

Recovery mistakes to avoid- your experience

Posted by Workingguy - 29 Jan 2016 13:51

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I'd like this thread to be a thread that shares with people some of the mistakes that they made on their journey to recovery. While obviously some people's challenges are their own only, what I've seen on the threads is that many of us share challenges and have similar ways of thinking that get us in trouble. Please feel free to post mistakes that you've learned to avoid. I'll start with an example or two, but it's an open thread.

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Re: Recovery mistakes to avoid- your experience

Posted by markz - 08 Feb 2016 05:07

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## **Mistake #11 THEORY**

### **Example one - lomdus**

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[mayimtehorim wrote:](#)

I have joined the forum recently and have been getting a tremendous amount of chizzuk out of it, thank you! I am holding at day 15 of 90 and staying strong.

I decided to finally ask for help on the forum because I realized I can't do this by myself. I am extremely committed to yiddishkayt in every other area, but my yetzer is having the best of me with the lamdus below. I hope that someone here is learned enough to be able to give a solid answer to my yetzer's questions with facts and give me the answers I need to silence it once and for all.

Despite all the reasons given in seforim and on GYE (both kabboloh reasons as well as the negativity about it in the Gemarrah), I constantly question myself whether SZ"L is a real aveyrach and that is the main cause of my stumbling.

With Shabbos for example, I see a direct line of reasoning: the lav is clearly and distinctively mentioned in the chumash >> mishna >> gemarrah >> halacha.

I fail to see that same line of reasoning with MZ"L. It seems to me that the Onen's principal aveyra in the Chumash was not MZ"L, but rather his avoidance of having children. MZ"L is not mentioned in the Mishna at all. In the Gemarrah it is mentioned as a very negative activity to avoid at all costs, but it is not clear at all whether this is an issur based on halacha Moshe miSinai or some lav based on medical advice of the time (which we don't usually follow).

Then, seemingly out of nowhere, you have the Rishonim, Shulchan Aruch, the poskim and Kabbalah come and make this the worst aveyrach possible. My yetzer keeps on telling me that this is based on Kabolloh only and, as such, is a chumra (or a medrega of sorts). Where is the basis for the jump from no real lav in chumash, mishna, gemarrah to MZ"L being the worst of the worst in Halacha sefarim?

Moreover, only select few follow Kabboloh to the dot. Disregarding tumah and Kabboloh reasons which are very lofty, what is the real halachic issur and what is the issur based on?

Until I know the answer, I battle my yetzer in the following 2 stages:

- 1) Is this a real issur?
- 2) Trying to overcome the animalistic urge.

I really want to fight him on stage 2, but 98% of the time, I don't even get to stage 2. Hope that having this answer will help me get there and have that battle.

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Re: Recovery mistakes to avoid- your experience  
Posted by Markz - 09 Feb 2016 18:18

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**#12** - clapping

[milehashem wrote:](#)

Geshmock,

This is what I did.

The very second you get an urge to look at something, CLAP!

Clap your hands together. If the urge is still there, clap again. Harder.

Still there? Clap again. Still there? Clap!

Eventually, one of three things will happen:

The urge will pass. You win!

Someone will come into the room and say "What is all that noise? Are you okay?"

You will makeup some silly excuse for all that clapping, and you will be too embarrassed to continue sitting at the computer. You win!

Or, your hands will hurt so much from all that clapping, that you won't be able to use them for the aveirah..... .....and you win!

I'm up to 14 days, and with this technique, I know I'll get to 90.

By the way, after the first few days, you won't feel that overwhelming urge to go look, as often

as you do now. It will still be there, but it will be less intense and less often.

Also - go to a mikvah, preferably a COLD one. You can walk in slowly if you want to, but eventually force yourself to toivel completely into the cold mikvah. A cold mikvah has vast spiritual benefits, specifically related to this aveirah, that are too complex to explain in this forum. (Ask any mekubal, he'll tell you the same)

Try to stay under the water for a few seconds , making sure that no part of your body is touching the floor or walls.

Get yourself to a mikvah as often as possible, but at the very least every erev shabbos and yom tov. Natural lakes as well as the ocean are also kosher mikvaos.

You can do it! I believe in you!

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Re: Recovery mistakes to avoid- your experience

Posted by markz - 25 Feb 2016 14:01

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[NeiroYair wrote:](#)

Seeking Support, Thank you for those wise words from your Rebbe. Sounds like he knows a thing or two about the teenage struggle. And you sound very mature to listen, quote, and heed his advice. Kol hakavod!!

In terms of the filter discussion, my problem has always been looking for comfort when in pain

and my filter is not and will not do the trick. I contacted WebProtectMe and K9 to tell them my findings, but as much as they say they want to help...

Please offer suggestions for me and for the Klal as I have been struggling greatly, lately.

Thanks,

Neiro

I contacted Covenant Eyes many times asking them to fix this and fix that...

I should also call the manufacturer and demand they remove the virus that's allowing shmutz on this stupid device

Also my internet provider could do their research and get their technician to filter out any dirty electrons entering my property

The Supreme Court should fine Google for any triggering images...

I should call my local politician right now...

Until I found GYE and discovered that it's not the Filter or CE that needs fixing, but me...

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Re: Recovery mistakes to avoid- your experience  
Posted by markz - 13 Mar 2016 12:36

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**In all seriousness!**

Banning humor

[Steve wrote:](#)

[rashkebehag wrote:](#)

age is personal and doesn't have to be discussed on the forum. Jokes are only for single guys not for us mature married men.

I'm 52 and not afraid to say it. I'm mature, I'm married, but if I ever start to lose my sense of humor and stop joking **when it's still appropriate**, please bury me. And sometimes the mood needs a little lightening up, just to stay human

I don't know if I'd have stayed if there was a zero tolerance policy, and there's some moderators that probably wouldn't be here either... And the guard... that called for [hit men](#) to take him out...

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Re: Recovery mistakes to avoid- your experience  
Posted by GuideMe - 05 Apr 2016 02:21

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Recovery mistake: not talking to people. guys, it's hard, i know!

but talking to someone who is sober for a while on the phone, or even batter, face-to-face, (then you could see the light in he's eyes!) is great. they don't bite!

so email Dov (i think it's [wequithiding@gmail.com](mailto:wequithiding@gmail.com)) or... anyone else and get things going!

Good luck!

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Re: Recovery mistakes to avoid- your experience  
Posted by skeptical - 05 Apr 2016 02:54

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This is a great thread. Thanks for it!

A big mistake is complacency.

I went X amount of time without falling. I'm doing great, got this under control. Me, fall? I don't even have a desire for it anymore! Look, I'll even go to this website and you'll see that it has zero effect on me anymore...

hey, *this* looks interesting....

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Re: Recovery mistakes to avoid- your experience

Posted by mggsbms - 05 Apr 2016 23:37

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[markz wrote on 09 Feb 2016 18:18:](#)

**Mistake #12** - convoluted tools

example one - clap

This was written 5 yr ago, and the guy apparently is still in the Mikva clapping and i won't say what else..

[milehashem wrote:](#)

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You can do it! I believe in you!

This is too funny. I haven't laughed so much in a while.

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Re: Recovery mistakes to avoid- your experience

Posted by peloni almoni - 06 Apr 2016 00:10

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as much as i enjoy public hangings, if this guy milehashem resurfaces, he might really feel hurt that he is being treated like this, and it might even impede his ~~clapping~~ recovery.

i know how lousy i would feel if someone made an effigy of a serious post that i wrote...

and besides, isnt the motto: whatever works?

i'm just saying.

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Re: Recovery mistakes to avoid- your experience

Posted by markz - 06 Apr 2016 00:15

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14 days isn't counted as works

My main issue is that this heilige guy was recommending a tool to someone else that he himself could not provide proof of authenticity for

This is another recovery mistake to be avoided; To suggest an out of the box solution without verifying if there's a rabbit in there or not

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Re: Recovery mistakes to avoid- your experience

Posted by skeptical - 06 Apr 2016 00:29

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I have heard psychologists recommend similar strategies to help change behavior.

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Re: Recovery mistakes to avoid- your experience

Posted by Gevura Shebyesod - 06 Apr 2016 00:30

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I think this method is called "wrinkled-knuckling".

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Re: Recovery mistakes to avoid- your experience

Posted by peloni almoni - 06 Apr 2016 00:40

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[Gevura Shebyesod wrote on 06 Apr 2016 00:30:](#)

I think this method is called "wrinkled-knuckling".

blue-balling, wrinkled-knuckling, aren't you full of knowledge today, mr. professor!

all i know is that i read it and i thought "wow, it sucks to be him right now"

these last 2 posts i put up were in the blessed memory of our ~~mom~~ friend SERENITY

????? ?????

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Re: Recovery mistakes to avoid- your experience

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Posted by goodchange613 - 06 Apr 2016 03:47

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A mistake might be not dealing with the real issues in your life and focusing nonstop on just "beating" the urge and getting a long streak (obviously this is for people who have issues in their life that are partially the reason for them acting out and not for true addicts)

It's important to just man up and DEAL with the tough things that need to be done.

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Re: Recovery mistakes to avoid- your experience

Posted by peloni almoni - 06 Apr 2016 04:19

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mistake # \_\_\_\_\_

thou shalt not get thyself emotionally over-invested hither-to-fore in gye forum chitter chatter that bears little or no significance on thy life. if thy brethren be quarreling in the abouts of the cost of tea in china and that not be of particular importance to thou, get not emotionally invested. if thy neighbor or the stranger who dwelt amongeth thou doth quarrel with thou, and even if reach does he his hand and click does he upon, god forbid, negative karma for thou, thou shalt not take it too seriously.

for whilst one is in skirmish with his self to stayeth clean, need does he all of his wits to be about him. henceforth, wearing down thyself over nonsensical bull is nonsensical in essence.

may the grace of the lord enable thou to moveth forward in a trucking fashion duly fit for a monster. in his blessed name. amen.

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