

Would love to run away

Posted by gutezach - 28 Apr 2011 18:22

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Today I want to run away. Today I want to give up. For 15 years I managed to always get up again' Always managed to say "had I done this or that" or "if the situation was different then I could do it" and I would take courage from that to move on. I can't believe that for 15 years I always found a new way to get up. My perseverance helped for a couple of years when I finally broke through and was sober for a couple of years. Those were the best years of my life. I get depressed when I think about those years of great learning and especially kirvas elokim. I get depressed because I know how it felt to break through I know how it felt to be so close to Hashem but it feels like I can never reach it again. Today I know that I was able to do that because my Avodas Hashem was constant. I never really slipped too much in any area. I know this because today when I fall in other areas I feel guilty and because I don't know how to deal with my guilty emotions I start feeling the urge to numb myself etc... The year before marriage I fell again but like all us addicts I said marriage will save me. The only thing it did save me from was my smelly roommate in yeshivah. If anything it made it worse. It's very hard to be consistent in Avodas Hashem as you were when you were a bochur. When I was about to give up I heard about SA. I ran to the meetings and gratefully accepted that I was powerless and urged to know the tools of recovery. This was supposed to be my last savior. I've been in SA for over a year now

I have the tools I know what is supposed to be done but today I feel that it's the same path with just new twists. Before SA I always said had I done this or that now in SA I say had I called my sponser or read the white book etc. I could have called my sponser yesterday or any of my partners from SA but I chose not to or rather my addiction chose not to because I really wanted to. I prayed yesterday I prayed a bunch of times but in the end the lust got to me. So today I want to run away but I won't run away because there would be too much at stake. Today I want to give up and say what the heck and forget about everything but I won't because I know when I die I will have to pay for it. So I am caught up with conflicting emotions and it feels like a never ending circle YES I know Hashem loves me YES I have to take it one day at a time YES I have to let go and let G-D YES it's a long struggle YES I'm thinking like an addict YES the yetzer hora is making me get down YES I'm saying yes too many times and I think I'm a know it all YES YES YES but today it feels the same as it always did and today I'm running out of reasons to get up again and move on..

sorry for bad spelling, if there is spell check I couldn't figure it out.

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Re: Would love to run away

Posted by workingmyprogram - 20 Mar 2018 21:38

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[Singularity wrote on 20 Mar 2018 13:44:](#)

[workingmyprogram wrote on 19 Mar 2018 00:19:](#)

SA won't save you, but Hashem will. Turn to him. How long does it take to do tshuva? A split second! **Don't believe the SA nonsense of needing a certain amount of days, months, years, before you can hold your head up high and feel pure.** That's not the Jewish way! Chazal tell us that if you decide right now to not act out again, you've done teshuva and are back to being beloved by Hashem. You can renew at any time!!!!

Where is this in SA literature? To my knowledge it's a one day at a time program, focusing only on today, and I do say I don't think it'd ever advise holding your head up high and feeling "pure". who needs that spiritual ga'vah to ruin a good thing?

It's not in SA literature because SA is missing some core truths. Thank G-d we have Yiddishkeit to both supplement whats missing in SA as well as replace some of SA's erroneous ideas.

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