

Tatti, Tatti, please, just for today

Posted by 1daat - 30 Jun 2010 03:35

"hi; I moved here from the Introduce Yourself thread cause I'm already introduced."

--Briuit's suggestion for starting my new thread.

Anyway, here I am, day 31. Fast is over in 12 minutes. But who's counting. I've been on GYE for a couple hours. More than is probably ok for me, but when I need it I need it.

Making some real friendships, no secrets, just chizuk, love and reminders that when all is said and done, we are left with hishtadlus and bitachon.

It's relatively quiet on the yh (no caps. I wouldn't give it the kovod, malach or not) front. Thank you all for reminding me not to be caught off guard, lulled into some sense of "having won" the battle. Please, keep reminding me!

ok for tonight. Maariv and eatz.

Chazak Chazak chevra.

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Re: Tatti, Tatti, please, just for today

Posted by 1daat - 30 May 2011 07:12

Dov, forgive me, I fell off the wagon and peeked at my count. Which is hard to do from under a wagon.

367 with one itsy sliip.

Why do I count? Because each day had its history. Each one a story. A beautiful story. And I look back on a strand of diamonds that Hashem made, that He lets me wear, to remember the great miracles He works. One day at a time. Forever.

So, it's off to maariv, and then day 368. But who's counting?

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Re: Tatti, Tatti, please, just for today
Posted by Dov - 30 May 2011 11:39

Congrats on having such a great G-d for your very own. Most people do not know they have that, at all. We are the luckiest people alive, I say.

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Re: Tatti, Tatti, please, just for today
Posted by Blind Beggar - 30 May 2011 11:47

368 is over a year. You are an inspiration 1daat!

(Dov, you're OK too.)

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Re: Tatti, Tatti, please, just for today
Posted by ZemirosShabbos - 30 May 2011 15:49

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Re: Tatti, Tatti, please, just for today
Posted by 1daat - 31 May 2011 03:03

Zem, thanks for consistently letting me know you're keeping an eye out. (from such heights, he sees much, even with those funny little ears that keep twitching).

UAJ, I haven't checked in with you for a while. I'll be over soon. thanks for staying in touch.

BB, my BB-leh [Blind Beggar wrote on 30 May 2011 11:47](#):

[color=blue](Dov, you're OK too.)

I remember when joking and laughing didn't come so easy. I agree, Dov's ok, too.

Dovy, Lucky beyond words. Thanks.

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Re: Tatti, Tatti, please, just for today
Posted by 1daat - 01 Jun 2011 01:43

I'm typing away here and a young lady walks by my window (I'll leave the triggering attire comments out), and **as I'm typing** I track her for a good couple of seconds.

This just never ends.

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Re: Tatti, Tatti, please, just for today
Posted by Blind Beggar - 01 Jun 2011 05:50

1daat, could you have tracked her for one more second? Could you have got out of your chair and stuck your head out of the window and watched her for a few more seconds?

Yes, you could have, but you didn't! You were a tremendous tzaddik for that last second that you could have looked and didn't. If it happens again, please daven for Moshiach because we need the tefilos of tzaddikim like you.

It will happen again, because it really never ends. This is how Hashem wants us to serve him. I would prefer to be a soldier in Dovid Hamelech's army or the Rov of Seville (maybe I was) but Hashem has other plans.

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Re: Tatti, Tatti, please, just for today
Posted by Dov - 01 Jun 2011 16:59

[1daat wrote on 01 Jun 2011 01:43:](#)

I'm typing away here and a young lady walks by my window (I'll leave the triggering attire comments out), and **as I'm typing** I track her for a good couple of seconds.

This just never ends.

If you still have no one with whom you **can** be direct and explicit with (in other words truly honest with), then how can you make it at all? I poshut don't get it.

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Re: Tatti, Tatti, please, just for today
Posted by 1daat - 07 Jun 2011 02:33

BB, you are an endless fountain of chizuk and love. Thanks for your amazing post.

Dov,

[dov wrote on 01 Jun 2011 16:59:](#)

[1daat wrote on 01 Jun 2011 01:43:](#)

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Could I please have that at the p'shat level?

What does "making it" mean? That's the point of my post--there *is* no making it. "It" never ends".

As BB put it, [Blind Beggar wrote on 01 Jun 2011 05:50:](#)

It will happen again, because it really never ends. This is how Hashem wants us to serve him.

Why do you assume I don't have real live people in my life who are intimately involved with my recovery? Maybe you forget? I've talked a lot about the people in my life who support, and to whom I am accountable for my sobriety. I totally agree with you: Real sobriety doesn't happen in a virtual reality. Friends and a Rov like I have I wish for every guy here. I have no secrets. I have been publically humiliated; the thought of hitting bottom again scares the krap out of me. Call it "scared straight".

we are given opportunities to see our powerlessness every moment, and then to do what we can, Be"H. To laugh at myself, that after all this time I'm still a sitting duck, is to remember I'm an addict. And like I've said before, a sponsor once said to me that the most important word in recovery is "remember".

So catching myself in a hypnotic trance, and noticing that "this never ends"...this is a good thing, yes? ...And maybe not such a serious thing.

Did I completely misunderstand your post????

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Re: Tatti, Tatti, please, just for today
Posted by ZemirosShabbos - 07 Jun 2011 15:15

a beautiful and inspiring yom tov to you and yours, 1daat

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Re: Tatti, Tatti, please, just for today
Posted by Dov - 07 Jun 2011 16:49

Sorry. Yeah, "it" never ends. But if by "it" you mean *temptation*, then I have to say that I don't see things that way. Of course temptations are out of our control, there are and always will be beautiful people out there, and we have testosterone...and some of us are also addicts, too. Still, I feel we are not at the mercy of our environment in any sense whatsoever. And no, I am *not* speaking from my 'ivory tower of sobriety' - I am a powerless lust addict. I'll try to explain what I mean.

To say that we can serve Hashem by withstanding temptation is true. But do not accept that "Avodas Hashem" can be boiled down in any respect to: *resisting temptation*. I think that is actually obscene. Though, perhaps you don't mean that, really. But some I know, do mean just that. There is a story by Isaac Bashevis Singer I read once about a fictitious frummy who was gripped with lust and ended up condensing his entire yir'as Shomayim and avodas Hashem into that one thing: resisting his lusting and fantasy about a particular woman he was infatuated with. He eventually becomes progressively self-centered (for 'holy' reasons, of course) is rendered totally useless (but 'fighting the good fight'), and eventually insane. OK, Singer was certainly not pro-Torah! But taken in context, he is making a good point.

As far as I am concerned, the place that "resisting temptation" has in avodas Hashem is this: to be road-kill. The goal of the recovery that I know is that my lust be less and less **relevant**. Not to give temptation *the time of day*. Whether I am *struggling* with it or *giving in* c"v, does not matter all that much in the *big* picture. Either way I am missing the point of what I am here for: real living.

Avodas Hashem **does** put a great emphasis on resisting temptation, true. And in the same respect, driving **does** put a great emphasis on *not* running into oncoming traffic, walls, trees, etc. But to say that the main object of driving is *not to get killed*, misses the entire point of driving! The purpose of driving is **to get places**!

For a normal oved Hashem, the *katnus* of rolling his or her avodah into resisting temptation and not being metamei, is still katnus - and a pity. But for an addict like me, it is suicidal. That's why none of the steps have anything directly to do with drinking or lusting - except the 1st one. The second and third are not about not drinking/acting out. They are only about getting back into the reality of life as it is. The 2nd is admitting that we think insanely about G-d, people, places, and things in our lives (not the porn and stuff! that's the *1st!*) and coming to trust our G-d to restore our sanity, we will be able to start to take the 3rd and begin allowing *Him* to run the show *for* us. As a result, the need to use any drugs will be eliminated *automatically*. The only reason it doesn't usually work that way permanently, is because we do not really *let* Him run the show - because we have character defects that make us hold on to the 'steering wheel' real tight (that's what 4-7 is about), and have unfinished business with Hashem and other people (that's 8-10).

Yes, there **are** times when our total focus *must* be on avoiding or letting go of a powerful temptation. We are all subject to crazy and very misleading thinking that really feels that using her image is truly in my very best interest - really! But then we use honesty with G-d, and I'havdil, with our friends, to *let* Him help us let go of it and move on. Yet our general focus must revert from the problem and back onto the solution: real and useful living. That's the recovery I was taught and try to use, be"H. There is little room for accolades that I did not flush my head down a toilet and drown...gratitude to Hashem, yes, but I do not need much patting on my back for *not* being an idiot. OK, maybe I do need a pat or two for the first couple of times, yes, but that's for kindergarten - I am proudly in 3rd grade, now!

If I am coming across as criticizing, then I blew it again. Let me know, please.

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Re: Tatti, Tatti, please, just for today
Posted by Blind Beggar - 08 Jun 2011 19:27

Thank you Dov, that was a lot more useful than:

[dov wrote on 01 Jun 2011 16:59:](#)

[1daat wrote on 01 Jun 2011 01:43:](#)

I'm typing away here and a young lady walks by my window (I'll leave the triggering attire comments out), and **as I'm typing** I track her for a good couple of seconds.

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Re: Tatti, Tatti, please, just for today
Posted by 1daat - 10 Jun 2011 05:38

[dov wrote on 07 Jun 2011 16:49:](#)

Sorry. Yeah, "it" never ends. But if by "it" you mean *temptation*, then I have to say that I don't see things that way. Of course temptations are out of our control, there are and always will be beautiful people out there, and we have testosterone...and some of us are also addicts, too. Still, I feel we are not at the mercy of our environment in any sense whatsoever. I'm not sure we disagree, but for the sake of a hopefully useful machloikes, let me try to make a distinction.

By, "we are not at the mercy of our environment in any sense whatsoever" do you mean (Dovspeak does still sometimes need translation) that we always have the bechira (choice)?

Existentially speaking, I agree. The bechira is always there. And when I am in my right mind for whatever miraculous reason, at those times, I am not controlled by my environment. I make a choice. I have been given the merit to make a choice.

But the truth that I always have the choice doesn't help me when I'm crazed (ch'v), any more than mussar does, or for that matter all of Yiddishkeit. If one doesn't believe that we can be controlled by our environment, doesn't that negate the reality of the yh, which, we experience as "outside" ourselves? (Nevermind the Chasidus on that point).

It is the perpetual experience of the yh insinuating itself into our experience no matter the heights of kedusha, that I meant when I said, "this just never ends"

I don't know how you got from what I wrote to what you wrote below, but we're on the same page about making resisting temptation the meal rather than the fork (me? an overeating disorder? nah).

...As far as I am concerned, the place that "resisting temptation" has in avodas Hashem is this: to be road-kill. The goal of the recovery that I know is that my lust be less and less **relevant**. Not to give temptation *the time of day*. Whether I am *struggling* with it or *giving in* c"v, does not matter all that much in the *big* picture. Either way I am missing the point of what I am here for: real living.

Ahh, now you speak to the point of my little post.

[1daat wrote on 01 Jun 2011 01:43:](#)

I'm typing away here and a young lady walks by my window (I'll leave the triggering attire comments out), and **as I'm typing** I track her for a good couple of seconds.

This just never ends.

and the one that came after...[1daat wrote on 07 Jun 2011 02:33:](#)

To laugh at myself, that after all this time I'm still a sitting duck, is to remember I'm an addict.

And like I've said before, a sponsor once said to me that the most important word in recovery is "remember".

So catching myself in a hypnotic trance, and noticing that "this never ends"...this is a good thing, yes? ...And maybe not such a serious thing.

That little post was meant as nothing more than a little irony: There I am typing some chizuk to a gye chaver, and at the very moment that I'm deep in concentration about shmiras eynayim, I have a couple of seconds that remind me I'm still an addict alright. And I had a little laugh at the irony of that and thought I'd share it in the moment.

Rereading it now, though, I can see how it was taken seriously. A good thing too for what you posted. Not bad for a third grader.

If I am coming across as criticizing, then I blew it again. Let me know, please.

I don't exactly know why you so often put those little disclaimers at the end of your posts, but we all know by now that your intentions are to give each of us the benefit of your experience and love.

On that note, it's time I told you that I love you. I know that can be brushed off easily in this virtual community of ours. But how I think about it is that if we met on the street and somehow miraculously knew each other, we would embrace, in joy and love. Amen

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Re: Tatti, Tatti, please, just for today
Posted by Dov - 12 Jun 2011 05:48

Same here. I admire you a great deal and would really love to meet every single one of the folks on GYE one day. Probably will not happen in this life, but that's too bad. Thanks for saying it, though. Really.

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