

A new stage in my recovery

Posted by syataDshmaya - 31 May 2013 18:48

I feel like I'm at a new stage in my recovery - one I haven't been in in a long time. I haven't seen any p*** in over 40 days, and I can daven now and close my eyes without seeing any disgusting images. I've also been going to therapy for a while, and it has helped me come to terms with some of my emotions. The idea of needing to live life differently really resonates with me. But I'm scared I will let this get to my head and think I'm done with recovery. I don't feel this tremendous weight from having watched p***, and the feeling my life is spinning out of control. I'm much closer to accepting that Hashem is in control, and his plans are better than mine. But I'm scared that if I don't feel desperate, I will not remain open and honest with myself and with Hashem, and I'll go back to my delusions of grandeur. How can I get myself to stick with it? How can I continue pursuing normalcy, and just plain healthy, balanced living, when I don't have that urgent feeling of impending doom that reminds me of the cost of trying to get into the driver's seat?

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Re: A new stage in my recovery

Posted by cordnoy - 20 Aug 2013 19:14

oops..sorry..must be my bad grammar

either way, we need to find a good tip for the day on this

its probably not a quick-fix type of thing

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Re: A new stage in my recovery

Posted by syataDshmaya - 31 Aug 2013 22:35

Something that has helped me has been to ask Hashem for help whenever I am in a challenging situation: "Please help me find whatever I am looking in those women in you instead (because that is the true source of the desire anyway)! I can't do this without you, Avi."

I wanted to share with the the fighting yidden on this forum that I have been given some precious gifts from Hashem in part because of the process of growth I have gone through in GYE. I remember that in one of the emails, it spoke about Yosef Hatzadik - that he gained a special spiritual light because he resisted Potiphar's wife. Well, My Rosh Yeshiva, who I have not told about my GYE stuff yet (I just got to Yeshiva), told me that I have a spiritual light, and has pointed me out as a leader in the group. The way I was before GYE, it is scary to think what my life in Yeshiva would have been like. I also feel that I am much more in touch with myself than before, and I am thus able to learn much better. Thank you Thank you Hashem, Avi, for guiding me through this process, saving me, and lifting me from the dust! Please help me continue to be balanced, and focus and being honest with myself and giving, and help me use what you have given me for good!

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Re: A new stage in my recovery

Posted by syataDshmaya - 02 Sep 2013 21:57

One of my Rabbis pointed out today that the reason the mishna in pirkei avos says "who is rich, one who is happy with his lot... who is wise, one who learns from every man, who is mighty, he who conquers his desires...". Instead of saying the obvious, what you would expect, that money makes you rich, and strength makes you mighty, it says these because these depend on you. Money, knoledge, strength, those are external to you, they are not up to you. But whether you are happy with your lot, or whether you conquer your desires, that is up to you.

This is big for me. It's easy to blame others (even God) for my flaws, my difficulties, my falls, and to focus on what is happening *to* me instead of what I can *do* about it. The chidush is, what I can *do* about it is the only thing that matters.

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Re: A new stage in my recovery

Posted by cordnoy - 06 Dec 2015 02:59

[syataDshmaya wrote:](#)

I've never said this before, but I'll say it now. I'm an addict. I am an addict to lust. Even now, as I write this, I want to switch to another page, look up those old videos, and act out. For me, it is a way to find validation, to feel wanted, to feel in control, to numb the pain, to pass the time... But

it is nothing less (or nothing more) than death. My entire life can get sucked into it. When I act out, it tumbles into a cycle of guilt, shame, and anger, which leads to self-pity, or ignoring my emotions (I would go to one or the other extreme.) In those conditions I would feel anxious or depressed, and eventually, I would feel there was no hope, that if I act out the few moments of relief will be worthwhile because I have nothing to hope for afterwards anyway.

When I started the videos were definitely inappropriate, but they didn't want to make me vomit when I saw them in a sober moment. Eventually, the videos were so bad that that is exactly what I wanted to do. I wanted to hide away, run away, kill myself (and what beter way to kill myself than to watch more p***.) I would cry, and beat myself up to no end. I would apologize to Hashem, fast, try not to be alone with the computer. Nothing worked. The only thing I didn't try was ask Hashem for help. I never did that, ever. I felt too ashamed. It was pride.

One day I was desperate, hiding out in the library, afraid of my own hands, my own privacy. I asked Hashem for help. It wasn't even verbal. I entered a prayer into the google search bar. And then I saw GYE come up on the search list. It was nothing short of a miracle. I see miracles all the time now. Since then I have been asking for help very often (probably still not as often as I should). Hashem has entered my life in a way more real than I could have ever hoped for. This addiction, for me, is the definition of a blessing in disguise. Thank you Hashem, and thank you GYE. This is my Miriam's well, my lifeline, the ground under my feet. I love you all so much.

P.S. Hashem, Avinu shebashamayim (ve al ha'aretz mitachas), please keep me sober, keep me healthy, keep me asking for help, keep my ego down and my emunah and bitachon up, "Hashem Elokai, shivati eilecha vatirpaeni. Hashem, he'elisa min sheol nafshi, chiyisani miyardi vor. I had said in my serenity, 'I would not falter.' But Hashem, birtzoncha he'emadta lehareri oz, histarta panecha haisi nivhal..."

Reb Guard,

did this post ever make it into a GYE email?

If not, it should.

If yes, it should be inserted again.

Thanks

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