

Thank you Hashem

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

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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 Gevura Shebyesod - 22 Dec 2011 20:57

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Re: Thank you Hashem  
Posted by ur-a-jew - 23 Dec 2011 18:38

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The RBSO's messages come in many different packages. Today's came to me in the form of the new marvelous middos machine tape. The patience song has a lot in it for a lust addict like me to learn:

Please don't tell me "later"

I've got to have it now!

*Ich betich zog nisht 'shpeiter'*

*Ich darf dos hobben now!*

Please don't tell me 'soon'

I need to have it know!

I'll *mamesh*burst like a balloon.

If I don't get it now!

**You gotta have patience.....**

**You gotta have patience.....**

**With a little bit of patience**

**life will have less irritation**

**So why not have a little bit**

**I'm sure that you can have**

**A bit of ..... Patience!**

Please don't say '*rak rega*'

I've got to have it know!

It might as well be never

If I can't have it now

Don't tell me 'after supper'

I've got to have it now!

I'm mamesh gonna suffer,

If I don't get it now!

**Take a deep breath and relax**

**Pretty soon you'll get your snacks**

**So why noy have a little bit,**

**Yes try to have a little bit**

**I'm sure that you can have**

**A bit of ..... Patience!**

Please don't say 'tomorrow'

I need that toy right now!

I'll be soo filled with sorrow

If I can't have it now!

My friend Moishe has it

So I must have it now!

I might even try and grab it

If I can't have it now!

**You gotta have patience.....**

**Yes you gotta have patience .....**

***Savlanut's a real good middah....***

**That'll may your life much sweeta**

**So why not have a little bit,**

**Yes try to have a little bit**

**I'm sure that you can have**

**A bit of ..... Patience**

Thank you Hashem for the reminder. A wonderful Shabbos and Chanuka to all.

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Re: Thank you Hashem

Posted by ur-a-jew - 30 Dec 2011 14:33

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Many of us have experienced the feeling. Our wives are not interested and we are literally climbing the walls thinking to ourselves how can I survive in this prison. And it really feels just like that, a prison. And the one who we perceive to have thrown us into this prison is our wives. Certainly they hold the key to our release. If only they would let us out how our lives would be so much better. And we tell ourselves surely one who is in this prison is entitled to act out.

Yosef however teaches us the proper approach in these situations. Put yourself in his shoes. Day after day for 12 years straight he is in a dungeon. Rest assured it looked nothing like the relatively tame prisons of our days. And why was he there? Because his brothers sold him off as a slave. Moreover, think of where he came from before he landed in prison. Having been solicited by one of the prettiest woman in the world for a year straight day after day. Talk about a need for a release. And what hope did he ever have of ever getting out, getting married of ever being with a woman. It was the same dirty dungeon day after day.

Fast forward to our parsha. Yosef tells the brothers. Don't worry. You only think you were the cause. It wasn't because of you that I lived in a prison. It was the RBSO's master plan so I could save the entire civilized world.

So next time you feel like you're in prison. First, remember who put you there. It's not your wife! Second, keep in mind you may be there to save the world.

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Re: Thank you Hashem

Posted by ZemirosShabbos - 30 Dec 2011 15:27

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Re: Thank you Hashem

Posted by ur-a-jew - 30 Dec 2011 16:28

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More on the parsha. I saw a wonderful Chofetz Chaim in Shmeris Halshon:

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The Chofetz Chaim was talking about how we relate to our friend on the street. And the Chofetz Chaim learns that just like you wouldn't be angry at your foot for causing you to trip

since its all part of you so to you friend on the street, he in the olam haneshoms is also a part of you. If this applies to your friend on the street, how much more so to a person's wife

about who it is written: ??? ???? , ??? ???? ??? literally in this world, in the here and now, you are one with her. How much more so should a person refrain from getting upset at his wife if he was slighted at or didn't give him what he feels he was entitled to. Recognize that it comes from Above.

RBSO, please help me internalize these messages. A wonderful Shabbos to all.

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Re: Thank you Hashem  
Posted by Dov - 30 Dec 2011 19:33

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Thank-you, thank-you. That was just what I needed to hear right now, chaver.

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Re: Thank you Hashem  
Posted by ur-a-jew - 04 Jan 2012 16:10

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I just came across these tips to hel get deal with a grudge. Maybe it will help someone get passed a grudge or resentment they are walking around with:

## **Acknowledge the Problem**



Figure out what it is that's causing you to hold a grudge. You have to know what the problem is in order to solve it. When you allow yourself to see the real issue you can then make a choice to move forward from there.

### **Share Your Feelings**

A grudge can form when an issue isn't fully confronted. Without being judgemental about yourself or another, clarify your feelings on the situation. Then, decide if this is something you will work on in your own heart or by contacting the other person involved. Only when you are ready, communicate with the other person about the issue. Whether you work it out on your own or involved the other person, you may feel more relieved by releasing that built up tension and all involved can have a better understanding of the situation and able to resolve the issue.

### **Switch Places**

To get a better understanding of the other person, try putting yourself in their shoes. This will give you a better understanding of their point of view and behavior. Maybe the person in question was in a lot of pain. This doesn't justify their negativity, but it will help you understand it. The more you understand the other person and their behavior, the easier it is not to let go of a grudge.

### **Accept What Is**

Choose to create your own healing, with or without an apology. Don't wait for the person you are upset with to come around. For all you know they are already past the issue and not putting as much thought into it. Even if they don't offer an apology, it doesn't mean they are not remorseful. Some people are unable to apologize or may not fully understand that the person they hurt may need to hear one.

### **Don't Dwell On It**

Once you have decided to move on, keep on moving. Don't put too much thought into the situation or continuously discuss it. It will only make things worse and harder to get over. If ever the issue is brought up in conversation, change the subject or just look at it as the past and leave it there.

### **Look at the Bright Side**

For every negative situation there is a positive. If you take this as a learning experience, you will benefit from knowing more about yourself and the other person. Choose to learn a valuable lesson or walk away with a better understanding that can help you let go of the issue and not resent the other person.

## **Let It Go**

Letting go allows room for peace and happiness. A long lasting grudge will only drain you physically and emotionally and can surely affect your health. You will use more energy than you can imagine by holding a grudge than you will by letting go.

## **Forgive**

Of course forgiving doesn't mean you will forget the issue. It's just acknowledging your differences and accepting that no one is perfect and we all make mistakes we should learn from. Forgiving isn't the easiest to do especially when you've endured a lot of hurt and pain, but it's the only way to truly let go and have peace.

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Re: Thank you Hashem

Posted by ur-a-jew - 06 Jan 2012 17:07

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Two thoughts on the parsha:

1. Building on AHM's post that was in today's chizzuk email. For those who didn't see it:

"vayechi yaakov be'eretz mitzrayim"

Yaakov avinu found a way to live in Mitzrayim. After years of 'seeking to live in tranquility' (see Rashi at the beginning of Vayeshev), he finally realized that life isn't supposed to be perfect. It's

not if only x,y,z happens that I can make the best of myself, etc... Our set of circumstances are tailor-made for us by Hashem and He wants us to make the best of ourselves in that very situation - even in Mitzrayim. All of life's troubling episodes are also orchestrated by Hashem, and all He wants from us, is the best we can be in that particular circumstance.

He put us in 'Mitzrayim' (i.e. gave us the addiction) on purpose. It's all for our good so we can be the best of what He wants us to be.

If you look later in the possuk it says: *וְהָיָה לְךָ אֶתְּחִילָה וְאֶתְּחִילָה*, *וְהָיָה לְךָ אֶתְּחִילָה*. The words *וְהָיָה לְךָ אֶתְּחִילָה* are seemingly extra. I believe that they are coming to tell us that despite all the adversity that Yaakov went through throughout his life, nevertheless Yaakov Avinu recognized that he still needed to "live" each day. It was through that that he was able to "live" even when he came to Mitzrayim.

2. *וְהָיָה לְךָ אֶתְּחִילָה* *וְהָיָה לְךָ אֶתְּחִילָה*. Rashi says that the reason why it is "emes" is because *וְהָיָה לְךָ אֶתְּחִילָה* *וְהָיָה לְךָ אֶתְּחִילָה*. The mephorshim explain, that of course someone will get schar for doing such a chessed, but the key is that he is not *וְהָיָה לְךָ אֶתְּחִילָה* for it. I think this a key concept to keep in mind, in our relationship with our wives. Sure, you will get schar (in this world as well) for treating her nicely and helping her, but don't be *וְהָיָה לְךָ אֶתְּחִילָה* for it, remove the expectation. Give it unconditionally.

Thank you Hashem for keeping me sober for another week and for always being there for me.  
A wonderful Shabbos to all.

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Re: Thank you Hashem

Posted by ur-a-jew - 24 Jan 2012 15:49

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Its been a while since I've been on here for any length of time but I had a thought this morning that I feel is worth sharing. I was speaking to a Rov recently and he told me that he was involved with a bochur who was having a difficult time staying of the computer. The rov suggested that he leave the computer at someone's house and the bochur responded that he could not see himself giving up the computer "for the rest of his life." I suggested to the Rov to tell this bochur not to try to give it up "for the rest of his life," but just for a day. Certainly, for a day he can give it up. Indeed, he does precisely that every Shabbos.

I thought of that conversation this morning, I recently started (for not the first time) learning daf yomi (one of the reasons I don't have so much time to be here). I started now because I realized that if I really want to do it, I have to start before the wave from the siyum starts otherwise I will just get swept up in the emotion of the siyum but once the hurrah fizzles out, my drive will wear off too. So I've been making good progress and I felt this morning I should be able to make a siyum on the masechta that I'm learning. Then my mind started wandering, thinking to myself will you continue through the long haul. You know seven years, day in day out, is a pretty long time and a tremendous commitment. To never miss a day, are you sure you up to this?

At that point I reflected back to my conversation with the Rov. Never watching movies again, or never going on facebook or never doing a host of other things I used to do is also a big commitment (which is what I told myself 595 days ago when I joined the site), but for one day I can and here I am 595 one days later. One more daf I can do too. And if I don't make it to seven years, is one masechta or even two perokim of a masechta that I never opened before something not to be proud of.

So the moral of the story is, don't wait for tomorrow, or yom kippur or some big event to start doing something about a problem that you're experiencing now. Start today. Maybe you'll fall next week, tomorrow or in a year, but every minute that you get is yours to keep.

Thank You Hashem for bringing me to this point and for all of the brocha that you've given me in my life.

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Re: Thank you Hashem

Posted by gibbor120 - 24 Jan 2012 17:03

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Thanks UAJ, it's great to hear from you again.

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Re: Thank you Hashem

Posted by Gevura Shebyesod - 24 Jan 2012 18:09

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ODAAT (One Daf At A Time) ;D

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Re: Thank you Hashem

Posted by ZemirosShabbos - 24 Jan 2012 20:01

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UAJ, your posts are precious and have a lot of good sense, wisdom and sanity

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Re: Thank you Hashem

Posted by gibbor120 - 24 Jan 2012 20:03

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[ZemirosShabbos wrote on 24 Jan 2012 20:01:](#)

UAJ, your **posts** are precious and have a lot of good sense, wisdom and sanity

I could say the same about your "**post-its**" zemmy ;D.

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Re: Thank you Hashem

Posted by ZemirosShabbos - 24 Jan 2012 20:24

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thanks for the compliment!

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