

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: Up For The Count

Posted by E-Tek - 12 Jul 2012 21:51

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Busybusybusy.

I hope it's a good thing.

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Re: Up For The Count

Posted by E-Tek - 16 Jul 2012 03:47

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Hi, everyone, this is an update.

Yup, an update. Vihamyvin Yovin (I think that doesn't include anyone on GYE).

B"H, Three weeks worth of days, today.

Shabbos was a bit tough. I was yelled at by my brother for overreacting to a couple of Halachos in Simon Ayin-Hei in Mishna Brura. Nu. I don't think I was...

I'm averaging 15 GYE texts a day now, not sure when my phone got so busy... Unfortunately, I am usually too busy to answer right away, but that's life, and it won't get less busy...

Finally got around to updating my kabala, tightened some holes, etc. I'm much happier as a result- it's a form of freedom.

Hatzlacha, all!

Meir

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Re: Up For The Count

Posted by E-Tek - 19 Jul 2012 12:29

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Hi everyone. Meir here. Just blown over by Chasdei Hashem, and I wanted to say so. 25 days Hashem has gifted me with. I daven Hashem will give me today as well.

Have a pleasant, clean, calm, useful day.

Meir

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Re: Up For The Count

Posted by rt - 19 Jul 2012 18:09

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ken yehi rotzon.

k"o (=25) omar haShem, zacharti lach chesed ne'urayich.

behatzlacha. R"T

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Re: Up For The Count

Posted by JustKeepGoing - 19 Jul 2012 19:30

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[E-Tek wrote on 08 Jul 2012 19:11:](#)

Hi everyone. I had another wet incident Friday night. I can't help thinking that I can somehow prevent this, but intellectually I know this is not the case.

I dont know if this is still an issue for you but I would have this happen to me as well and I noticed it was when I went to bed on a full stomach (and I mean like *stuffed*, some might call it achila gasa "tomato, toemato" y'know what I mean?

So I started staying up a little bit after the meal, let the food digest and it pretty much went away... also watch out for sleeping on your back or stomach

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Re: Up For The Count

Posted by E-Tek - 24 Jul 2012 01:12

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Good evening everyone.

I have been slipping, and I have to tell you this so I can move past it. I rationalized some minor stuff as being worth my fine. Every time that happens, I up my fine. Okay.

I looked at some book covers, mags, some borderline text... Caught myself pretty quickly. It didn't help that GYE was down at the crucial moment, though I acknowledge that my recovery should not hinge on GYE.

I'm think this was because of some sipping on the street, so I have to daven more often, maybe make some phone calls.

My major problem is I'm being held to a major secret, for a full week and a half already and the upcoming week and a half. It eats away at my honesty I've had with GYE folk and my mother. So, I half-told two GYE friends, and I want to speak to one of them in voice and say the whole thing.

Also, I just invited one GYE person for supper one night this week. I'm waiting for him to respond. Anyone in Brooklyn is also invited to reach out to me (for this or just talk/text).

29 days clean, BS"D.

Thanks for listening, and have a good night.

Nervous (with anticipation) Meir

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Re: Up For The Count

Posted by obormottel - 24 Jul 2012 15:06

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I would include the following activities into your DAILY routine, so that your disease is always on notice, even if GYE is down:

1. Daven in the beginning of the day that Hashem keeps you sober for another day. Verbalize your own commitment to staying sober. Don't wait for the temptations, make it a part of your shacharis, or even pre-shacharis.
2. Read some recovery material every day. Chizuk emails, GYE Handbook, Whitebook, Elyah's wonderful threads (Additional Tools for recovery; Big Book Study).
3. Reach out: make at least two calls everyday to people who are living in the solution. Make one phone call (or a text message or pm) to someone who's new and can use encouragement. But prioritize as above: stick with the winners, put more effort into staying sober and in being in touch with sober people; and give a little bit of yourself (for now) for others.
4. Take good care of your body: eat well, exercise. Don't get Hungry, Angry, Lonely, or Tired. Spells HALT: if you're feeling any of those things, stop (halt) what you're doing and fix that. Eat something if you're hungry; stop, breathe, and think if you're angry; call someone if lonely; rest if you're tired.

Hatzlocho,

Mottel

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Re: Up For The Count

Posted by E-Tek - 25 Jul 2012 00:48

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Mottel, thanks for your advice. It rings true.

Unfortunately, I have little control over the tired part, but I'll try to apply your advice elsewhere.

Today was much better. Spent more productively.

I finally met someone in person, we had supper. Spoke for about an hour. IY"H will meet more often.

Have a good night, everybody!

Meir

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Re: Up For The Count

Posted by Dov - 26 Jul 2012 03:14

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Geshmak to hear real people doing real stuff. It really is!

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Re: Up For The Count

Posted by E-Tek - 26 Jul 2012 13:22

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Mainly to reinforce my own accountability, I am posting the most current version of my kabala.

Also, it is worth mentioning that I never used taphsic- a kabala has been sufficient, and I am downright absolutely petrified of making a neder at all. (I learned Nedarim/Shvuos with my Rebbe... and he scared the living daylights out of me ever making one. However, if I felt I was unable to keep to a plain kabala, I would probably have made one regardless. But to my knowledge I have not gone back on my kabala.)

There is no need for the forum to read this, I posted it for my own use.

Meir

Renewal Clause: This kabala renews automatically, every Motzei Shabbos, unless it was modified or removed before Shabbos.

My prevention clause (which limits my time on the computer in advance of daily responsibilities) is temporarily out of service due to summer camp. However, it costs me \$5 to be doing anything other than work or GYE past 10:30PM.

Temptation Clause: When I remember the consequences:

Before doing anything in this clause, I will say a verbal tefila OR Read my list of reasons not to act out OR Run around the block. If I don't, it will cost me \$20 within 72 hours. If I do and then trip this clause, I will pay \$10, and speak to my Rebbe if it was m\*\*\*.

This clause is broken if I do any "poison browsing" for more than 3 minutes on any given day, open a picture for lust, watch a movie not in the presence of friends or family.

Using any non-K9 image search when not in someone else's presence is \$100.

Intentional arousal is \$1 aside for any of the above.

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Re: Up For The Count

Posted by Machshovo Tova - 26 Jul 2012 14:39

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[E-Tek wrote on 26 Jul 2012 13:22:](#)

Renewal Clause: This kabala renews automatically, every Motzei Shabbos, unless it was modified or removed before Shabbos.

Thanks for sharing that brilliant idea. Many of us (including myself) have this problem of how to deal with expiration dates on vows. On one hand, it makes no sense to make a vow forever. But on the other hand, a vow with an expiration date can be danger lurking just around the corner (and how many times do we feel we just can't wait for the vow to expire...). Your idea solves all these issues so nicely.

Shkoyach & hatzlacha

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Re: Not Counting... But Anyway...

Posted by E-Tek - 30 Jul 2012 14:37

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Reb Eliezer- I had that idea right away, but the fact is that starting off even that felt like too much. I wasn't able to do it until I fell after a count expired (and the whole time I said it wouldn't happen to ME)...

I am kind of bewildered. My slips get worse. My willingness even to take preventative measures is all but gone. This is the happiest time of my life, but I can't deal with the lust. Somehow my positive sobriety (if I had any) has turned into total negative sobriety, as in my kabala is the only thing stopping me, and I will exploit any loophole.

Someone with experience, please help me. I don't know what I'm doing.

And on that note... TRAAAAAAAAAAAAAAAAALLAAAAAAAAAAAAAAAAALAAAAAAAAAAAA!

Have a pleasant clean wonderful day!

Meir



Oh, right. And B'Chasdei Hashem, two times chai days clean. At least according to GYE rules.

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Re: Not Counting... But Anyway...

Posted by alexeliezer - 30 Jul 2012 14:49

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Impressive you're staying clean despite being out of touch with why you're doing this.

I'm not a big fan of Taphsic because it externalizes the struggle. It becomes about the knaas instead of being about living a real, sober life because that is what true happiness requires. Not saying you should give up your kabalas, just that you should know it's a crutch to get you walking the walk for real.

This isn't easy. Overcoming any addiction is murder. That's why so many people still smoke.

Keep on trucking friend. One day at a time. And stop slipping, OK?

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Re: Not Counting... But Anyway...

Posted by E-Tek - 30 Jul 2012 15:05

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I know it's a crutch... I wouldn't have gotten this far without, nor will I get to a point where I won't need it without it...

Stop slipping! Okay.

Hashem, can you help me not slip today?

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