

Sirclean's Journey

Posted by sirclean - 19 Feb 2015 15:58

Shalom Aleichem!

I've decided that to help me along my path to fight this war I need to share my chizuk, my struggles and my aspirations. As I'm just embarking on this journey of breaking free and spiritual renewal, I'd like to use this as a forum to hopefully learn from everyone's experience and maybe someone will receive chizuk from my story.

My Goal is to post everyday.

Hatzlacha to everyone and I'm very excited to get started!

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Re: Sirclean's Journey

Posted by cordnoy - 19 Feb 2015 16:06

Welcome again.

A voice from the past!

We are lookin' forward (perhaps today, sneak in another post, so we can remember what's goin' on).

b'hatzlachah

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Re: Sirclean's Journey

Posted by Bigmoish - 19 Feb 2015 16:19

[sirclean wrote:](#)

I've decided that to help me along my path to fight this war I need to share my chizuk, my struggles and my aspirations.

How's about it?

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Re: Sirclean's Journey

Posted by yiraishamaim - 19 Feb 2015 18:42

Great idea

Let it roll!

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Re: Sirclean's Journey

Posted by sirclean - 20 Feb 2015 13:30

Thank you for the warm welcome back!

One of the main focuses that I'm trying to have is to really try to concentrate on the fact that this is a process. It's not all or nothing.

This has been very hard for me in the past. I'd usually treat it as someone had wagered with me to see how long I can go without acting out. Obviously this is a terrible approach and something

I need to get away from.

Rabbosai, hopefully I get another one In before Shabbos Kodesh, if not Good Shabbos!

(Sorry Cordnoy I really had to get that out!)

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Re: Sirclean's Journey

Posted by doingtshuva - 20 Feb 2015 14:05

Like you said- It's not all or nothing.

Keep it mind for the rainy weather

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Re: Sirclean's Journey

Posted by dd - 21 Feb 2015 20:30

Great idea indeed.

Looking forward to this thread. Can you just give us some basic update of what your story is?

KOMT!!!

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Re: Sirclean's Journey

Posted by sirclean - 26 Feb 2015 01:02

Rabbosai!

Sorry for they delay, my phone (only source of filtered or any internet) broke and wasn't replaced till today. I'd like to give a brief overview of my situation and ask a question.

I'm a Rosh Kollel who is 37 years old. I'm a prototypical RK that people look up to. I give shiurim and shmoozen. I also have a deep dark secret.

For the past week i've been stone cold sober. I can't get enough of that feeling. I haven't been fighting with my Y"H, rather just sidestep him. It's just a state of being. I'm having a hard time explaining it, all I Know is I need it to continue. Not saying it's easy but something feels different. Can anyone explain the phenomenon to me please? What's going on?

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Re: Sirclean's Journey

Posted by cordnoy - 26 Feb 2015 04:54

Why you worried or concerned about these feelin's?

Are they good ones?

Bad ones?

You didn't set up the chaburah in a manner in which we can provide an intelligent answer.

b'hatzlachah

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Re: Sirclean's Journey

Posted by newaction - 26 Feb 2015 09:36

Hi Sirclean i humbly dont think that everything in our life has to be made out of "tzvei dinim" according to a Briskerer way of thought. Can you stop doing what you dont like to do ? Do you have an addiction to that ? Nevertheless awareness of your general feelings before you get triggered is very important ; do you feel restless , discontent or irritability ? anxiety ? After you think about these things and you find out that yes there is an addiction going on here , you have to start working on the solution . An addiction will never disappear ; it will be your companion for the rest of your life. But there is a way to live with it and to keep the addiction flames at their lowest so they will not consume us . Hatzlacha in your journey !

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Re: Sirclean's Journey

Posted by sirclean - 26 Feb 2015 14:59

I'm sorry if I was unclear. I'm not looking for an easy answer or tzvei dinim. I know that a lot of people on these forums have discussed "letting go and letting G-D" and I've always struggled with some interpretations of that. I've understood it to mean sincerely believing that with Hashems help we can overcome the craziness; I've seen other more aggressive interpretations don't fight the YH, just "let" Hashem remove the tayveh from you. I was never sure how that worked, but that was kind of what I felt, which is a great feeling. It still doesn't make sense, but there it was.

That's why I wanted to know if anyone ever had similar experiences.

KOT!

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Re: Sirclean's Journey

Posted by newaction - 26 Feb 2015 15:43

Dear Sirclean my friend , It looks to me that you had been struggling with your "dark side" for a long time and you have not really seen any success . ain't that to be true ?

Which brings to the above question that is can you stop all by yourself by just making the decision to stop ? T

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Re: Sirclean's Journey

Posted by doingtshuva - 26 Feb 2015 20:55

sirclean

"letting go and letting G-D"

is not only with our struggle, we have to live it 24/7 a home at work

when we miss the bus, when we trip on the mud

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Re: Sirclean's Journey

Posted by dd - 25 Mar 2015 14:22

R' Sirclean!

Are you here?

What happened to the daily posting?

I hope all is well.

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