

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 - 11 Nov 2011 17:25

[ur-a-jew wrote on 11 Nov 2011 01:04:](#)

when dealing with unbridled lust symbolized by the orlah we get this feeling that if we don't satisfy our desires we will die and life is not worth lifting. In reality, however, the opposite is true. It's when we remove that desire (by not succumbing to it) that we open up ourselves to Hashem's presence and real life.

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His business was thriving and after a few years he was a wealthy man!

But every year on the day he got that first job, he celebrated with a se'udas hoda'ah and dressed funny for the occasion: he wore the last threadbare shmatess that covered his body that first week on the job. He dressed completely as a pauper in the comfort of his own home at the table with his family and friends, and ate.

They asked him, "mai hai? Why the old clothes?"

He said that he knew in his gut that would he ever forget where he came from, he'd start to believe that he is intrinsically a wealthy person. That he deserves to be rich - that somehow, his being rich is one of the things that is 'right' with the universe.

But none of that would be reality. We are *all* blank slates without Hashem's Will that we be wealthy (or poor) at this very moment. Nobody **must** be rich. Just as easily as he is wealthy now, he really could be that same poor guy again.

We are not G-d.

He understood that gratitude isn't just 'being nice' or 'good middos' - it's just plain *sanity*.

My sponsor told me that no matter how long I have been sober or how long it has been that a fantasy has crossed my mind, I ought not ever say, "when I *used to* act out, I *did* thus-and-so..." Rather, he suggested that when sharing my sexual acting out history to help another addict open up, I should always say, "when I *act out*, I *do* thus-and-so..." Pretending that I am immune and fixed now, is prideful and irresponsible. It may be true - but I am no one to judge that. Sadly, too many good people like us have been 'surprised' and lost it all after years and years of sobriety and recovery.

And here is another interesting an application of this idea: When I see a pretty woman and become aware that I could feel the real desire to stare and take her into me deeply (like

mountain air) and use her in my mind...some would whine, "Gevalt that's so tomei, it's evidence that I am a shkotz. How could I still be having those thoughts?! It's the first day of Pesach and the seder was so uplifting! Yet here I am with this trash?" But I do not do that, cuz my sponsor taught me by example. He reacts to the deep disappointment he is tempted to feel over a stray desire (no matter how vivid), with this: "Well, what do you *expect* from a sex drunk, and addict?! From a guy who lied to everyone for decades, desperate for sex with himself or others whenever he could, for years and years? Nu. It's amazing that I am still sober, at all! Boruch Hashem!" ...and to let the lust and regret over the lusting all go. Drop it humbly. Who am I to be prideful now and cause myself to become sad, c"v. Madreigah pride is terrible for addicts. Walking humbly with my G-d as someone who doesn't *deserve* to be counted, at all - now **that** works for me.

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Re: Thank you Hashem
Posted by ZemirosShabbos - 24 Nov 2011 15:49

Thank you UAJ for that great lesson and thank you Dov for Megilas Antiochus Will Robinson, both very well-put

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Re: Thank you Hashem
Posted by Dov - 24 Nov 2011 16:31

Sheesh. Thought I was the only geezer here - how old are you, man? (a t'meehah kayemess, not a real question)

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Re: Thank you Hashem
Posted by ZemirosShabbos - 24 Nov 2011 17:48

not sure why you ask but suffice it to say that i can vote and drink but not retire

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Re: Thank you Hashem
Posted by Dov - 24 Nov 2011 18:31

Have you ever tried voting and drinking at the same time? It seems to be in vogue, of late...

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Re: Thank you Hashem
Posted by ZemirosShabbos - 24 Nov 2011 18:42

personally i don't like kool-aid, only petel

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Re: Thank you Hashem
Posted by gibbor120 - 25 Nov 2011 14:26

Yes, thanks UAJ and dov. That is one of the many benefits I get from GYE. I sometimes feel like I don't need all this stuff. I'm pretty ok, right? Those times are dangerous for me. Being on GYE helps me have less of those moments.

Dov, one of your shortest megillahs ever.

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Re: Thank you Hashem
Posted by gibbor120 - 25 Nov 2011 14:37

[dov wrote on 24 Nov 2011 04:02:](#)

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that I am a shkotz. How could I still be having those thoughts?! It's the first day of Pesach and the seder was so uplifting! Yet here I am with this trash?" But I do not do that, cuz my sponsor taught me by example. He reacts to the deep disappointment he is tempted to feel over a stray desire (no matter how vivid), with this: "Well, what do you *expect* from a sex drunk, and addict?! From a guy who lied to everyone for decades, desperate for sex with himself or others whenever he could, for years and years? Nu. It's amazing that I am still sober, at all! Boruch Hashem!" ...and to let the lust and regret over the lusting all go. Drop it humbly. Who am I to be prideful now and cause myself to become sad, c"v. Madreigah pride is terrible for addicts. Walking humbly with my G-d as someone who doesn't *deserve* to be counted, at all - now **that** works for me.

Excellent point. This is one of the biggest things I've learned here. The reason I am so disappointed in myself and feel down etc when I fall is because of my expectation to be above it. When I realize that I am not above it and lower my expectations. Not my standards, but my realistic expectations of myself, I have a much easier time.

I realized a lot of this from what Dr Sorotzkin says about perfectionism. Getting more in line with what is a reasonable expectation from myself, and not needing to be "perfect" changes the whole game. The difference this small chage in attitude can have is amazing. I guess it's also why we need to keep admitting the truth about ourselves to safe people. When we don't - gaavah/complacency sets in. That is a very dangerous place to be.

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Re: Thank you Hashem
Posted by Dov - 27 Nov 2011 07:02

Wow, thanks. I did not see that in the Doc's words and will look into them more when I get the chance bl"n.

Gut Chodesh!!

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Re: Thank you Hashem
Posted by gibbor120 - 28 Nov 2011 04:07

I'm not sure what you mean. The doc just spoke about what you call "getting right sized". I made the leap that somehow admitting our frailties helps us to do just that. It's my own chiddush as far as I can tell.

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Re: Thank you Hashem
Posted by Dov - 28 Nov 2011 05:11

[gibbor120 wrote on 25 Nov 2011 14:37:](#)

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This is what I didn't see in his stuff, but you did, so I thanked you, that's all.

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Re: Thank you Hashem
Posted by gibbor120 - 28 Nov 2011 15:48

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