

The Maze

Posted by nezach - 08 May 2011 14:12

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Recently I learnt to re frame my personal issue of lust addiction. Its kind of stepping back from the problem, almost seeing myself in the problem from an object viewpoint and asking myself questions, without making me the subject.

This was a good exercise, because it tested my basic reasons for not wanting to continue immoral and spiritually destructive behaviour. It also helped me to think of solutions, as if I would be advising someone else.

This gave me a psychological boost, as it separate myself from the detail, the spiritual darkness that surrounds the consciousness, the soul. Re awakening a sense of space, and freedom, is one of the blessings that we should appreciate when we have a period of time when we are 'clean'. Also, it should be one of our long term goals. Clarity of mind and separation from sin, this is freedom.

Lust addiction is like a maze. Its complicated, confusing and forces a sense of being trapped. How many times have we tried to understand why we are going wrong, why our purpose in life and reason to break free isn't 'enough'; logic, knowledge and emotion can not overcome the power of lust. More so, I learnt that if we keep 'fighting', we may be successful once in a while, but we are bound to fail at the best of times. It is literally 'fighting a losing battle'. I surrender. I give up fighting. But no way will I give up in the face of the enemy within me. I did that recently, and wow did I loose badly.

Thank God, I stayed positive. Its so important to find a way of staying happy and strong. Learning Torah helps, we must not under estimate it as a tool for recovery and spiritual growth. Let Hashem lead the battle, for He is the victor in war.

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Re: The Maze

Posted by nezach - 10 May 2011 23:00

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Its been a long and difficult day, and just before I sleep my yetzer hara tests me out. It persuaded me to browse until the point that I saw a couple of inappropriate images. Thank God

for His protection, for I remebered my fight. So I shut down the screen, and came straight here. Of course I now have images in my mind, but at least it went no further. Although it is regretable, I did not fail and succeeded in ending it when I did. I have to accept that this is part of re-building my life and creating value. Hashem helped me to overcome my urges, despite my LA kicking in. I really want my life to start 'coming together', to be successful in reaching my goals, and this, is my number 1 priority. From here, everything else will fall into place. Bezrat Hashem.

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Re: The Maze

Posted by Yosef Hatzadik - 11 May 2011 15:46

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You are on the right track. We pray that there be no derailment, C"V. :o

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Re: The Maze

Posted by nezach - 12 May 2011 20:34

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Today is 'gevurah nezach' (23rd day of sefirat haomer). A challenging day with shmirat henayim, home and working on laptop, LA kicked in. fighting, found some discipline but few minutes later I was browsing again, came across some inappropriate pictures, struggling some more. managed to overcome any further LA and here I am. closing down my computer. thank you GUE for being here for me when I need you most. thank you Hashem for giving me some strength and determination, for helping me to listen to my inner (conscious) voice calling my name and awakening some reality against this fantasy. May Hashem forgive us and be patient with us as we break through from this disease. we will heal.

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Re: The Maze

Posted by nezach - 23 May 2011 19:45

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Shabbat was amazing, I created a new life for myself, learnt to dream again, felt happy and good about myself for the first time in ages. It was really inspiring. Motzei shabbat..I fell. hard. and now I'm trying to make sense of it.

How many times has it happened this way, that I climb to new heights, my mind becomes focused and clear, my heart sings and the world looks beautiful, only to lapse shortly after. How often do I need to awareness and signs of Hashem, and His personal love, to gain a sense of perspective and value for life, and only neglect the importance of holding up my hands.

I am ready to call Hashem's name, to pray, to cry, to do whatever it takes to overcome temptation, even the times when it doesn't even feel like pleasure, but addiction calls its name. A trigger of desire, a stupid idea, a moment with such strength and power it feels impossible to resist. maybe sometimes I do resist, after all, I tell myself I can surrender and 'let God' take over this temptation which is forbidden to us. sometimes I don't. It's too difficult I hear myself call, but I know that's not true; Hashem gave me this struggle so that I can realise my potential. It is a world full of lust, and desire, and if we can only start to resist we can become great. we can heal and the world will become a better place. except its everywhere, like a cancer. That is what we have, isn't it, a disease. It affects our minds, our relationships, and our souls become bitter.

Sometimes we are not even sensitive to the fantasies we recently had, to the 'she's cute' or other more graphic thoughts or images we think about. its pretty much a daily event, a personal mental pleasure. what is the big deal if we don't talk to strangers, or if they don't literally enter our lives? Except they do. we all know they do, perhaps that evening or a few days later. they are on our minds, even when we don't recognise it because we have so much going on with our busy lives. And then boom. shoot, how did that happen? oh my God! I just watched porn and acted out. damn.

Then the instant thoughts: it was an accident, I didn't mean it. these things happen. oh God, not again! (reality check) I thought I vowed to stop it, to change. guilt creeps in. thoughts about my priorities, my family and friends. I am so disgusting, so perverse. shoot, where do I go from here. Is God going punish me? Instantly or later in life? I feel sick.

These thoughts are all too common. I right them as I have experienced it so many times before, most recently a couple of night ago after an inspiring Shabbat. Since then, I have been down (although know I will get up again) although most concerning was today, when I could not focus or concentrate to the detriment of my business. It was a painful and difficult day for me psychologically, especially as before my lapse and sin I had created the goal to drive forward my priorities to start again with dating. It has knocked me big time, as I simply don't trust myself and struggling to keep enthusiastic about growing (as it so often follows up with a lapse).

I always 'know what I got to do'. Have tactics in place, say a prayer, don't browse images, only

use internet when in the same room as your family, etc. Except in never really happens. not with me anyway. The addiction is still within me, and that is painful reality. It is a scary thought, especially when I remember that it is not an 'external problem', but the issue is me.

My real comfort, is that Hashem has 'blessed me' with the opportunity for rectify the holy covenant. He wants me to do teshuva, and I articulate this fact every day. I pray for mercy, patience and kindness, and for the acceptance of prayer.

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Re: The Maze

Posted by lamAdam - 25 May 2011 13:55

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Your metaphor of a maze resonates with my experience. When I'm in the maze, I can't figure it out. Sometimes I can't even tell that it's a maze! But if I can get out of my head and get the bird's-eye view, I can tell that there's a way out. Some days I'm in, some days I'm out. Sounds like you have good days and bad days, too. Nice to be reminded I'm not alone. Keep the fight going.

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