

Not Counting... But Anyway...

Posted by E-Tek - 17 May 2012 23:00

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Editing this post with info from my original thread by way of introduction.

Hello all.

I've been lurking for some time now, I figured I'll give a shout out. The name of my game is shpiegel- I'll just tell you all what I've been telling myself, to better affect myself. Introductions later, I really have to run to seder soon.

R' Leib Kelemen says over (B'Sheim Omro, don't forget!) that R' Chaim Vital writes: He was have a conversation with his Rebbe, the Arizal, and he asked him why the Arizal keeps saying that he (R' Chaim Vital) has a special neshoma. "We, who do not reach the toenails of the previous generation, can't possibly be considered special compared to those that have come before us."

The Arizal answered, because in every generation it is far more difficult to do the right thing, because of the forces arrayed against us, we cannot judge ourselves by our accomplishments. Rather, if we are anywhere near the previous generations in our activities, it means far more than it appears to mean, because the fight is tougher. On that scale, concluded the Arizal, you have a special neshoma.

Concludes R' Leib- in our generation the fight has become nigh on impossible. But if we realize how much we accomplish by simply considering ourselves part of the fight, and a kal v'chomer if we are succeeding to any extent at all- well then, Moshiach should be here any day!!

We are the generation to bring Moshiach, there's no doubt about it. And the proof is what we are up against.

Okay, and now to introduce myself.

I'm twenty(mumble) years old, and I've had this addiction since I was 14. When I was 16 or so, I learned it was bad (although if I had been honest, I knew from the start it wasn't quite right). I made several conscious efforts throughout my teens to stop, without very much success. Emotionally, I went from determined to depressed to ambivalent. About two years ago I started making more efforts on a very basic level- More of the "what" in Yiddishkeit than the "why". This path seemed to work for me- I took my intellectual knowledge I had gained and used it to make a long-term decision to physically remove myself from, well, everything. And all of a sudden, I found I was able to think straight. (I know, this phenomenon is common here.) I made an absolute ton of small steps to keep myself headed in the right direction, and the sum-total of all those has made me a different person. The most fundamental of those changes is a day-to-day, personal, emotional relationship with the Rebono Shel Olam.

I found out about the website a little less than three years ago, and kept it in my inbox until I was ready to work on myself. (It takes a certain emotional maturity to make a commitment, no? I was still a kid.) Started working with some success before I got a chance to start lurking here, but this site seems to be turbocharging my efforts.

I have not finished the handbook- I'm reading it slowly and deliberately. During the zman I spend less time working on this and more time keeping too busy with good things. Use the

Yetzer Hora's ANTI-THINK device against him, and all that.

Hatzlocha to all! Thanks for listening.

I'm posting to get some hugs, basically.

I'm lucky in that I'm sending my computer in for repairs, so I'll have some breathing room. I'm also going to focus on the handbook material, and think about a nusach for Taphsic. There is my parent's K-9 and password computer, so I'll be on, but not more often than daily.

Sigh... Sheva Yipol Tzadik Vokom, eh? The difference between a Tzadik and a Rosha is how many times they get up after falling... So here's for a new count. The old one netted me 4 days. That's about average for a serious try, but not for one I make in the States. So there is that. So, I fell big time today...

Thanks for listening.

Meir

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Re: New New count

Posted by Dov - 26 Jun 2012 16:58

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[Machshovo wrote on 26 Jun 2012 14:11:](#)

(Does AAA have *more* steps? If so, how many? I have always wondered that...)

Reminds me of a joke (if anyone is in the mood). A friend in Yeshive once approached me and said, "Would you like to see me do the Elevator Dance"? "Sure", I said. And he just stands there motionless. "Nu?" I said. And he replies, "It's the Elevator Dance - It has no steps."

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Now that's actually cute! Also a potentially good program joke...

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Re: New New count

Posted by obormottel - 27 Jun 2012 15:33

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As in "He's working his program in an elevator"? or "Get out of the elevator and on the Step-Master?" :D

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Re: New New count

Posted by E-Tek - 28 Jun 2012 00:55

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I feel much better now. Finally got on a call today. I want to do that more often, it was very nice.

Gonna start thinking about causes and what Hashem wants my day-to-day life to be like.

Boruch Hashem, today was clean so far.

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Re: New New count

Posted by E-Tek - 28 Jun 2012 02:32

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Someone hung this vort up in Yeshiva:

"One of the most difficult challenges in our generation is the proliferation of immodest sights in the streets. This phenomenon is a literal fulfillment of the verse in Eicha (4:18): They dogged our steps so we could not walk the streets.

"Once, in a shiur, Rav Zilberstein quoted the author of the Shomrei Emunim, who says that if a person is confronted by an immodest sight while walking in the street, and he controls himself and does not look at the sight, he should know that any request he makes of Hashem at that moment will be granted."

So, here's what I thought: *We addicts get the request granted in advance, and we ask Hashem to help us NOT LOOK! No wonder Hashem grants the request!*

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Re: New New count

Posted by ZemirosShabbos - 28 Jun 2012 19:26

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[E-Tek wrote on 28 Jun 2012 00:55:](#)

Finally got on a call today. I want to do that more often, it was very nice.

gevaldig!

kol hakavod

keep on rocking

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Re: New New count

Posted by E-Tek - 01 Jul 2012 12:11

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Hi, good morning everybody!

Real quick post before I head out to Yeshiva:

(I have to get this off my chest or it will make me fall, guaranteed!)

Last night I had a wet dream... It left me feeling uncomfortable. This is the 2nd I had, the first was when I was still in Eretz Yisroel.

Progress: Although i am a bochur, the first time I was imagining myself with... someone... and it left me so disturbed, I headed to the bathroom at 4AM and acted out at least twice. This was on top of about two weeks of being clean (I think).

But this time, I was acting out in the dream- and feeling the same way I would have felt awake, that is, miserable as I was triggered, miserable as I fought, and miserable as I acted out... When I woke up and realized that I hadn't acted out, the relief was palpable. I went and cleaned up, and went back to sleep.

Unfortunately, I can't get the image out of my head. Anyone with my number is welcome to call me today, excepting 9 to 10 AM and from about 5:30PM EST. Anyone who doesn't but wants to talk to me, send me a PM... I'll get it this afternoon.

Hatzlacha, all!

Meir

(Please edit this post if it triggers... I hope not... I needed to write this...)

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Re: New New count

Posted by obormottel - 01 Jul 2012 18:30

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Hi

I relate very much. In the past year I had a few dreams of this nature, and at one point I dreamt that I lost my sobriety with myself, and I woke up devastated and was releived to realize it was just a dream. The crazy thing is, the actual imagery of me touching myself chased me for a couple of days until I almost acted out in reallife, despite the feeling or devastation and releif etc.

So yasher koach on bringing this up to the surface. The disease is escaping from your body, and you see bits of it in your dreams. Stay sober and it will become easier, although your withdrawal pains are probably just beginning.

Keep posting and calling,

Mottel

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Re: New New count

Posted by E-Tek - 01 Jul 2012 20:55

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[E-Tek wrote on 26 Jun 2012 16:28:](#)

@ Everybody...

My chaver spoke to me last night. She's my mother. I feel kind of sick. I guess this is but an inkling of what would happen if my wife found out (my mother said, "Yeah, but I can't divorce you.").

My mother was very understanding, having been to a different kind of A in her life, but she expressed concern (rightly so) about my shidduchim status. I showed her all I've been up to, shared my recent progress (and some lack of progress), and now I have yet another deterrent...

Funny. My mother asked me what people think about the fact she knows about me... But I didn't get any comments!

Whatever.

Hatzlacha, all!

Meir

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I know that one can't shame the addiction out of themselves, but it sure helps!

Re: New New count

Posted by alexeliezer - 02 Jul 2012 17:49

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I caught that in your post about telling your mother. You told your mother :o

Wow! You must have an amazingly close relationship. I don't recall anyone posting about telling their mother. It tells me that you're dead serious about your recovery. You have taken a huge step out of our little hidden fantasy world into real life. You will surely see success if you continue on this path.

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Re: New New count

Posted by Dov - 02 Jul 2012 21:07

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Yup.

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Re: New New count

Posted by Benzi - 02 Jul 2012 21:47

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Dont think I would be able to confess this things to my mom.

You will surely see success if you continue on this path.

Amein

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Re: New New count

Posted by E-Tek - 03 Jul 2012 02:49

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You guys don't get it. My mother had a webchaver report with lots of x's on it.

The only question is why I did it. Maybe it was a subconscious need. But she had it. What could I have done?

Yeah, I could've lied thirty ways from tomorrow about how it happened, but come on, this is my personal laptop. In the end I just told her everything, expecting the worse and getting the best.

Since then, I've noticed a very strong tendency towards white lies, and it disturbed me. Without this talk with my mother I never would've been able to see it. I was too blind towards myself.

By the way, life is getting intense right now and I will be online seldom (this means days instead of hours), and for short times only. This should last about two months.

I will have time to speak on the phone, so feel free to call. (I will, anyway!)

Hatzlacha, all!

Meir

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Re: New New count

Posted by Gevura Shebyesod - 03 Jul 2012 03:23

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Yeah, but you made her your web chaver knowing that she would be the one to bust you if you got a bad report. That shows how much you trusted her to take it the right way, and I'm glad it worked out well.

Hatzlacha with whatever it is that will be keeping you busy. Busy is good, less time to get in trouble.

Gevura!

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Re: New New count

Posted by Benzi - 03 Jul 2012 11:36

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Meir, you are right, I didnt get it, thank You for clarifying the matzav. Just to have it precise: af al pi that you knew that your mother will get the report, you still went to this sites?

Hatzlacha : )

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