

Help-Need some chizuk please

Posted by Azuvada - 17 Feb 2013 19:40

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So I spent nearly 6 hours wallowing on the computer last night, neglecting my sleep, my health, my learning, my energy to interact with my family today, my olam habah, the tefillin, mezuzah and tzitzes that were nearby reminding me to come to my senses and stop....I neglected all of the good things Hashem has been doing for me of late and in the past...and for a couple of measly seconds of pleasure at the end that ended the longest streak I have had in years.

And now I feel depressed and I'm waiting for bad things in my life to start happening, like lost parnasah opportunities, chinuch problems, etc. that I'm going to invariably read into as an onesh from Hashem, and I know that's not productive or what He wants for me, but I can't seem to shake this scared and depressed feeling. I don't know if I'm an addict, a regular struggler, or maybe someone who has abused his bechira to the point where I've mase myself into an addict, but I hate this feeling, and could use a little pick me up from some fellow Yisden who are reading.

Thanks guys, you're all great.

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Re: Help-Need some chizuk please

Posted by Dov - 22 Feb 2013 09:47

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...and tryingtobeme is so right and wrote it so well. Straight from the heart.

And the sadness you feel about your losses, Azuvada, is a precious gift from Hashem. Kir'u levavchem, v'a/ bigdeichem, says the novi. "Tear your hearts, so that you will not *need* to tear your clothes" (per rav Noach Weinberg's preferred translation) If we can actually have pain over our lost time, our self-damage through hours and hours of pacifying ourselves with sweet pornography, and our neglect of real life...then we are already partway to a better place.

Will it make us stop? Probably not. The road to failure is certainly also paved with lots of very good intentions. Intentions are not usually enough. They did not 'make' me stop for over 15 years... But having all that pain and failure clear in my heart certainly got me *ready* to actually surrender and get the help I *really* needed to stop, when 'the X@#%! hit the fan' and I really saw

I was in deep, deep trouble and had lost the war.

Like the rebbes (is it R' MM miRimanov?) explain, "v'hayu hadvorim ha'eileh asher Anochi metzav'cho hayom **al levovecha**." Why **al levovecha** - *on* your heart? Why not *inside* your heart? Isn't inside our hearts exactly where Hashem *wants* it to be?

They answer that we cannot usually put things *into* our hearts. We can *think* it, we can even *feel* it - but it is not really *inside* our very hearts the same way that our instincts are. Getting them into our hearts - truly part of us - is a gift from Hashem. Like nevuah, it is something we can *prepare* ourselves for - but then He either gifts us, or does not. (Great pain certainly opens the heart..but it amazes me how great our capacity to suffer is. It is really sad, in a way. And it is also amazing how much sickness and mishaga'as a person can get accustomed to! R"l...)

Alei v'hatzlach, chabibi!

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Re: Help-Need some chizuk please

Posted by mr. emunah - 22 Feb 2013 23:39

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on the thought of addict v.s non addict,

I think the Tora's take on promiscuity and Licentiousnes is that we ALL need to treat ourselves as if we are addicts, Like the torah does not condone any type of immorality even in small doses ie. kol shehistakel betzba kitana shel isha kilu histakel bimakom hatoref, hilchot harchakot, hilchot yichud, hilchot sniut etc.

I don't see any harm in saying I AM AN ADDICT AND CANNOT TOLERATE EVEN A SMALL SIP in the worst case scenario you arent an addict, and you'll just be a heilige yid.

Cheers!

HP!

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Re: Help-Need some chizuk please

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Posted by Azuvada - 23 Feb 2013 02:39

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Thanks for the insights. It seems to me that there would be merit in installing a filter in the case of pop-ups and the like, where something can be foisted upon you without the chance to escape before seeing it.

But perhaps for non or low-level addicts, I think that a filter as a means of fighting the battle is futile, kind of like sticking a finger in a dam to stop a raging flood of water, since it is available so easily elsewhere.

Good Shabbos and a Frelichin Purim everybody!

We should all have a renewed kabala m'ahava!

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Re: Help-Need some chizuk please

Posted by mr. emunah - 26 Feb 2013 23:14

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ever heard of the boy with his finger in the dike? well he saved a whole country, so there's some merit in that as well.

cut back the tuma!

especially since the alternatives are slighty more difficult

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