

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 Stuart - 06 Dec 2010 21:26

Shkoyach. I am pretty sure I need and should thank you a lot more than you thanking me.

Continued Hatzlacha!

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Re: Thank you Hashem

Posted by ur-a-jew - 06 Dec 2010 23:09

In celebration of my half-year anniversary, I just signed-up and installed webchaver. Long overdue, but better late than never.

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Re: Thank you Hashem

Posted by ur-a-jew - 10 Dec 2010 05:01

I learned several lessons today for which I am grateful to Hashem. First, I'm glad I have a belt (filter) and suspenders (webchaver) on my computer since while I only went to the kosher isle and watched some "frum" approved videos I see how it whet my appetite from something more and gets me into this mind-numbing state which is the precursor to acting out. Indeed, I had that sort of naseuous-like inner feeling that I used to get when I would go into auto-pilot acting out mode. Since it would take too long to even figure out how to "safely" act out I wasn't really tempted. But that feeling that I had inside of me on my way home was not one that I welcome back. Second, I need to have my weekly phone-meetings. Since that at least gets me working on the program and helps me get a little more focused to do my real job. Thaankfully, it is starting again next week. Third, I need Guard to start a website www.stopwastingtimeandstartworking.com. Well that's it for tonight.

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Re: Thank you Hashem

Posted by ur-a-jew - 24 Dec 2010 17:17

BH still sober. I had an interesting incident and lesson this morning. I was in the grocery shopping for my wife (what else do we do on a day off) and I'm going through the list and they didn't have one of the things. I called my wife's cell no answer, called the home phone no answer, continued shopping called again still no answer. Meanwhile I'm getting annoyed. Here I am doing the shopping I have a question to help her and she's not picking up the phone. I realized that it was my ego at work, like "how can she not take **my** calls. So on the way home I told myself why don't you make a list of innocent reasons why she wasn't picking up the phone. So I made this mental list, coming up with 5 different reasons why she may not have picked it up. I walk into the house and there is my wife sitting in the corner davening, which never even made it onto my list.

Thank you Hashem for this valuable lesson.

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Re: Thank you Hashem
Posted by frumfiend - 24 Dec 2010 20:30

beautifull

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Re: Thank you Hashem
Posted by Dov - 26 Dec 2010 04:25

See that? Religion even messes up *shopping*!

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Re: Thank you Hashem
Posted by jewinpain - 26 Dec 2010 05:06

UAJ! Ur memos to hashem are very nice

Kot

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Re: Thank you Hashem
Posted by ur-a-jew - 29 Dec 2010 04:12

Very rough weekend and past few days and the lust issues are certainly still here. On the positive side I'm still clean. And, I was reading a story in this weeks Mishpacha which opened with the following paragraph: "People will do anything to resolve a problem, no matter the cost in money, exertion, or time. Only when all else fails do they say, in despair, "Okay, let Hashem do whatever He wants." Why not say that at the start of those efforts?" Well at the conclusion of a very rough night, I finally turned to Hashem and asked him to help me. I didn't ask him to "do whatever He wants" I begged and pleaded with Him for something very specific. And, He

answered. Plain and simple. Its like we have this secret powerful weapon and we (or I) don't realize how truly marvelous it is.

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Re: Thank you Hashem

Posted by 1daat - 29 Dec 2010 05:03

UAJ, Your last couple of posts, the one about shopping and your wife davening, and the one about RBSO, Shel OYLAM specifically answering your prayers. Just beautiful posts. so helpful.

I forget. If he's the Reboynoh shel OYLAM, surely he can pull off a little miracle for us. Uh...maybe he's always pulling off little miracles and I can't notice. Like in Modim.

Thanks for checking in on me. You teach us all about keeping it real.

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Re: Thank you Hashem

Posted by NOYA - 02 Jan 2011 05:01

That was a beautiful post about how you came up ways to be dan lekaf zchus.

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Re: Thank you Hashem

Posted by ur-a-jew - 06 Jan 2011 04:54

Thank you Hashem for webchaver and for saving me today. I had to look up a witness today. In the past I would have checked out some dangerous sites (rationiling it with i'll go on the site and if its a problem i'll no doubt quickly close it - yeah right). But knowing that someone was looking over my shoulder helped remove the temptation and natural impulse. Resulting in BH another successful day.

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Re: Thank you Hashem

Posted by im not alone - 06 Jan 2011 06:58

ur a jew

i've read your initial post here

i literally cried

a deep cry from the bottom of my heart

oh how i wish i should just be there where you are

a cry so deep inside ne, help me hashem

you are soooooooooo perfect (dont say no its not true)

be proud of yourself

thank you for inspiring me

you turned me into pieces

will i get there one day?

help me hashem i should

how did you got rid of all this garbedge?????

i'm still crying

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Re: Thank you Hashem

Posted by ur-a-jew - 06 Jan 2011 18:05

[im not alone wrote on 06 Jan 2011 06:58:](#)

ur a jew

you are soooooooooo perfect (dont say no its not true)

I'm Not Alone, it was with mild amusement (despite your crying) and irony that I read your post. As I was writing my post last night I was thinking I should probably change my name to Jewish Faker 2 (there already is a Jewish Faker on the site) and then I read your post in which you've gone off the deep end insisting I was perfect. So why the divergent views. In my mind I feel like I'm just faking. Because if I wasn't how is it that:

1. I totally lost my sanity (but thankfully not my sobriety - although not sure if that's an oxymoron) when my wife didn't want to have sex with me last week.
2. I have yet to give my k-9 password to the filter gabbai.
3. I didn't admit to myself or someone else that the only reason I was doing the search yesterday was because I was hoping I would find something that I shouldn't want to find.
4. I don't do the step-work that I committed to do.

I can go on and on.

Perfect. Originally, I was going to say if you want perfect look at some of the gedolim on the site. But it would be a mistake to say that. Because they are not perfect either. And that I believe is one of the important steps to sobriety. Recognizing that we are not perfect and never will be perfect. To use Steve's (and I have to say this -- corny) moshul, we are all pickles and we won't be cucumbers anymore. But its okay to be a pickle. Some may say even better. If we are aiming for perfection we will never get there and it makes it so much easier to slip and fall.

In reality, we are both wrong. I'm not perfect and I'm not a faker. I'm just a guy trying to stay sober and with the help of G-d, I've managed to do so for over 200 days. What tomorrow or later today holds, I don't know. But I know that the past 200 days is something that I will always have no matter what happens tomorrow. And I also know that as faker as I sometimes feel it sure beats where I was.

So thanks for the kind words. Hatzlacha rabba and I hope to shortly find your thread.

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Re: Thank you Hashem

Posted by im not alone - 06 Jan 2011 18:25

wow

beautifully put

sorry, maybe my post (and cry) last night came out of depression

I admire you not only because you are sober for 200 days

its much more than that

you have taken out the garbage of your daily life, no youtube/facebook etc.

be proud of yourself

your chusid

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