

I need help

Posted by gyegye2 - 09 May 2012 15:15

I follow the 90 day chart

when i had a fall... i felt like I am anyway "tume" for this day

and like I anyway dont change anything on my chart IF I FALL AGAIN THE SAME DAY.

so after a 8 day break i fell twice a day...

Does anyone understand me?

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Re: I need help

Posted by Dov - 17 Jan 2013 23:44

As usual with my posts, you will be misled about what my point is, unless you read it through to

You are begging Him...but why *should* He help *you* at all?

1- I do not see in what way you are *doing anything **for Him** regarding your problem*. Each of these concerns and tactics are all about you and your penis, you and your kedusha, you and your punishments. What does any of that have to do with G-d?

Just cuz it hurts and u can call it something Hebrew, does not make it holy, chaver. And anyhow, Holy is not much of a virtue, really. Sfas Emess writes that Hashem asks us *not* to be k'doshim - but to be "k'doshim **leilokeichem**".

Now, I am *not* saying that anyone needs to get clean for G-d's sake at all - but just that acting like you deserve His help because after all you are doing and trying sdo much for Him, is useless pretending and not the way to daven.

2- If you depend so much on these k'nasos, plans, and definitions - *it seems simple to me that you are really not depending on Him at all*. How do you know you are not just fully depending on these hishtadluyos to save you? If you are, then why in the world would He be inclined to do you a favor and spring you? That'd only bring you *farther* from Him, cuz you'd be even more sure of your power, then. The fact that you might not be spilling sperm any more is small potatoes compared to that, chaver.

So really, it may be that you are neither doing anything for His sake about this problem - only for yourself; and it may be that you are not even believing in His ability to help you - but just trusting that if only ***you'd try hard enough*** you can beat it...or *should* be able to, so you are not *depending* on Him. (And saying "No, I am just doing 'hishtadlus' but still trusting Him!," has no teeth. It's just words. You may be trying exactly the same thing you have always tried - just much harder and with much higher stakes, now. That's no change at all, in my book.)

So where exactly is the relationship? Why bother begging *Him* for help? He does not want you
Is G-d just our
Superman, coming to 'save us' from our problems like a cosmic, invisible butler? OR is He the one who ***gives*** us the challenges in the first place, ***so that we may learn from it how to have a relationship with Him?***

I believe it is the latter, not the former.

But if you - like many other yidden and goyim - believe in a superhero janitor-type god, I have nothing to say further about it except that I don't know why you'd want to *pray* to it...nu - but it sounds 'contrite' and 'frum', so I guess it's a nechoma and makes a person feel like they really are good and really are trying. But the nechoma does not help one get clean, I guess. Reality works best, not fantasy.

When your god drops dead, I figure you may have a ***chance*** to get better, be"H, one day at a time....but that'll require a few changes.

Hope you take wjhat I wrote positively (if you take it at all).

to grovel. Why would He? He doesn't need you at all - He's G-d, for G-d's sake.

So what's your motivation? Are you doing this for G-d, or for yourself?

Personally, I'd **never** have gotten sober for G-d. Never. I tried for years and years cuz I have a holy Neshomah, too. Like you. Sof davar, I could only get sober for myself. To keep my life rather than lose it ignobly. **So I am not suggesting you ought to be doing this for Hashem.** Not at all. All I am saying is be honest about what's really motivating you and what you really want it for. Then go that way with real steps that matter. New steps. Constructive steps. Actions that others with similar motivation as you have, used for success.

That's all. Hope we are 'still' friends and you can use this stuff. And if I am all wrong about you, let me know. It would be the first time. It's OK.

- Dov

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Re: I need help

Posted by gyegye2 - 21 Jan 2013 23:12

You are begging Him...but why should He help you at all?

because he likes me

1- I do not see in what way you are doing anything for Him regarding your problem. Each of these concerns and tactics are all about you and your penis, you and your kedusha, you and your punishments. What does any of that have to do with G-d?

i beleve that god is happy that i try to be holy, as he asked us in the toroh kedoshim tihu

If you depend so much on these k'nasos, plans, and definitions - it seems simple to me that you are really not depending on Him at all.

i do depend on him and beleve that he want me to do that

I beleve that i am doing it for god and myself

i understand you are saying if it motivates me not to sin if i know it is not good for me i should take steps about this motivation.

yes it is a good point, thank you!

for now i am taking 1 step at a time, so i did the thaphsic method

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Re: I need help

Posted by gyegye2 - 22 Jan 2013 00:37

extending this thaphsic method till next thursday

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Re: I need help

Posted by Dov - 22 Jan 2013 23:13

I think you completely missed the point I was trying to make, gyegye2, by just giving prepackaged answers to the questions. If you really were doing this out of a deep concern for kedushas habris or the Torah hak'dosha, then you would not be needing to tear up money to stop. Stopping so that you do not tear up or throw away money, is using pain to make you stop - because Hashem and His Torah do not make you stop. You are just finding a selfish motivation that works. And you say you are doing it out of faith in Him and His love for you?

I believe what you wrote is *100% true*: He *does* love you, gyegye2, no matter what you do, and there is nothing you can possibly do to make Hashem *stop* loving you and doing everything He can for your good. And also, I believe that the Torah hakedosha is kedai to suffer for, to tear up money for, whatever.

But none of those beliefs ever stopped me from using szex videos and having sex with myself as you are doing. I did those things anyway. And I assume you are, too.

Hey, *lots* of people have a yetzer hora, you know, and Chaza"I were certainly *not* wasting their breath talking about "ma ya'aseh haben v'lo yecheto?," and Reishis Cochma was certainly written for **someone**! - But if you really *do* have a chronic problem with this for years and years and have tried all that already and it does not work, then I do not accept that what Hashem wants from you is just good short-term tricks for a lifetime. It's trashy, painful, and lonely way to live (and does not work, anyhow). I don't buy it. I would better see it as just a nice, frum-sounding excuse for not facing the real problem and accepting the work that is really needed in order to eventually come to true avodas Hashem. You can hang it on Hashem, but I would then believe it is what **you** want to do, period. And *calling* it "kedoshim tiyu" because you lemayseh see less sperm on your floor today, does not make it so. It's just technically kedusha...but it's really just les tum'ah. But they are not the same, at all. Anyway, Kedusha is in you about your *heart*, not just about how clean your floor is.

People here have been posting to you things from the start because they saw your short-term tricks are *not* 'taking things one step at a time', but just *running for another day*. And it has not woiked well yet, has it?

If that's what you want, fine. But if - **if** - c"v you do *not* succeed, I hope you can have faith that Hashem really does want you to be His own and for you to be clean somehow - and that **He** sees your problem *not as a kedusha issue at all*, but as a mental and emotional illness that needs hard work and real, long term action - not just 'the daily trick' to be 'ggod'. We may be fooled to keep running into a brick wall, but Hashem is no fool.

Hatzlocha!

Love (I mean it),

Dov

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Re: I need help

Posted by gyegye2 - 22 Jan 2013 23:16

today i contacted the filter company to advise them about a site that needs to be blpcked and they blocked it

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Re: I need help

Posted by gyegye2 - 23 Jan 2013 22:59

extending this thaphsic method till next week thursday

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Re: I need help

Posted by gyegye2 - 23 Jan 2013 23:06

i see you think that i am doing wrong now, ok

what method did you use that helped you long term?

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Re: I need help

Posted by Dov - 24 Jan 2013 08:20

When you wrote "I fell," what do you *mean*, specifically? What did you *do*? This is a very simple question....maybe hard to answer, but very simple.

Has this been a habit of yours for *years*, now, or not? Doing exactly what?

Have you been a success at this yourself and insist on keeping on trying *you*...or you think you need help but just insist on hiding behind a fake name on this (only *virtual*) forum (and not even telling them exactly what behaviors you are doing)?

Gevalt. Ripping up \$100 is nothing compared to being honest with another real person. And *to another addict there is no shame!* It's not the shame that is the pain - it is the terror and pain of JUST BEING HONEST. We can't take it! The frummer we are, the bigger liars we are when it comes to the sex escapades. Because we need to get even better at hiding even more shameful evil stuff.

Gevalt. What do you want, dear chaver?

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Re: I need help

Posted by gyegye2 - 28 Jan 2013 23:15

I dont want to think back now after about 2-3 weeks clean what my sin was

it is a habit of about 5 years, but it the consistency is about 1 year old (now B"h i am getting better)

I am getting better by following the GYE nutshel program... I dont see for necessary now to write my name now... you can imagine why

i understand that the long term trick is to speak openly with other addicts, Sounds good... but in my situation, why bother if the thaphsic method works so far?

Thank you

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Re: I need help

Posted by Dov - 29 Jan 2013 23:11

Hey...if you believe you are doing better and getting better and it's OK for you, then it's certainly

A-OK for *me*! It's just that I was wrong, that's all. I read "I fell again" in your messages, and assumed you were dissatisfied with how things were going and looking for a better way.

But it is not the first time I have been wrong.

Continued hatzlocha my friend!!

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Re: I need help
Posted by gyegye2 - 30 Jan 2013 22:56

thank you Dov for your help and support

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I need help - My Journey
Posted by gyegye2 - 30 Jan 2013 22:59

i am extending my thaphsic methid till next week thursday

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Re: I need help
Posted by gyegye2 - 31 Jan 2013 22:59

yesterday i bought a reward for being 30 days cleanbushing it off already a few month

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Re: I need help
Posted by Dov - 01 Feb 2013 22:54

That is geshmak! It feels so much better to just be 'ok', for a change. It's ok to be just 'ok'...no need to be a groiseh gedilleh any more. Clean is good by itself and worth it. Wow, chaver. Ashreinu!

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