

Heart Frozen Solid, Thawed Once More By The Spring Of Rage, Despair, And Hopeles
Posted by The Never Believer - 21 Jun 2010 14:59

Heart Frozen Solid, Thawed Once More By The Spring Of Rage, Despair, And Hopelessness by
David

Hi, I'm David and I am powerless over lust. I have been going to SA meetings for about 2 months or so. I have never really tried "working the steps" before.

I have struggled with this problem for a very long time. There were times when I tried to stop and other times when I felt resigned to continue acting out forever. As a result, I would see periods of sobriety, sometimes lasting a few months, only to be reduced to the same behaviors eventually.

When I get into a rut I tend to get numb to the whole situation and to life itself. I medicate with liberal applications of porn and lust until I've become completely frozen, like the February ground in Reno.

At some point, I don't exactly know what it is, I convince myself to try again. It is usually the total rage, despair and hopelessness that creeps through despite my best efforts to numb it with more porn. Well, here I am now. I saw that this group was starting up in a chizzuk email and decided i should try my hand. I look forward to recovery but am scared of the steps.

Pray for my soul and I will pray for yours.

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Re: Heart Frozen Solid, Thawed Once More By The Spring Of Rage, Despair, And Hopeles
Posted by Ineedhelp!! - 02 Sep 2010 16:27

[The Never Believer wrote on 02 Sep 2010 16:05:](#)

...that victory over them will bear witness....

What does that line mean. I never understood that one???

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Re: Heart Frozen Solid, Thawed Once More By The Spring Of Rage, Despair, And Hopeles
Posted by Ineedhelp!! - 02 Sep 2010 16:41

[The Never Believer wrote on 02 Sep 2010 16:29:](#)

that when people see that i have triumphed over this addiction and other difficulties with your help theyll say "wow so this hashem dude really does exist and he is all powerful"

asseh lema'ancha im lo le'ma-aneinu

Hashem please take away my difficulties, fears anxieties angers resentments etc, so that I can better serve you, help others, **and be mekadesh Your name.**

I often say this in Shema Koleinu. It really helps me.

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Re: Heart Frozen Solid, Thawed Once More By The Spring Of Rage, Despair, And Hopeles
Posted by Dov - 03 Sep 2010 18:30

me too

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Re: Heart Frozen Solid, Thawed Once More By The Spring Of Rage, Despair, And Hopeles
Posted by ur-a-jew - 03 Sep 2010 18:42

[Yiddle2 wrote on 02 Sep 2010 16:41:](#)

Hashem please take away my difficulties, fears anxieties angers resentments etc, so that I can better serve you, help others, **and be mekadesh Your name.**

[The Never Believer wrote on 02 Sep 2010 16:05:](#)

will. Take away my difficulties so that victory over them will bear witness of Your Power, Your Love, and Your Torah to those I would later help and the rest of the world.

Just an observation there is a difference between the two. Yiddle's version focuses on the individual's actions to be mekadesh shem shomayim. The 12-Step version (or TNB's variation) focuses on the kiddush shem shomayim that comes from Hashem's salvation. These are two different concepts.

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Re: Heart Frozen Solid, Thawed Once More By The Spring Of Rage, Despair, And Hopeles
Posted by Ineedhelp!! - 03 Sep 2010 19:13

[ur-a-jew wrote on 03 Sep 2010 18:42:](#)

Just an observation there is a difference between the two. Yiddle's version focuses on the individual's actions to be mekadesh shem shomayim. The 12-Step version (or TNB's variation) focuses on the kiddush shem shomayim that comes from Hashem's salvation. These are two different concepts.

[Yiddle2 wrote on 02 Sep 2010 16:41:](#)

Hashem please take away my difficulties... **and be mekadesh Your name.**

How is that focusing on my actions? I am asking Hashem to take away my difficulties so that I can be mekadesh His name because thats what He wants. Thats what step 3 is all about.

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Re: Heart Frozen Solid, Thawed Once More By The Spring Of Rage, Despair, And Hopeles
Posted by ur-a-jew - 03 Sep 2010 19:27

The way I read it one says take away my problems so that "I . . . can be mekadesh shem shomayim" through my actions. The other says that by You taking away my problems all will know that You are in control which will bring about a kiddush shem shomayim.

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Re: Heart Frozen Solid, Thawed Once More By The Spring Of Rage, Despair, And Hopeles
Posted by Dov - 07 Sep 2010 22:30

Nu, whatever, at least they both seem to be about me being useful, meaningful, and fitting in to the Big Picture, no? Anything's better than sitting in my corner in my own mind, gnawing at my bones while I wonder if I am good or not, and how good I really am?....

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Re: Heart Frozen Solid, Thawed Once More By The Spring Of Rage, Despair, And Hopeles
Posted by ur-a-jew - 07 Sep 2010 23:13

[The Never Believer wrote on 07 Sep 2010 23:04:](#)

so im slowly incorporating hashem into my recovery and into my daily life. today woulda been a perfect day to act out. my wifes calling every half an hour screaming that the kids are battering her to a pulp and that theres too much to do and too little time. emergency after emergency had popped up at work; some of it mighty stressful. most of the time that leads to bad bad things. so what did i do today? well this morning, recognizing that recovery wasnt as prioritized in my mind as it should be and feeling like my vigilance is slipping, i called my recovery partner and pledged my daily sobriety renewal. we went over things that i am grateful for and we discussed what steps i will do today to help my recovery such as turning to hashem for help (i prayed using the revised third step prayer) and literature i will read. i also listened to dov and guard's appearance on chai fm.

Wow. What a way to enter Rosh Hashana. At the doorstep of temptation but turning around and saying no thank you. Keep it up no matter how hard it is. K'siva V'chasima Tova.

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Re: Heart Frozen Solid, Thawed Once More By The Spring Of Rage, Despair, And Hopeles
Posted by Ineedhelp!! - 08 Sep 2010 16:16

[The Never Believer wrote on 08 Sep 2010 14:33:](#)

so im trying not to feel the high. im trying to ignore that im running a little streak into rosh hashana because i am trying to avoid the drama. the drama: the highs i feel when things are

dandy and the lows i feel when things slip away are both enablers of the addiction. the addiction trains us to believe that life requires drama; highs and lows; and then the addiction fills the self-created need for drama with porn; yuk! keep me away.

and the truth is like dov said in the chizzuk email a few days ago, the past and the future are fictitious words we invented to represent stuff that does not exist. there is no such things as the past or the future so one day at a time is not only a mantra but its a way to live life like a realist (Holden). and thats the other thing this addiction hates: reality. the more reality we can bring into our lives the less room there is for the addiction to take hold: i really believe that.

so i wont pat myself on the back (i may break my spine). instead, i ask hashem to please look into his purse and pull out another sober day for me today like he did before. thank you, sir, may i please have another.

I think you make an excellent point there about the highs and the lows. It really shouldnt be that because I am on a high point and have x days of recovery that I can be happy and and enjoy life and when I act out and look at women on the street its a low point im the scum of the earth. It shouldnt be that way. It should be constant. Obviously with growth spiritually and in other areas. But our mental state idelaly should be that today is today, yesyterday is history and what the heck is tomorrow?

Thank s TNB (if thats what you meant....)

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Re: Heart Frozen Solid, Thawed Once More By The Spring Of Rage, Despair, And Hopeles
Posted by Dov - 21 Sep 2010 17:17

[The Never Believer wrote on 21 Sep 2010 01:09:](#)

I'd like to live before I die.

Ya mean like, *right* before you die? Like 2 or three seconds before? Or maybe a few *hours* or *days* before....(how about maybe a couple of *years*, maybe, or something like that?).

Just being a smartypants, but I mean it, too.

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Re: Heart Frozen Solid, Thawed Once More By The Spring Of Rage, Despair, And Hopeles
Posted by Dov - 06 Oct 2010 23:36

Congratulations!!! Finally!!

....What the hell are you talking about? ???

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Re: Heart Frozen Solid, Thawed Once More By The Spring Of Rage, Despair, And Hopeles
Posted by ur-a-jew - 07 Oct 2010 00:26

Took the words right out of my mouth.

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Re: Heart Frozen Solid, Thawed Once More By The Spring Of Rage, Despair, And Hopeles
Posted by Stuart - 07 Oct 2010 02:10

I think its a line from a Steve Martin movie. I am not sure what the connection is to this program, though.

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Re: Heart Frozen Solid, Thawed Once More By The Spring Of Rage, Despair, And Hopeles
Posted by Dov - 07 Oct 2010 02:19

Steve Martin....S M....that's the only connection I can come up with....oh, well...

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