

a new start

Posted by mggsbms - 24 Jun 2015 14:48

After being here for many years and succeeding sometimes more then others, I have left GYE.
im trying to start this thing again with renewed motivation hopefully with good results.

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Re: a new start

Posted by mggsbms - 23 May 2016 04:44

Day 13

Today was a day full of triggers. My town is not what you would consider a bastion of modesty.
A lot of surrendering was needed, (I'm not sure I'm doing it the right way).

I ask you Hashem to help me stay sober, and appreciate the good in life, that I shouldn't have
the need of escaping to fantasy land. I should be able to accept the day to day grind with
calmness and not get over taken by fear and worry and resentment.

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Re: a new start

Posted by Yesod - 23 May 2016 14:17

Amen.

Good going.

Hatzlacha brieder,

stay away from those first drinks.

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Re: a new start

Posted by mggsbms - 25 May 2016 05:24

Day 15

Had many a triggering moment the last couple of days and with the grace of God I'm still standing.

The emotional roller coaster has been unleashed, I can feel worried sad overwhelmed and anxious all at the same time. It's withdrawal for sure as many real problems come home to roost once I've stopped medicating.

I made a list of about fifteen points in my day to day life that are getting tarnished - ruined-destroyed due to this addiction, and the list is growing. So going back is not an option. I just hope that I learn to cope with the rest of it.

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Re: a new start

Posted by yiraishamaim - 25 May 2016 17:17

[mggsbms wrote on 25 May 2016 05:24:](#)

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Growing pains my good man growing pains. Keep the faith. You are accomplishing. The emotional turmoil that you are living through is certainly a challenge. You are cleansing your system from years of self-abuse.

Try:

Letting Go and Let G-d.

All that crazed emotion IN THE COURSE OF TIME can well be substituted by real meaningful living.

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Re: a new start

Posted by mggsbms - 25 May 2016 23:24

[yiraishamaim wrote on 25 May 2016 17:17:](#)

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Thanks for your very special words of chizuk. It's greatly appreciated.

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Re: a new start

Posted by mggsbms - 25 May 2016 23:46

My wife walked in on me during the day she's supposed to be at work. She found me...working, it was a great feeling, I saw her relief. During my acting out episodes this would have been crisis time. I thank you Hashem for helping me keep sober today. And please help me continue.

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Re: a new start

Posted by Yesod - 26 May 2016 00:58

That's great, so happy to hear.

Giving your lady nachas, chaver.

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Re: a new start

Posted by mggsbms - 27 May 2016 03:02

Today was a very tough day in the craving department. It's literally all encompassing, however I have not let the thoughts invade, its just an inner craving of sorts. So I turn to the gratitude list.

Some of it will be cryptic

I am forever grateful hashem for

1. learning with my offspring
2. Hearing my rebbe sing, which is a miracle in itself
3. For shmoozing with my boss and holding my own
4. For the honor
5. Giving me the sechel to get out and distract myself
6. the present given to my other relative
7. the smuz with the yerushalmi yid, especially for those great stories
8. Pleasant shulem bais
9. the job well done
10. Being able to connect to you some times

11. For another sober day

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Re: a new start

Posted by mggsbms - 29 May 2016 06:23

Day 19

B"h the cravings subsided, we had a wonderful sober shabbos.

As I was thinking through what surrender is all about some thoughts came to mind. I have a problem giving up lust even intellectually, I am programmed that it is human nature and I'm going against something that I really have the right too. If this is my thinking behind acting out it makes it all the more harder to stop, because it's not only an addiction it is a hashkafa issue. The way I combat this is to submit to daas torah where there is no recognition of lust as a virtue, as a believing Jew I turn to torah to understand what I was created with for.

This is a profound mindset change for me. I have been fooling myself into thinking that I really want to stop (when I want to). That may not be the case.

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Re: a new start

Posted by mggsbms - 29 May 2016 06:37

"mggsbms" post=4966 date=1242424448Shalom to the whole chevraye I'm pleased to inform you of the third full clean week (from Sunday to Friday) thanks to this wonderful site. I'm still intrigued at the effect this site has had on me, it comes to show you the great benefit of having a chaburah to discuss one's issues in life, while regarding this subject there is a natural barrier to discuss it with others, this site being anonyms as it is takes away that barrier. There is a nother aspect , the human instinct to compete and to challenge is in the works here as well , how could I slip I'm going to be behind in the game.

These days that are upon us have a special place in this great war as today is the first of the days of "yesod" in the count of sefirah, it is brought down in the sifrei kodesh from the zohar that the doors are closed at the onset of the days of "yesod ", the seforim explain that the reason for that is that a person should realize what affect this sin has on the soul and come to humility which it's essence is teshuvah, something to internalize. Have you all a beautiful and holy shabbos .

Something I wrote exactly seven years ago

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Re: a new start

Posted by rebyid31 - 29 May 2016 09:21

the same is with every addiction. those who want to stop smoking but haven't changed their mindset, will never stop

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Re: a new start

Posted by inastruggle - 29 May 2016 16:26

It's hard to feel like lust is bad when the outside world looks at it as a great thing and an end in it of itself.

Two thoughts come to mind.

1) I realized this only after months of being clean. If lust controls you then you're working for it a huge part of the day. When you read certain goyish publications (don't) and they're obsessed by what makes you attractive, how to turn a women on, etc. they're wasting their lives in pursuit of the next drunken one night stand. I think lust more than any other tayvah has the ability to enslave the mind and turn a person's focus toward it. That alone is a good reason why the torah would command us to stay away from it. We have better things to do in this world.

1b) Along the same line of thought, it also brings out the animal part of us more than any other tayvah. It is purely giving into our animal drives which is the opposite of the way the torah wants it to be. Vd"l.

2) I heard an interesting idea recently about how as Jews we're commanded to limit our olam hazeh in order to be able to get our limitless portion in olam habah. That was the deal between Yakkov and Eisav. So in addition to the practical reasons why lust would hurt us in our true reason for being here, we also can't give into it because we can't get the best of both worlds.

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Re: a new start

Posted by mggsbms - 29 May 2016 16:52

This whole discussion is really pointless (I'm the culprit..) if our lives are really unmanageable with lust, then it may even be a good thing, but for someone else. That's the paradox though, is it really unmanageable ?

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Re: a new start

Posted by inastruggle - 29 May 2016 17:11

Why can't you want to give up lust because the torah says to and also because it makes your life unmanageable?

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