

Slowly dying in Yeshiva

Posted by dudayai - 16 Nov 2011 22:54

I'm a 20 year old yeshiva Bochur here in New York. Where to begin? Everyone is suffering here on this site to some extent, and, if your reading this, kol shekain if you respond, thank you, I know personally its extremely hard to stop thinking of our own issues.

I wont bother with a lengthy story, I already once did that under a different user name, some of the old timers might remember, basically, I'm a baal teshuva, who left a prestigious college (this is my need for praise talking), and its been 3 and a half years since then, I'm now in a very good yeshiva, soon off to brisk. The thing is that despite what the Rosh Yeshiva or Rabbeim think of my illiushness, my brain is fried from 8 years of p & m. I think of nothing else. It used to be that I could keep some of my life b'seder, now I barely learn, just an illusion here and there, and most of my time is spent on p & m.

Now Brisk, then kollel, poor wife of mine... I feel most of all guilty and shameful that I will ruin a wonderful girl that has this ideal -- to support a serious learner, to have kedusha. She will give up her comfort, her natural instincts, and support me, while I'm doing the opposite of what shes striving for. Even if I go back to 12 steps (for the 4 th time), and get better, she will have still been supporting a lie. I'm not the kadosh that she thinks, and I cant even imagine my brain thinking of other things.

My questions are; is there success in kollel for a hardcore addict if he recovers? Even if I'm in recovery, I'm still not the pure Kollel boy she thought she married, how could I not be ashamed of myself? Is it better for someone like me to let of my dreams (could be that its all just to get away from working, all for kavod) and go work, or could be I can recover, and learn to obsess about torah?

There are deep deep issues with me, other than this, over the things that I did, but I will reveal them later on. Thanks

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Re: Slowly dying in Yeshiva

Posted by Snow - 18 Nov 2011 09:22

Forget success rates. Who really knows what they are?

Focus on what works for YOU! You are the star of this movie.

Aim for progress, not perfection. working the steps I realized I'd been keeping mitzvos, but I wasn't very connected to Hashem. Turning my will over to Him meant sometimes, on a minute by minute basis, doing what I really knew His will is (everything from not looking at triggers even when it is really difficult, to making sure I get to that minyan on time and not at my usual lazy "a few moments late", etc etc.) It is different for each of us. But turning our will over to Hashem for frum Jews means following Halacha and then some. Because we can follow Halacha and still not follow His will.

[dudayai wrote on 18 Nov 2011 04:24:](#)

Thank you for all the beautiful replies, I really feel better, as to answer why the 12 steps didn't work; I have been on and off 12 steps for about 2 years, and I know those books, listened in to meetings, did long 4th steps, constantly listing to audios of real aa meetings, Joe and Charlie book study, etc. Countless hours, but I never really changed. I always felt that I never gave my will over to G-d, meaning I would be honest and better in midos, but I could see myself failing in Mitzvos, so it was as if I didnt really care about G-d, just used him for my gain, and I just cant pinpoint it exactly but I left 12 steps with the conviction that there are other ways to recover, and then went back, and so on. I also didn't like the 5 % success rate. I think Im slowly realizing that 12 steps is my only option.

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Re: Slowly dying in Yeshiva

Posted by dudayai - 18 Nov 2011 09:56

Guard, so if I immerse myself within a phone group, i should be fine? Im severely anti social, lol. I need a sponsor who can understand this, anyone have any suggestions?

Also, the thing about mitzvos is, that im a baal teshuva, and learning aside, I find it so hard to keep other mitvos, some of which i secretly dont keep which bugs me because it a lack of doing g-ds will so I fall.

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Re: Slowly dying in Yeshiva
Posted by gibbor120 - 18 Nov 2011 15:02

[dudayai wrote on 18 Nov 2011 09:56:](#)

Guard, so if I immerse myself within a phone group, i should be fine?

I'm not guard, but from your tone I sense that you are looking for someone else to take away your problem. Joining a phone group just means that you can work a telephone. You need to *work* the steps. They will not magically transform you.

Am I on to something, or totally off base?

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Re: Slowly dying in Yeshiva
Posted by dudayai - 18 Nov 2011 16:46

i did the steps and i did meetings, it just didnt change me

i need a 1 on 1 guide to get me thru, somewhere i went wrong i dont know where

i felt i was using g-d for recovery.. i dont know =/

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Re: Slowly dying in Yeshiva
Posted by gibbor120 - 18 Nov 2011 17:01

[dudayai wrote on 18 Nov 2011 16:46:](#)

i need a 1 on 1 guide to get me thru, somewhere i went wrong i dont know where

I'm no 12 step guru, but isn't that called a sponsor?

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Re: Slowly dying in Yeshiva
Posted by Snow - 19 Nov 2011 16:42

Get a sponsor & work the steps. You can't do it alone.

[dudayai wrote on 18 Nov 2011 16:46:](#)

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Re: Slowly dying in Yeshiva

Posted by dudayai - 20 Nov 2011 05:43

Yeah, Im willing. Where can i get a sponser?

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Re: Slowly dying in Yeshiva

Posted by gibbor120 - 20 Nov 2011 16:33

[dudayai wrote on 18 Nov 2011 16:46:](#)

i did the steps and i did meetings, it just didnt change me

If you're going to meetings, don't they tell you how to get a sponsor???

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Re: Slowly dying in Yeshiva

Posted by dudayai - 21 Nov 2011 02:11

I used to go to meetings, and couldn't take the public aspect on account of the social anxiety, so I went to online meetings and phone groups, here and elsewhere, mainly Big book step study.. I was looking for someone who understands my matzav more or less, but someone on here graciously offered to help for the time being , so thanks =)

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