

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 1daat - 31 May 2011 03:27

Just got "caught up". Such insight comes only from One place. Thanks for being there for all of us.

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Re: Thank you Hashem
Posted by ur-a-jew - 01 Jun 2011 16:40

Almost everyone here even those not on Duvid Chaim's calls should have heard of the need to look for A&W moments, i.e., to recognize Hashem's involvement in our lives on a daily basis. I was learning this morning in Chovos Halevovos that this is a key element to Bitachon (which is a critical aspect of sobriety since if I can't or don't place my trust in the RBSO I'm ultimately going to place my trust elsewhere and for many of us that elsewhere is in the image of some naked woman in a picture or a scantily clad woman walking down the street).

The Chovos Halevovos writes that there are seven aspects necessary for someone to have true bitachon in a person. The fifth one is that the person your placing your trust in has a unique relationship and a long history with you. You've gone through life and that person was always there for you.

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If I don't see the RBSO in my life constantly, I can't expect to have bitachon on him when things get rough. Thus, I need to look out and see the RBSO constantly on a daily basis in my life. Thank You Hashem for this wonderful message.

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Re: Thank you Hashem
Posted by ZemirosShabbos - 01 Jun 2011 20:26

gevaldig!

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Re: Thank you Hashem
Posted by ur-a-jew - 10 Jun 2011 15:54

Just made a year clean. I'm cured!!! Thank You Hashem!!!

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Re: Thank you Hashem

Posted by ur-a-jew - 10 Jun 2011 15:57

[ur-a-jew wrote on 10 Jun 2011 15:54:](#)

I'm cured!!!

And then I woke up.

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Re: Thank you Hashem

Posted by Dov - 10 Jun 2011 17:04

May Hashem help all my "Good morning!!"s (after dreaming that I am cured) be not too embarrassing and nasty....Amen.

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Re: Thank you Hashem

Posted by ZemirosShabbos - 10 Jun 2011 17:11

Mazel tov on such a beautiful milestone!

and it is great that you have the correct mindset and know not to feel that you can now take the peanut butter off your glasses...

wishing you much continued growth and success

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Re: Thank you Hashem

Posted by ur-a-jew - 10 Jun 2011 17:43

While I would love to say that I've been cured, enough sense I have to know that I am far from anything like that. Truth is last night I felt similar to the way things were when I first came here (although last night at least I had the tools to be able to put things in perspective).

When I was thinking about what a year means. The thing that made me the happiest, is that I was able to achieve some consistency. Try as I may I have never been able to learn daf yomi for any extended period of time and I'm like that in too many areas of life. I can start things that are really good but it is hard to be consistent with them and carry them through to fruition. So it feels very good to be able to say that I have at least been consistent in this one little small area of my life. Maybe there have been other times when I haven't looked at pornographic material for over a year. But now I can happily say that this year was different in that I actively worked on this area for a year straight. Aside from not looking at porn, I consciously have not picked up a tabloid or a magazine (other than a purely business related one) for a year. I have consciously not gone onto facebook for a year. And for these successes I am eternally grateful to Hashem, and to all the members of this wonderful site who have helped me reach this point.

My tefillah to Hashem is that I continue to grow along with everyone else in this holy place called GYE.

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Re: Thank you Hashem

Posted by Dov - 12 Jun 2011 05:39

Amen!!

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Re: Thank you Hashem

Posted by ur-a-jew - 17 Jun 2011 15:49

I saw something recently which if implemented ("if" is the biggest word in the dictionary) has the potential to be life changing. I'm writing it here so that maybe it will serve as a reminder for me (annd maybe someone else will find it useful too). The Sefer Chareidim brings down that there is mitzvah to remember verbally that Hashem is the one who gives you the ability to everything in the world and a person should throughout the day be mekayim this Mitzvah by saying pissukim that speak of Hashem's greatness:

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After I learned this I tried to get in the habit of doing this especially when I'm walking down the city streets, it's a useful distraction from the many sights the city has to offer.

I don't know why but I picked the possuk: ? ??? ? ??? ? ?????? ?????? ??? But I figured that i can't just say it that would be little help in distracting, I needed to dissect it.

? ??? - Hashem is the King. I reminded myself of a vort Reb Zilberstein brings down from Reb Chaim Brisker which I've posted elsewhere in which he explains the possukim in the beginning of Parshas Balak. The way that Balak became king was because he thought about was concerned about the needs of his nation. If Hashem is our King that means that he cares about me and is concerned for me.

? ??? - Hashem has always reigned. He is the creator of this wonderful universe. Thinking

about what that means. And how Hashem created this world for our benefit and that Hashem is a Maytiv, He wants to do good for me.

? ?????? ?????? ??? - Hashem's reign is eternal. I started thinking about Rav Dessler's moshul about how long eternity is (Imagine a pile of sand on which every 100 years a bird comes and takes one grain of sand and flies away and when finally the last grain is taken the pile refills and the process starts over). Its a very very very long time. And there is only one way to get a part of that eternity, by serving Him.

Thank you Hashem for this wonderful lesson and for always being there for me. Have a great Shabbos everyone.

If I can go through this mental exercise (or one like it) while walking down the street, my whole experience is different ((and likely my day as well).

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Re: Thank you Hashem
Posted by ZemirosShabbos - 17 Jun 2011 16:07

wow!

thanks for sharing that

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Re: Thank you Hashem
Posted by Dov - 17 Jun 2011 16:43

Wow, that was tremendous. Be"H we will use it at least from time to time.

An aside: wasn't it balak who was king rather than bilaam? Maybe you meant balak...or maybe I have been at the Woodford again...

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Re: Thank you Hashem

Posted by ur-a-jew - 17 Jun 2011 16:50

[dov wrote on 17 Jun 2011 16:43:](#)

An aside: wasn't it balak who was king rather than bilaam? Maybe you meant balak...or maybe I have been at the Woodford again...

You're right, I corrected it. Thanks! My boss always tells me, "I know you put in some typos just to make sure I'm paying attention." I wish it were woodford (or rather a good scotch) but it's called exhaustion.

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Re: Thank you Hashem

Posted by Yosef Hatzadik - 17 Jun 2011 19:16

Ur-a-Jew, You're the example of what it means to be a real Jew.

While others can be 'jewish', jew-styled, jew-oriented, **YOU'RE-A-JEW!!!!**

And in your own words:

[ur-a-jew wrote on 17 Jun 2011 19:06:](#)

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