

Unmanageable

Posted by waydown - 03 Nov 2015 15:48

Firstly my appologies as normally I try to stick to my orignal post labeled soultions for tonight when posting about myself. But I feel the above topic requires special attention.

Unmanagable is generally the first step to many of us in recovery. The defintion of unmanagable can have many connotations,

- 1) Physically our days are not functional when obssesed with lust. We are falling behind in paransa and family obligations.
- 2) Our concious makes life unmanagable as we can't live with oursleves knowing we are doing wrong.
- 3) It often only relieves us temporarily but leaves us in a state of depression and despiar as we are never statsified and constantly seeking to further satisfy our lust.

Here is my dliemna, I attach myself most to reason #1. Although,I should work on reasons #2 & #3. So over yomim tovim for those that followed me, I had tons of work & family pressure. I kind of knew that I can't do both. I knew that I can't have lust, family and work all over yom tov. I knew the only way to succeeed was no lust. So I was somewhat successful then. Now yom tov has passed and work pressure slowed down a bit. So, my yetzer or my lust addiction (whatever you want to call it) comes rolling in. He tells me, Ok now its managable you can have both so why not. And he has succeeded somewhat.

It's kind of ironic. Because when I had the pressure I thought ok the pressure is what's cooking me to want lust so badly. But once the pressure slows down and I am calmer my lust won't bother me so much. But in reality the opposite has occurred.

Any advice what to do when at the current moment you feel like life is managable with lust?

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Re: Unmanageable

Posted by waydown - 05 Nov 2015 16:35

Rabbi Dr. Watson,

Firstly, you were amazing and clear yesterday. Thanks for your time & wisdom.

Just one quick question, why not sherlock why watson??

Now to my main problem,

Yes I totally get your point as you so eloquently quoted from the white book. Everything is true

"Until we had been driven to the point of despair, until we really wanted to stop but could not, we did not give ourselves to this program of recovery."

But again this is my dilemna. I am not at the point of despair. And I don't want to stop.

So why am I here.

Because yes my heart wants to stop. I am an upstanding person betzem. I know what's right and what's wrong. But my heart is farshtupt and my brain tells me don't stop. I am on GYE because ?? ???? ??? ????.

So now what???

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Re: Unmanageable

Posted by Watson - 05 Nov 2015 19:53

Rabbi Dr. Waydown,

Thank you so much for talking to me yesterday. It really helped me clarify my addiction in my own mind and helped me remember why I want recovery.

You've asked me a question. Being a good Jew, I have a question in return:

I'm a professor in college. One of my students enrolled in my course and so far has flunked all his tests. He doesn't do his homework and doesn't listen to the lectures.

So I called him into my office and asked why he wasn't doing his assignments. He said "cos I can't be bothered, I'd rather watch movies and play my playstation."

"So why are you here?" I asked.

"Because I want to get a good job with a good salary in this field and I need to get this degree for that."

"So why don't you do the work?"

"I told you, I want to watch movies and play playstation."

HaRav Waydown, what should I say to this student?

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Re: Unmanageable

Posted by waydown - 05 Nov 2015 20:19

Rabbi Professor Watson,

Firstly I love your style!

The answer is tell the student too bad. No degree unless you work hard and pass your exams and homework. I don't care if you want to pass your exams force yourself because you must pass.

So yes too bad I must "fight" (I know you hate that word) anyhow. But the method suggested on GYE is that first one realizes that life is unmanageable and that he wants to be sober. Then he joins the 12 steps. I am holding myself too bad force myself and I don't know that it will work that way.

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Re: Unmanageable

Posted by waydown - 06 Nov 2015 19:18

I don't know that there is much more to be said re my problem.

I do want to concede one thing. I have established that I am not fully in my own personal life in a situation where life is unmanageable. Yes it's a problem. But I can say with certainty that days when I am not resorting to lust every 3 minutes (even though I resort to wasting time GYE instead!) are far better and more productive.

My days are for use more manageable without lust

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Re: Unmanageable

Posted by cordnoy - 06 Nov 2015 19:50

[waydown wrote:](#)

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concession accepted.

b'hatzlachah

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Re: Unmanageable

Posted by skeptical - 08 Nov 2015 04:42

Hi waydown,

I was away from the computer for a couple of days, so I wasn't able to post here. I'm not really aiming to reopen the can of worms, but I do have what to say.

I want to point out that I was not arguing. I was just writing that I relate to you very much. If someone on here would have engaged me in conversation when I first joined, I likely would have said the very same things.

waydown

"If it's something that we just enjoy doing, why can't we stay away from it?"

The reason we can't stay away from it is because its an addictive enjoyment.

Great, so you answered my question.

I would just like to point out that there are many things that people become addicted to.

For example,

I can eat a piece of chocolate cake and really enjoy it, and then I can move on with my life.

I can play a video game and really enjoy it, and then I can move on with my life.

I can have a glass of wine and may even enjoy it, and then I can move on with my life.

There are any number of things I can have/do and enjoy, and then I can move on with my life.

Many people can look at porn, or lust, and they can masturbate, occasionally, and they can then move on with their lives.

I can't. I've tried. Once I start, I sink further and further, deeper and deeper, into the shmutz. I close off connections to people in my real life, everything in my life suffers, and it's very very very difficult to pull myself out of it.

All of these things are **"just as addictive as crack cocaine"**, and many people **are** addicted to them. Once they indulge a little bit, they spiral out of control and it takes over their lives.

So, it's not really about the "addictive nature" of the thing being enjoyed, rather, it's about why the person is addicted to it. Now, everyone is different, but many addicts across the board, no matter what it is they are addicted to, have learned that they turn to their addictions when there are underlying issues in their life that they are trying to escape.

Regarding Rabbonim who have smoked-

I would not believe for a second that being responsible for many people, and having to deal with their life issues on a daily basis, is not a tiny bit stressful.

waydown

Just one question re "Do I really want to get sober?"

Lets say the answer to that question is no. Now what??? Is there no hope then??? To be honest it a very good question and I am not entierly sure what the answer is. T be honest on days where my acting out makes life unmanagable I want to be sober. On days when my life is managable with lust perhpas I don't want to be sober. It circles us all the way back to my org post.

So now what say I don't want to be sober what should I do?

It's not for nothing that when I joined GYE, I chose the name skeptical.

For the first 6 months, I didn't post a thing - I just read the forums, and rolled my eyes a lot. For the first 3 months, I didn't even really try to be clean. But then one day, something clicked in my mind, and I decided I really had enough.

So my advice - keep reading and stay connected to GYE. If the radio is on, you will get reception, eventually - hopefully sooner than later.

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Re: Unmanageable

Posted by markz - 08 Nov 2015 05:29

Forgive me if I'm brutally honest but as an aspie this is what I'm wired to do, even if it means my karmas go- sometimes.

It troubles me to read great posts by someone with the name 'skep', I even had a hard time writing 'skep' just now. Aspies are extremely literal people and it really bothers me to see such names

Imagine if one of the moderators had the name apikores, I don't think I would even read his posts. We're trying so hard to be positive and any scepticism is not welcome

A lowly boarder is requesting a reputable moderator to ask the grand administrator to upgrade the name to something like "skyoptical" or "whatever"...

Waydown when you become a moderator I'm going to need your name changed too

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Re: Unmanageable

Posted by skeptical - 08 Nov 2015 06:12

Hi Markz,

I'm sorry that my name makes you uncomfortable. I totally understand what you're saying, and you're not the first to express it. In fact, I have a really close real-life friend from GYE, who told me that he felt the same way before he got to know me.

But I'm also sorry to tell you that I won't be changing my name.

I believe it's really important for people to see that there's a journey that is taking place. That someone could get on GYE feeling skeptical about pretty much everything on this site, and then eventually become a moderator says a lot.

I hope that you, too, will get to know me over time, and will be able to get past the name, to see the messages.

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