#### **GYE - Guard Your Eyes**

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my fall ( i need help Posted by melost - 11 Nov 2012 15:19

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im the kind of guy who will or be the best or the worst that means ill have a good week i,ll be the best ill daven with kavanah etc or i wont daven at all kind of wierd. when i found gye and started counting i also started to daven learn but i davka din"t but not with kavana as if i go to high i fall well i was scared that when i"ll fall i wont be able to continue and bevcome depressed. this week i fell i said fanties is not againest the rules well after that i decided so what iff i fell i can continue and wentt to daven as if it dint happen

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Re: my fall ( i need help

Posted by melost - 06 Mar 2013 16:59

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i started doing (its g-d not me) a dsr meeting on the phone been doing my prayers the past few days with g-d help been sober a few days (no counting as dov says) my ssa problem i thought of doing some seminer that was on the ssa page my sponser said i shouldnt and treat it like i treat my addiction and not to worry yesterday at a face to face meeting i shared my ssa thing it was not easy i chickened out when i shared so i shared again it was good getting it off my chest targets for today call two new people from my meeting

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Re: my fall ( i need help

Posted by moish u.k. - 06 Mar 2013 19:01

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Avrohom,

I have alot of respect for your struggles.

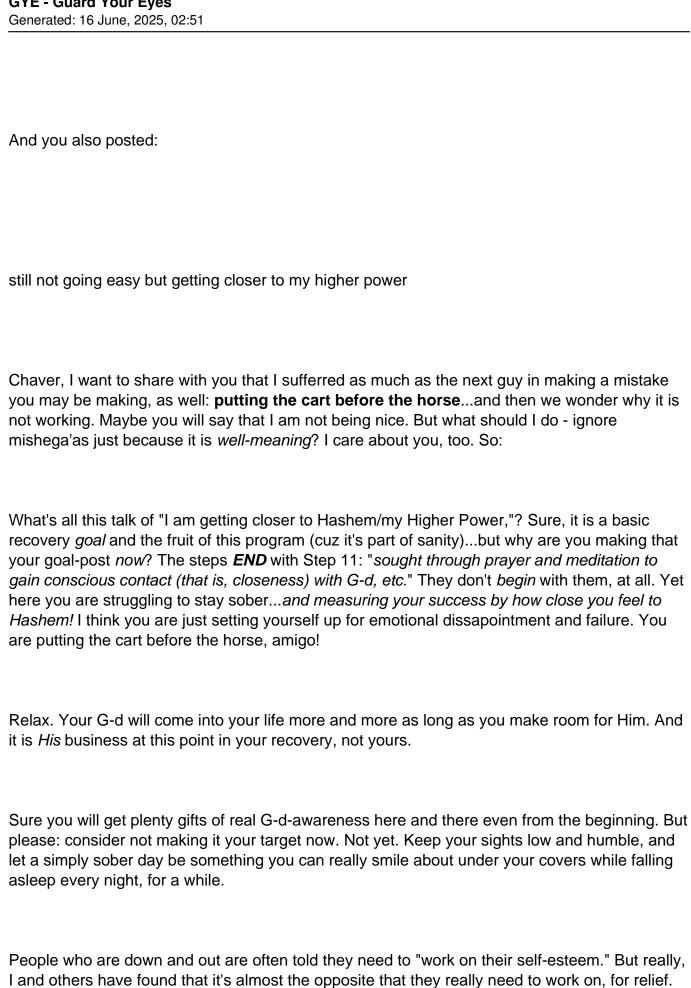
I take alot of chizuk from you.

Its great to have people like you around.

### Generated: 16 June, 2025, 02:51 Re: my fall ( i need help Posted by ZemirosShabbos - 06 Mar 2013 21:45 moish u.k. wrote: Avrohom, I have alot of respect for your struggles. I take alot of chizuk from you. Its great to have people like you around. ditto! \_\_\_\_\_\_ ==== Re: my fall ( i need help Posted by Dov - 08 Mar 2013 04:04 melost wrote:

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b'h im doing better went to a meeting yesterday got motorvation to work the steps and get



See, many people who are sad about themselves are that way because they have unrealistic

3/9

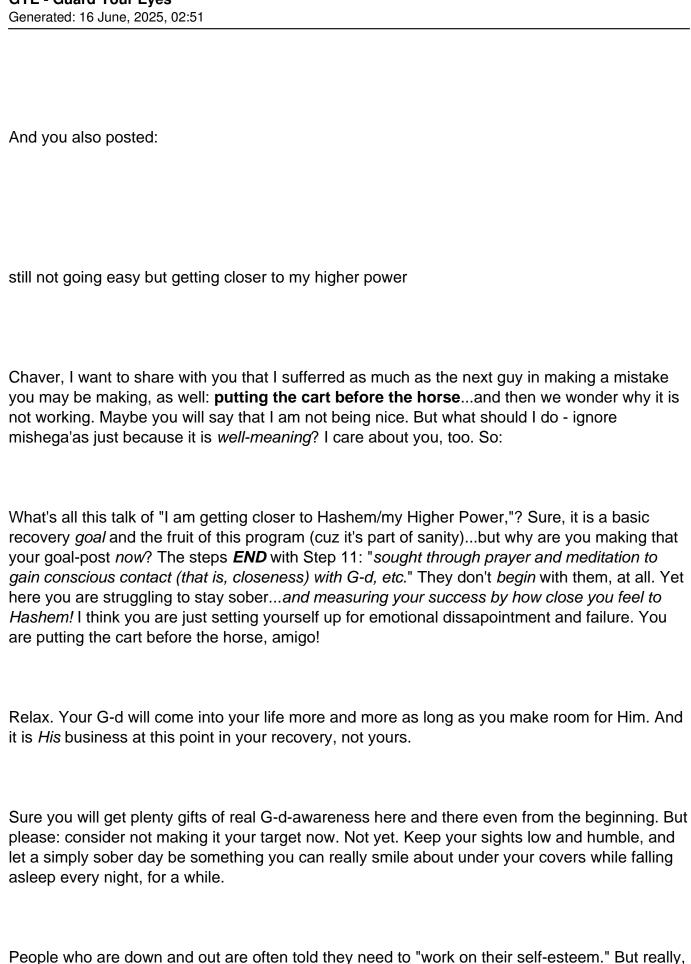
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expectations. They essentially believe they *aught* to be what they imagine is 'great'. To 'madreigos'. Then when they collide with where they are *really* holding - especially being addicts starting recovery - we crumble undr the failurehood of it all. We always have! It drove us to masturbate, ruined the pleasure of our avodas Hashem. Imperfection sucks, doesn't it? The tremenmdous weight of being 'a Torah loser', not holding a candle to the gedolim - or really to anybody around us - yes, that's what we do. We look around and see the faults of everyone else - or we see them as superior. The playing field is horribly unfair in our twisted minds, isn't it? No wonder we can go in just a day or two from crying at Lecho Dodi, to masturbating ourselves in the bathroom...

Sorry this was so long, melost. And sorry for doing a weak job explaining it. Hatzlocha with this and with working your program, or whatever you use instead of the 12 steps. Hashem is everywhere and helps everyone - everyone without exception - who really wants it (as we say in Ashrei). You definitely want it.

- Dov	
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Re: my fall ( i need help Posted by melost - 08 Mar 2013 16:17	
Dov wrote:	
melost wrote:	

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I and others have found that it's almost the opposite that they really need to work on, for relief. See, many people who are sad about themselves *are* that way because they have unrealistic

5/9

expectations. They essentially believe they *aught* to be what they imagine is 'great'. To 'madreigos'. Then when they collide with where they are *really* holding - especially being addicts starting recovery - we crumble undr the failurehood of it all. We always have! It drove us to masturbate, ruined the pleasure of our avodas Hashem. Imperfection sucks, doesn't it? The tremenmdous weight of being 'a Torah loser', not holding a candle to the gedolim - or really to anybody around us - yes, that's what we do. We look around and see the faults of everyone else - or we see them as superior. The playing field is horribly unfair in our twisted minds, isn't it? No wonder we can go in just a day or two from crying at Lecho Dodi, to masturbating ourselves in the bathroom...

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- Dov
thank its good when someone is honest with me what do mean by im not doing the 12 steps progam
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Re: my fall ( i need help Posted by melost - 13 Mar 2013 16:26
been in bed from bedining of the week b'h feeling better i used to think hashem is punishing m for my sins well now i did'nt i'm ill not sinful didnt realy do step work did'nt have the strenth my sponser told me to start writing 5 good thing every day
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Re: my fall ( i need help Posted by melost - 16 Apr 2013 13:12
long time no see

#### **GYE - Guard Your Eyes** Generated: 16 June, 2025, 02:51

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Re: my fall ( i need help Posted by Machshovo Tova - 16 Apr 2013 19:15
so how've you been?
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===== ====
Re: my fall ( i need help Posted by ZemirosShabbos - 16 Apr 2013 23:15
yeah, what's doing?
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Re: my fall ( i need help Posted by Dov - 18 Apr 2013 16:53
Hey, Melost. Now that Hashem is done punishing you for your sins, can we get back to zambonying? Or is He still not done whipping you?
The ice rink is waiting, our peyos are tied behind our heads, and the puck is waiting for someone's teeth.
C'mon man. Get out here w the rest of us bozos!
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Re: my fall ( i need help

## **GYE - Guard Your Eyes** Generated: 16 June, 2025, 02:51 Posted by melost - 30 Jun 2013 23:47 hi guys long time not here to busy with sa meetings and talking to guys Re: my fall ( i need help Posted by reallygettingthere - 30 Jun 2013 23:49 That's great! Re: my fall ( i need help Posted by gibbor120 - 01 Jul 2013 19:31 how are you doing? \_\_\_\_\_\_ Re: my fall ( i need help Posted by Dov - 17 Jul 2013 07:35 Welcome back, our friend!!

great to know u r busy in good stuff!

Gonna be at the SA convention?

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