and downs. Anything helpful posted will be cynically ignored, thoughtfully reconsidered, and then taken to heart. Currently on 6 clean days - not a record but slightly better than average. Wondering how to combat constant urges to slip and look at unsuitable things, and how to counter the looming gloom of despondency that always kicks in after a week of cleanliness. Help!

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Re: A different approach

Posted by Noorah BAMram - 29 Jun 2009 13:21

Quote:

This is partially due to my wife picking up on my distress, although being unaware of the cause and doing a good job in the "ezer" area rather than the usual"

Phil from between the lines I'm going to tell you that you are a very fortunate man that you have such an "ezer"!

Many a time the "ezer" that the Almighty foreordained for me has pulled me out of dumps, also without knowing the cause. (Btw the slump that comes after acting out is even recognized by psychologist, they call it a "mast... hangover"!! no kidding)

Phil - I Noorah your "yedid nefesh" beseeches our "Av horachman" please Father "mshoch

With fiery love

NB

Phil, I'm blushing from the "honorable mention"

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Re: A different approach

Posted by philpher - 29 Jun 2009 19:15

Phone conference update:

Having made the plunge I actually joined in a conference. I have to weigh up precisely what was achieved though. Just working up the courage to join in though was a nice step. Have to recover also from my heart rate going through 200.

Philpher

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Re: A different approach
Posted by Dov - 29 Jun 2009 21:18

[philpher wrote on 29 Jun 2009 19:15:](#)

Have to recover also from my heart rate going through 200

My shrink told me exercise is an important adjunct to therapy!! Yipee! ;D

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Re: A different approach
Posted by philpher - 30 Jun 2009 19:50

Exercise - but without moving a muscle. I can think of lots of people who might be interested....

Meanwhile, I have had 2 clean days BH and another telephone conference. The exercise wasn't as helpful this time (I mean I could speak without needing to notify hatzola just in case). Talking about the yetzer hora getting in the way - whilst I was listening in I was almost bitten by a large dog that crept up behind. It missed me, but left a present instead. I assume that means the YH is desperate. Let him remain like that.

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Re: A different approach

Posted by Noorah BAmram - 30 Jun 2009 22:41

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Re: A different approach

Posted by philpher - 01 Jul 2009 12:31

In response to Dov's post here a few days ago.

Very funny! (As long as its not my backside that was almost bitten
Something was bothering me when I joined the phone conference yesterday, and is mentioned
also in your post. Most addictions allow for an instant "good feeling" - which is used when we
otherwise might not be. I know for certain, that the apparent necessity to indulge is not always
during a time when one does feel down - it can happen straight after an otherwise very
productive and rewarding day. Similarly, the urge does not (always) base itself on an awareness
of the good feeling that it will bring, sometimes there is only physical pain, and that is pain about
which I might be acutely aware, as oppose to the obvious, immediate feeling of frustration and
annoyance post the fall, which seem to be easily ignorable.

Please let me know how to understand these ideas.

Philpher

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Re: A different approach

Posted by philpher - 01 Jul 2009 12:34

One more point - Chaim in a post on this thread elaborated on the problem nicely - the ability of the yetzer hora to keep a person in the depths of a fall

I find this happened to me, when I had the accompanying feeling of

"Well I am giving this up, right, so as long as I fell, I might as well..."

"I might not ever get to do this again, so - at least enjoy..."

Does anyone have advice how to deal with things when one is really immersed?

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Re: A different approach

Posted by the.guard - 01 Jul 2009 12:51

Does anyone have advice how to deal with things when one is really immersed?

Please read #22 of the Attitude Handbook.

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Re: A different approach

Posted by philpher - 01 Jul 2009 13:00

I have seen the attitude #22 before. What the question I meant was - how to overcome the point when such basic judgment also seems to be of no avail. When the YH is screaming "yes you have to, yes you have to, yes you have to, yes you have to, yes you have to,...."

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Re: A different approach

Posted by battleworn - 01 Jul 2009 18:33

Try pushing him off for a specific amount of time (maybe 10 min.). He'll say "what for? if you're going to capitulate anyway why suffer extra, you might as well just do it now" But there couldn't be a bigger lie. Because for every "regah"-which is much less than a second, that you hold back from sinning you will merit pleasure that is so great that even the greatest angel can't fathom it. Once you get the 10 min. you can start thinking about attitude #22

Chazak Ve'ematz!

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Re: A different approach

Posted by Chaim - 01 Jul 2009 19:42

I would like to add another helpful viewpoint.yes you have to, yes you have to,...." yo?? who said? G-d created us with free will. this point is elaborated upon in many places, among them Rasa"g Emunos vDayos. this is the conerstone of our religion. ponder this when you are calm and remember it when it is tough. you are free to choose. always. Be strong and aware

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Re: A different approach

Posted by philpher - 02 Jul 2009 19:10

Quick update.

So far 4 full days of cleanliness, Not even a slip B"H. Also coincidentally 4 days of participation in the telephone conference. Probably unrelated coincidence. Can't imagine that there is a link.

Another first - I doubt that any of the clean times that I have previously had were ever as clean as this one. It is a different experience. I feel a bit like I have been on a water diet after sampling the rich foods of temptation. Very cleansed and very happy. And this is just after 4 days.

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Re: A different approach

Posted by the.guard - 02 Jul 2009 20:30

You see Pilpher? When we do OUR part, Hashem does HIS :D. Our part is to join the group, work the steps. Hashem's part is to remove the obsession.

You are an inspiration!

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Re: A different approach

Posted by Noorah BAmram - 02 Jul 2009 23:15

[philpher wrote on 01 Jul 2009 13:00:](#)

I have seen the attitude #22 before. What the question I meant was - how to overcome the point when such basic judgment also seems to be of no avail. When the YH is screaming "yes you have to, yes you have to, yes you have to, yes you have to, yes you have to,...."

)))))))))))))))))))))))))))))))))) which means (to me) that in the grip of passion no one remembers the *yetser tov*)

> > -this is the tricks they teach
in SA - and this is what I'm planning to do for myself, is to get some phone numbers of people
that I trust from the forum and the phone program to call and SCREAM "FIRE
FFFFFFFFFFFFIIIIIIIRRRRRRRRRRRREEEEEEEEEEE IN THE HOUSE OF AMRAM"

Phil my *yedid nefesh* I pray for u and for me **May G-d grant us the strength and courage to do this!!!!!!**

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