

Tayva or addiction?

Posted by unanumun - 03 Apr 2014 05:50

I have been thinking a bit about this question.

While it is clear that there is an addiction as we all stress. (I still don't know about me personally but easy does it) On the other hand is the way I always looked at the problem wrong? Are the urges to look at P* and to M** not the yetzer harah of tayvah?

The truth is probably a combination. While the way to deal with the addiction is to battle it from an addiction point of view, I am wondering about the causes. I know that the oilam taynas that the whys are irrelevant rather focus on the whats and KOT. However, I feel i need to make sense of this. i have spent a lot of time in my life learning mussar and being in touch with what makes me work in many area of my life, so i keep coming back to these thoughts.

No one's addiction started on the first time they M** or looked at P***. I am sure there are plenty of people that have dont these things occasionally as teenagers and moved on. (Maybe i am being naive, but i can't imagine EVERYONE has these problems. I finally realized that I am not alone, but I can't imagine that everyone is like)

So some people have a bigger yetzer harah for loshon horah, some have tremendous nisyonos in shmiras shabbos, some have a hard time learning, and yet others have nisyonos in emunah, and the list goes on.

Every neshama has their tikkun in life, and based on that, the yetzer harah fights him in that area so he can be metaken that area. Additonaly, his life experiences and family background set him up for that tikun to be made. some people nebach grow up in poverty and some nebach spoiled in wealth.

So why is it davke us that were exposed to P* and m* in the various ways that we were? Because that is what we have to have a tikun in. so it definately starts out as a yetzer haroh of tayvah, which is stronger that the average persons yetzer for tayvah.

we all realized at one point when we were younger, "wait this is asur, i shouldn't be doing it." that is when our bechira started. perhaps had we started to misgaber more at that stage many many years ago, we could've conquered the whole thing then. (It definately would have been easier and taken alot less effort) but we didn't. perhaps we didn't have the keylim to do so, or perhaps we didn't want to. but that is the yetzer haroh.

so once we were oiver more and more, slowly we turned into addicts. some people get caught early on and their circumstance causes them to wake up when they younger, some later on, and unfortunately some will probbaly take this addiciton to the grave with them. I think that Hashem creates for every individual person the set of circumstances that wake him up and get him to work on it and find their way to GYE. Each person gets his wake up call when Hashem decides it is time to wake up. maybe it is based on siyaata dishmaya, maybe tefilos, maybe zchus avos but Hashem wakes us up. For most of us by pushing us into a position of rock bottom.

it might be that the reason everyone still has a hard time even after being clean for a long time is because the yetzer harah is still there. The addiction might be dealt with successfully but only once we get passed the first stage of getting over the addiction, then we have to get over the stage of conquering the yetzer of tayva completely.

so basically i think that there is a combination of the two.

Just some thoughts that i wanted to work through for myself and what better place then the GYE forum.

what do you guys think? am I saying devarim peshutim that everyone else also realized when they started the process? or i even totally off base?

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Re: Tayva or addiction?

Posted by chaimcharlie - 22 Apr 2014 16:18

[Dov wrote:](#)

I agree with basically all you wrote, except the relevance of the part about the root cause being arrogance. Sure you are right, as many tzaddikim have told us. And to be sure, the 12 steps is all about bittul of anocheus, period, and works for goyim exactly the same way it works for Yidden. But I have never met a person who can really work on his humility directly, to stop an addiction. It seems the actual connection between my arrogance and my acting out of my lust or drinking alcohol or heroin use or gambling, is just too hard to believe. Especially in the moment.

- Dov

In my last year of acting out, I was on this forum and reading some 12 material, trying to adapt it

to a more "Torah-true approach" that would fit the way I thought I really was, a really really frum guy with a really big Y"H that is called and addiction. At one point I also saw the connection all those 12-steppers were showing between humility and sobriety, so I decided to learn and "work" the Iggeres Haramban, which I knew from all my super duper shimush chachomim was the tried and true way to become a real "Anav".

It lasted 2 days, I remember clearly the deep shock that it hadn't worked. Hey, these guys are saying that humility is the key to sobriety, and I'm working overtime to become humble, and here I am masturbating my brains out - again!

I would love to say that now with a year and a half of sobriety in SA, and having been through the Steps with a sponsor one and half times, and having been to at least one and a half thousand meetings and program calls, I now know the exact thing that was missing, why my religious studies couldn't do the trick. But I don't. And the truth is that I don't either really care.

My current sponsor who is also religious told me that he doesn't know why prayer and the like couldn't get him sober, but they didn't, and working the steps that worked for someone else at his pace did work for him, and if I'd like (and I'm desperate enough) I can try that too.

Now after doing that for a while, meaning listening to others and sharing open and honestly, and doing actions a lot more that I am thinking (maasah merubah maichochmasoh), things are starting to actually make sense. Like that all my "working on humility" was really just another way of trying to control my lust and life, and that when I'm in my own head I'm usually lying to myself and all I really want is lust and sex.

But this isn't something I was able to figure out, even though I really rally tried, for a whole winter I spent most of the afternoon working very hard to "figure it all out", and I turned up some nice sounding and maybe even brilliant "svaros", and kept on masturbating till I could barely walk.

And hi Dov!!!!

CC

GYE - Guard Your Eyes

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Re: Tayva or addiction?

Posted by Dov - 06 May 2014 21:24

If Guard put that entire piece in the Chizuk Emails, it would be a great thing. It was beautiful. True rachmonus for another, is sharing things like that rather than working harder to try and satisfy their ego with ever more comprehensive explanations of 'how it really works'.

Thanks, CC!

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