

Thank you Hashem

Posted by ur-a-jew - 07 Sep 2010 17:24

Ahh what a feeling. 90 days. Thank you Hashem for sending me here and walking me along, to Guard for setting up the site and to all the wonderful members for giving me chizuk and advice all the way. I started writing this post after just being on the site for two weeks but it somehow got deleted and then I kept pushing it off. I figured once I got 90 days I would just write a whole long megilla as to what the GYE community means to me.

1. I once met a chasuva balabus who works with at-risk kids and he told me over a conversation he once had around Yom Kippur with one of these kids. He was telling the kid that on Yom Kippur we can do teshuva and our aveiros become zechuyos. The kid turns to him and says you explain to me how the XXX movie I just watched will be a zechus. The balabus turns to me and says I didn't know what to say but Hashem put the following in my mind which I told the kid. He said, I'll tell you. Because you're going to resole to change and you're going to become better and work on raising a jewsih family and you're going to meet a kid like you where who feels they were hopeless. At that point you'll tell the kid, never lose hope, you can never sink too low. I also saw the shmutz that you saw, I saw the same XXX movies, but look I was able to turn around. At that point says the balabus you'll understand how that XXX movie can be a zechus. The message hit home and the kid went on to change. All I can say is that there are a lot of interesting and unique "zechusim" on this site.

2. I've learned how to grow in Ahavas Yisroel. Just like the addiction does not discriminate neither does the site. All walks of yiddishkeit are here and the camaraderie that is displayed is trully remarkable.

3. My tefillos have improved. There are a lot of people to thank for this. Most promenantly is Dov who has encouraged me to talk to Hashem on a regular basis. Just two days ago, Jooboy wrote me something which gave me a tefilah that I now add. Hashem give me the ability to place my trust and my dependance only in You and not in any human including my wife.

4. I realize I am not alone.

5. I have hope. In the back of my mind I also had this fear that I had completely ruined my chances to be mekabel pnei moshiach and for olam haba based on my actions. Would I ever really be able to do teshuva. The site tells me that although it is hard work (as could be expected given the reward) teshuva is possible. It really is possible to stop.

6. The 12 Steps. In the past as part of my efforts to stop. I had always looked into ways to online SA meetings. It never worked in large part because I could not relate to any of the people that were members. Here I feel that I am amidst family since we are all bnei av echad. B"H I am making my way through the steps.

7. The knowledge that sex is optional. This is a hard one. But I am grateful for the knowledge and one of these years I hope to be truly able to implement it in my life.

8. Making shemiras einyayim part of my conscience. I can proudly say that for the past 90 days I have not picked up a New York Post or a New York or New Yorker magazine, all of which were part of my daily or weekly routine since they are readily available in my office. I have come to realize I don't need them and the potential triggers they bring with them.

9. A filter. After years of just saying I need one I know have one both in the office and at home.

10. No facebook. This was probably my biggest michshal in the past year. What a wonderful feeling when I click on a link that directs me to facebook and K-9 comes up to block it.

11. No youtube. Another source of anguish consumed by the canines.

12. A garden of peace. I found this book here. And anyone who has read it knows what I mean. Anyone who hasn't, what are you waiting for.

13. A better marriage. When I don't have all the baggage, things necessarily are better.

14. The daily chizuk emails, all three of them. Even if I don't always get to read them. There is a certain comfort knowing that they are there just for the looking. There is a noticeable absence when Guard is away.

15. The GYE Handbooks.

16. Virtual meetings.

17. Google chat to know that someone can check on me and the ability to offer chizzuk to others.

18. Rather than mention names and mistakenly leave someone out. I appreciate everyone who has helped me along this journey. You all know who you are. I hope to continue with you all to the next level.

My list can go on and on (and I hope to continue it but I got to work a little today). My tefillah to Hashem is that I recognize that this first 90 days is just a stepping stone along the path and that I merit to continue to stay sober day by day, and that I not forget that I was never able to do this alone so I should never think of moving away from the site and the wonderful people that I have met and continue to meet here.

Ksiva V'Chasima Tova to all.

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Re: Thank you Hashem
Posted by ZemirosShabbos - 16 Feb 2011 16:26

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Re: Thank you Hashem
Posted by ur-a-jew - 22 Feb 2011 02:39

Boruch for Shabbos, I really needed it. And Boruch Hashem for an understanding wife this weekend, I really needed that too.

Saw two wonderful divrei torah from Reb Zilberstein (my rebbi who I've never met) on Parshas Ki Sisa (in Borchy Nofshi), . If I had time I would translate and copy them over word for word since they are so fundamental. The first one I saw is on getting up after a fall. In essence Reb Zilberstein says that the measure of a man is what he does after a fall. He brings down a story with Reb Yonason Eibshitz who was once sitting learning in his house late one Shabbos night. Suddenly he hears a noise and sees two feet coming down the chimney followed by the rest of the body. The would be robber is stunned when he sees Reb Yonason standing there. Reb Yonason turns to him saying, no doubt you have come to ask me a shaileh and when you found the front door locked you came down the chimney. What's your shaileh? The person turns to Reb Yonason and says, I have one question, "how does one get out of here?" That says Reb Zilberstein is the question we have to ask ourselves when we fall.

Got to go now. But I will attempt to write over the rest shortly.

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Re: Thank you Hashem
Posted by Dov - 22 Feb 2011 02:45

That story was great!! Thanks!

PS...how are you? Been a while....

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Re: Thank you Hashem
Posted by ur-a-jew - 22 Feb 2011 03:14

So Reb Zilberstein continues the possuk says death and life are in the hand of the tongue. Presumably the possuk should have said life and death are in the hand of the tongue. Answers Reb Zilberstein that the possuk is referring to one who fell "he died" the way back to "life" is through the tongue. For example you acted not nicely to your wife, you got into a disagreement

with her. Are you going to obstinately stick to your stance and dig a deeper whole or are you going to apologise. In GYE terms I think the tongue referred to in the possuk is to regain life by reaching out to a sponsor or a chaver coming clean and out of isolation.

B"H Dov I'm doing great but really busy.

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Re: Thank you Hashem

Posted by Dov - 22 Feb 2011 12:48

In other words, he is saying that giving up my entrenched position - what I hold very dear - is like dying. This, I believe, is how the Chofetz Chayim teaches Odom ki yomus ba'ohel - ein divrei Torah miskaymin/niknin elle b'mi shemeimis es atzmo aleihem. He says one must pretend that he is dead: Would a *dead me* be so concerned about more money right now? Stature? kavod? Not really. I'd devalue lots of stuff and not sweat the small stuff. I'd put Hashem first.

Boy, I needed that, thanks. Will have a talk with my sponsor abt this today bl"n.

Great yer doing fine - all the best, chaver!!

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Re: Thank you Hashem

Posted by ur-a-jew - 22 Feb 2011 13:47

While I don't disagree with the fundamentals of what you are saying. I think Reb Zilberstein is saying the opposite. (Then again maybe we are saying the same thing just approaching it from different ends. Either way thanks for the hoarah because it allowed me to see the depth of his words).

One who sticks to his entrenched but misguided positions may from a superficial view appear to be alive but in reality he is dead. And while giving up those positions may from our superficial vantage point seem to us as if we are killing ourselves. In reality we are doing just the opposite we are gaining life itself.

To put it in to practical terms when my wife doesn't want to have sex with me and I view that sex as my lifeline and without "loma li chaim." I think that I am alive. But in reality I'm not living life. Its only when I let go and realize that sex is optional that I can begin to move on and start living life.

Thank you Hashem for another day and the ability to spend it here on GYE among true Mivakshei Hashem.

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Re: Thank you Hashem
Posted by ZemirosShabbos - 22 Feb 2011 16:05

thanks UAJ for the beautiful divrei torah!

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Re: Thank you Hashem
Posted by Yosef Hatzadik - 22 Feb 2011 16:48

[ZemirosShabbos wrote on 22 Feb 2011 16:05:](#)

thanks UAJ for the beautiful divrei torah!

This is an echo.

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Re: Thank you Hashem
Posted by im not alone - 24 Feb 2011 02:22

[Yosef Hatzadik wrote on 22 Feb 2011 16:48:](#)

[ZemirosShabbos wrote on 22 Feb 2011 16:05:](#)

thanks UAJ for the beautiful divrei torah!

This is an echo.

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thans tons

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Re: Thank you Hashem

Posted by ur-a-jew - 28 Feb 2011 14:01

I hope to be back in full force by the end of the week. But until then just wanted to say Hi, thank Hashem for the continued abstinence, the hatzlacha He's given me and for Shabbos. I don't understand how people survive without a Shabbos.

I saw a wonderful chinuch this week. The chinuch has one mitzvah for parshas vayakel that Bais Din is not allowed to kill someone on Shabbos. Says the chinuch the taam of the mitzvah is that Shabbos is a day of menucha even for sinners. Ask yourself this question here's Mr. Murderer he is sitting on death row and they tell him enjoy your shabbos we're not killing you until sunday. The pshat I believe is that Shabbos is a different dimension. I can be a sinner a murderer or a porn addict but when shabbos comes I'm in a different world and I can leave that all behind and just have menucha. So should one of us c"v slip or fall bear in mind Shabbos is coming.

The truth is I was thinking we don't have to wait for Shabbos. When we say the yom every day we mention Shabbos. We are supposed to bring Shabbos into every day of the week. The next time you say hayom yom ___ bshabbos think that Shabbos is coming, I'm going to be spending it with Hashem and it will be a day of menucha for one simple reason: He loves me and that love knows no bounds. If we stop and think about it for two minutes its got to make a difference (I figure maybe I'll even get the day right) no matter how low we are feeling at that moment. Thank you Hashem for Shabbos and for GYE.

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Re: Thank you Hashem
Posted by ZemirosShabbos - 28 Feb 2011 22:57

hi UAJ,

thanks for checking in with such a beautiful post

continued hatzlocha

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Re: Thank you Hashem
Posted by ur-a-jew - 04 Mar 2011 14:29

Heard a wonderful vort from Rabbi Yudin this morning that is particularly relevant to the addict. One of the root causes of the egel was impetuosity, the bnei yisroel wanted instant gratification. Which is usually the problem of the addict as well. We can't see to tomorrow. If our wives are not satisfying us now we can't see past that and that tomorrow is another day. Or if we are down we need some porn to lift us up immediately. The mishkan was meant to teach us that good things come in their time. The mishkan was finished in record time in just two and half months (day after Yom Kippur until Chanuka). But to teach bnei yisroel this lesson it was not dedicated until three months later in Nissan.

Thank you Hashem for a wonderful week and for Shabbos.

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Re: Thank you Hashem
Posted by ZemirosShabbos - 04 Mar 2011 17:26

beautiful vort, thanks

have a great shabbos

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Re: Thank you Hashem

Posted by ur-a-jew - 06 Mar 2011 14:16

I had a wonderful but scary thought on Shabbos. We are now probably on the third cycle in recent times were Mikee night would be Friday night historically an issue. Well things are going really well and the wife is giving it a go. Obviously I am very appreciative and I have told her as much. There was an issue whether it would actually work but as I was walking to shul Shabbos morning I thought to myself you know even if it doesn't work out the very fact that my wife is willing to go ahead with it made me so happy that it wouldn't bother me that much if it didn't work out. It then hit me what was really going on. Its not the sex so much that I'm after its the need to be loved and the desire to have my wife do my will that I want. Once she gave me that I was happy. Sure I want to have sex but that's not really what's going on. If it was only about sex it would be no problem to push it off a day. I know I'm going to get it. But deep down that was not enough. The real issue is a control and gaavah issue and that is not satisfied by sex a night later. Its a wonderful thought if I keep it with me when the inevitable night arises when we are not on the same page and I can take this realization out of my back pocket and calm myself down. Its scary however because I can convince myself that I'm so right about something when lurking inside me its really my self-interest at work. Thank you Hashem for this wonderful lesson. Please help remove my selfishness from within me. And please let me not forgot this fundamental lesson about the twisted workings of my brain.

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