

losing my way

Posted by andsm1 - 08 Dec 2008 18:16

i am a new writer here

i tend to ramble and get off-topic because of the all-encompassing nature of the suffering i deal with on a daily basis and how it has begun turning me from the one of a kind to just another failure

my life or childhood to be more specific was one of statistics

according to statistics because of how i grew up on the one hand i should be a murderer on death row by now or dead already

or i should be the next great rabbi

i went to some of the best yeshivot in my childhood and dealt with a very difficult home life so the fact that i never had these problems till my late teens/early adult time is deemed by many nothing short of a miracle though i view it as a convenience thing really

you see till i was much older i was extremely shy and my natural development prevented me from having these kinds of problems on any level except the most basic like shomer negiah that never went too far (or so i thought at the time now i know even that was too far) (im sorry the "e" on my keyboard is stuck hence the typos)

but now i am married with 3 kids and i only now struggle with both taharat mishpachamostly lack of knowledge because of a lack of a rabbi i trust

and with mas-----tion on a level never seen in my life

i know this is weird to many that soo well a person falls at the time when most have it easier but there was a kohen gadol once who went 80 years being the only man who could see G-ds presence in the kodesh kodoshim on yom kippur to being conservative-like i know its not soo alike but it just shows younever let your guard down

im trying to beat this with everything i've got just like my many other problems because if i dont succeed there are countless others who look to me to see themselves who will give up too

p.s. i hope ii dont come off as full of myself or something i just know that evry prson has their utimate potential in dirct connection with how they got where they are and also my self believe in this one area is the only shred of self-confidence i truly have

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Re: losing my way

Posted by the.guard - 05 Jan 2009 11:50

Two weeks clean is a great achievement! Keep up the good work, we need all the soldiers we can, now more than ever!

If you are doing what you can, you should perhaps ignore pressure to do "better" and instead work on putting full trust in Hashem. He provides all living things with what they need. May Hashem give you success in all you do in the zechus of shmiras habris!

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Re: losing my way

Posted by gettinghelp - 07 Jan 2009 17:16

I have found the the entire reason we are here is to love and respect our wives more.Hashem talks to us via our wives.Our relationship with them mirrors our relationship with Hashem.My staying away from acting out we give kovod to our wives and Hashem and open up our lives to being proper kalim for brachot.It is all one big connection:The more we santify ourselves,the more we respect our wive and our selves,the more we give kavod to our merciful KING the more brachos we bring down from Hashem.I have seen miracles happen before my eyes

whenever I follow this. The best way for a really good parnassa is to follow the advice we get on GUE!!!!!! May we all be blessed to give from the depth of our very being the most amount of kavod to our wives and Hashem. May Hashem bless everyone here with an huge increase in the spiritual and the material!!!!

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Re: losing my way

Posted by the.guard - 08 Jan 2009 14:45

This is SO true. Hashem speaks to us through our wives. He gave us a wife to learn how to serve him. With a woman, a man needs to learn how to go against his nature a bit, let go of logic, show understanding for her emotions and feelings (even when he doesn't understand them), let go of the ego, learn that true love is built through giving, not through good looks and not with selfishness. All this is a gift from Hashem to teach us how to become better human beings. And when your wife is angry at you, it is a siman that Hashem is also not happy. That is why the Shchinah only dwells when a man and his wife live in harmony. If your wife is upset, it means you have to let go of some of the ego and understand her - even if you don't. It's hard work, but no one ever said we're here on this world for a picnic. We are here to grow, that's the name of the game. 120 year countdown. How many points will you get? How many levels will you reach? Enjoy the challenge!

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Re: losing my way

Posted by andsm1 - 10 Jan 2009 20:11

i am now back to day three although friday was the first day in 3 years that i finally figured out where and how to get to the mikveh near me so that will probably give me a big boost this push now

also i have learned that cooking is a grat form of therapy and now i make buffalo wings (like dougies), pizza, cakes and cookies

i might even go into the resteraunt biz

also im gonna take a computer programming course when i finish ulpan

my goal in computers is to eventually learn and produce innovations in nano-technologies (like von neumann machines)

on top of that im still trying to get my license

root for me.....!!!!!!!

any ideas on rabbis or people who are great to talk to for ppl who are trying to become ba'alei tshuvah?

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Re: losing my way

Posted by the.guard - 10 Jan 2009 20:46

One great tip that really helps in this struggle is to accept upon yourself that if you fall you will go to the Mikva. If you have the ability to go even afternoon/night then you can go right away, if not, accept upon yourself to go within 12 or 24 hours. This can be a boost to keep you clean.

The restaurant Biz sounds like a good idea if you know how to cook and it is good therapy. Look into options where you could start. Maybe in your community, or in a community near you...

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Re: losing my way

Posted by BentleyJunkie - 11 Jan 2009 01:16

thats great that you are starting to get things in order!

and i'm very happy that you are coming closer to H'. I am a recent baal teshuvah. I'm no Rabbi but if you want, you can send me a private message with any questions/concerns. I'd be glad to help!

bracha v'haztlocha!

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Re: losing my way
Posted by andsm1 - 11 Jan 2009 19:41

last night i reached a turning point and got k-9

its working perfect

i think things might actually work this time

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Re: losing my way
Posted by battleworn - 13 Jan 2009 11:11

way to go!!!

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Re: losing my way
Posted by mdmjerusalem - 13 Jan 2009 16:53

the problem with k9 is that it blocks important sites

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Re: losing my way

Posted by mdmjerusalem - 13 Jan 2009 18:45

to be honest i have disabled my k9

but that lead to 2 excruciating weeks

i am in a dilema what to do about this

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Re: losing my way

Posted by the.guard - 13 Jan 2009 22:48

MDM, you MUST have a good filter. It's too hard to have it all within hands reach. Even R' Amram Chassid fell, are you greater than him?

If you are using the net now ONLY for business, does K9 really block important sites?

When installing K9, put in a RANDOM password that you won't remember or have someone else put in a password for you and tell him not to give it to you. Then put in that person's e-mail address (or mine) into the program and NOT yours, so that you can't ask for the password from them. If, at some point, you need to change some settings of the filter or whatever, your friend can do it for you, or if you use MY e-mail address, I can do it for you by accessing your computer using this program: ShowMyPC. [Get it HERE](#). THIS WAS YOUR IDEA, MDM!

For other filter ideas, see our section on filters.

Also see this thread from SHOMER today for some interesting filter ideas: rehab-my-site.com/guardureyes/forum/index.php?topic=249.15

If there's a will, there's a way. You know what you have to do, and you are doing it!

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Re: losing my way

Posted by mdmjerusalem - 14 Jan 2009 00:03

you are right

but i still can not do it

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Re: losing my way

Posted by Elya K - 14 Jan 2009 01:07

try bsafeonline.com.

I want to mention something. I was recently at a conference and one of the groups was having a debate about filters and if they are helpful. I know for me personally they are essential. But someone brought up the point that there is a huge difference in being sober and being in recovery from lust. When we are living a spiritual life, when we are not worried about the future and we have come to terms with our past... we live in the present moment, take one day at a time.

When we are living like this... in serenity... there is little chance we will act out... no matter if we have a filter or not.

So this is the end goal. The filter cannot be the end goal. REcovery is the end goal. And that means

we are working a program of perfecting our Middos. So we don't hold resentments, anger, fear, etc.

We trust Hashem that whatever he has dealt us, moneywise, healthwise, Shidduch wise, is

meant to

be.

We get rid of our resentments and fears by examining them for our part in them. We make amends to

people we have hurt and help others recover.

The tools are all here on the forum and on the guard site. The tools are in your communities at

SA & SLAA meetings. There were 595 goyim at this conference and 20 Jews from all spectrums.

Chassidim, Misnagdim, all walking around with their Yarmulkes making a Kiddush Hashem.

If they can do that publicly, you can go to a meeting. If they can LEAD meetings and get up and speak in front of 100s of people as a proud yid, you can too.

it all depends on whether you REALLY want to get better or you're happy living on the cliff of the slippery slope, where the Yetzer Harah convinces you, it's OK to just peek as long as you don't go all the way.

I'm not talking to you, I'm talking to all of us and myself as well.

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Re: losing my way

Posted by andsm1 - 01 Feb 2009 17:34

this week is exactly 1 month since i stopped looking at p*** using k-9

also i have been trying really hard not to look at women not dressed right

it is difficult sometimes at maximum because often it seems like sometimes women(/or the yetzer) are trying extra hard to throw me off with their ever disappearing apparel

of course i am not saying anything about all women as i am not a sexist in any way

i am also trying to not let my new control throw off my routine either so that im the only one who is aware of my effort

if everything i am trying to accomplish this week succeeds i will be able to get even stronger in other areas too

i am being vague for the purpose of warding off ayin hara

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