

Group 196

Posted by the.guard - 09 Dec 2016 12:50

Hi Guys! Welcome to group 196. The members of this group are:

- quiet
- Mober
- hopeful
- shua73
- Happydays
- will Succeed Beh
- Jacobinthewomb
- LifneiHashem
- Baruch_Hashem
- vmoshe
- failedregent
- Shzal
- Hbowman
- AllForHashem
- new leaf See [this page](#) for more details on the goals of these groups.

For best chances of success, everyone needs to try and fulfill certain conditions. [See the conditions here.](#)

So who will be the first to volunteer to lead this group? Post below and let's get the party rolling!

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Hatzlacha!

P.S. We are looking forward to hearing feedback from y'all about ways to make the group idea even better. Write to us please at: eyes.guard@gmail.com.

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Re: Group 196
Posted by shua73 - 26 Jan 2017 03:29

TTThanks guys for the support. I'm not ignoring anyone when I don't respond. Law school is just crazy busy (yes, I know I found time to fall). I'm gonna try to post regularly some ha'arah that I have from the book that I'm going through either daily or as close to that as possible If I get to busy. That's all folks.

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Re: Group 196
Posted by shua73 - 26 Jan 2017 04:19

ZZukt Dr David viscott "if you lived honestly, your life would heal itself"

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Re: Group 196
Posted by hudaugen - 26 Jan 2017 07:36

The following helped this does not mean it will help for anyone else, but ill anyway post it. At the beginning i was always active on the chart i could not wait till the next morning to update and get another day on the list of being clean, during that time i fell every couple of days and it got quiet depressing for being so helpless, that is when i totally stopped updating the chart just keeping in my head that it was just before Rosh Hashone the last time - i only went to update the chart again after about 30 days and since then i do it on a weekly or biweekly basis. That way i dont think of it the whole time and the whole recovery has a different feeling to it as it does

not weigh so heavily on my shoulders,

When is start lusting i quickly try to think of the last thing i learned wether Daf Yomi which is very helpful, or of what i did today at work - just to get my mind of this setting,

Good Luck to everyone

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Re: Group 196
Posted by will Succeed Beh - 26 Jan 2017 10:51

[shua73 wrote on 26 Jan 2017 04:19:](#)

ZZukt Dr David viscott "if you lived honestly, your life would heal itself"

Sorry to say it but if your an *addict* it will *not heal by itself*.

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Re: Group 196
Posted by GrowStrong - 26 Jan 2017 11:38

[will Succeed Beh wrote on 26 Jan 2017 10:51:](#)

[shua73 wrote on 26 Jan 2017 04:19:](#)

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Sorry to say it but if your an *addict* it will *not heal by itself*.

I think the depth of what the good ddoctor is saying is that living honestly - ie being honest with your feelings and emotions and learning to live with them and understanding them for what they are - helps create a situation where by your addiction will have the room to heal.

Looking at it a different way, i think 'living honestly' is a prevention tool for addictive behavior.

Its a lesson for teaching our children that feelings are good and justified and real and to face them.

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Re: Group 196

Posted by shua73 - 26 Jan 2017 13:42

[GrowStrong wrote on 26 Jan 2017 11:38:](#)

[will Succeed Beh wrote on 26 Jan 2017 10:51:](#)

[shua73 wrote on 26 Jan 2017 04:19:](#)

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I agree. And in that context, as an addict, one doesn't live honestly, as he's developed ways of coping with things that are unhealthy that if he would be able to be truly honest with himself he'd see that those coping mechanisms aren't necessary. To put it a little differently, honesty includes honesty with regard to whether we are justified in our feelings, not just accepting our feelings.

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Re: Group 196

Posted by Dov - 26 Jan 2017 17:22

[Yosef Tikun HaYesod wrote on 19 Jan 2017 12:06:](#)

This week starts Shovavim, which is special for doing teshuva and being mitakane the pagam habris.

I'm taking it seriously this year with real actions (bli neder):

learn more Torah, say the long Arizal version of krias Shema al hamita, and fast at least once.

Now's the time. I'm ready to change and grow and fix up this mess I've gotten into.

I appreciate those who are really trying to help me. I definitely need all the help I can get.

Just like I've written concrete things I've tried, if you can give me concrete, well-defined things I can actually do that will help me, then I will do them (again, bli neder).

Ideas so far from the 90-day thread:

Read Chovos HaLevavos Shar Bitachon - I can do.

It's heavy and slow reading, especially if I read it with an eye

to incorporate and apply the lessons, but I can do it.

Read the attitudes and perspectives 21 or 30 principles,

and really think about it and try to incorporate the lessons - I can do.

Get daily chizuk emails and read them the same way - I can do.

But, introspect and figure out underlying reasons why I feel the need to escape and self-soothe, and then figure out how to meet those needs with some other fulfilling (but not destructive) activities,

sounds nice, but I don't know how to do it...so it gets filed away under "nice idea in theory" but I

can't act on it.

Reaching out for help.

Have you ever noticed that overall, as the years go on, sex and lust-obsessed, good frum guys like us unfortunately end up actually masturbating or 'falling' with porn use more during Shovavim than in any other time of the year (except maybe Elul and Tishrei)?

I have.

Some people even have confessed to me on the phone or by email that they got worse in these inyonim since they started getting on GYE...now why would that be?

We all have a yetzer hora, but when we make vigilance and beating it our main focus all day long every day, we also feed the obsession itself. Even tho our intentions are 100% leShem Shomayim, this is a trick of our desire - we desire to hold it tight and close to us, so we use Torah to do just that. We wrestle with it, hugging and feeling it all the while, saying we are disgusted by it of course and that we want it away from us as far as possible - but we remain locked in an embrace with it, no? **"Wrestling with a muddy man is a very inefficient way to keep him away so he doesn't soil your clothes,"** as the Kotzker used to say.

Ever since I stopped needing an excuse like "It's Shovavim" to remain clean, things have been much, much better, b"H.

If it really works for you, then I'd enthusiastically suggest you continue right along using it. I am talking for myself after many years trying those things before I had to find recovery. And since then I have been sober one day at a time for many years along with many other sick people like me, living without the obsession, and growing up. And Hashem has been giving me all the things I wanted from Shovavim, in the first place. It just couldn't be given to me **my** way.

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Re: Group 196

Posted by cordnoy - 26 Jan 2017 17:32

Knock knock,

Knock knock,

KNOCK KNOCK!

Damn!

Next....

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Re: Group 196
Posted by Markz - 26 Jan 2017 17:50

[cordnoy wrote on 26 Jan 2017 17:32:](#)

Knock knock,

Knock knock,

KNOCK KNOCK!

Damn!

Next....

Can't find the doorknob?

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Re: Group 196

Posted by Yosef Tikun HaYesod - 26 Jan 2017 18:10

That's a pretty awesome post, Dov.

I thought you had given up on me, because you (or I) are "hung up" on the name my wife calls me. Want to know something CRAZY? I even asked her if she would just call me Yosef, and she thought I was high. I'm actually smiling widely writing this!

We usually speak a different language, but I think I gained a lot from that post.

I AM obsessing about this and need to just live my life.

I'm going dancing tonight!

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Re: Group 196

Posted by shua73 - 27 Jan 2017 03:00

ZZukt R Yisroel salanter (ohr yisrael a couple pages in from beginning), there are two parts to the yetzer hara and two parts to the yetzer tov. There is the element of a koach hatumah that is waging a war against us to try to get us to trip and fall which has corresponding to it the koach of kedusha that is there to try to influence us to do what's right. In other words these are external forces that are trying to influence us to go either way.

There is also a second element. That is the part of us that is attracted to gashmius and aveiros - our desires for it that are our physical body trying to connect with the gashmius of this world. Kineged that element of yetzer hara, there is the sechel which is drawn to good ... In other words, we ourselves have internally both these drives.

So, nachzor li'inyano shel ha'thread vihaforum, falling is not merely a giving in to an external

force that tricked us or got us somehow to fall. Rather, it also is that we allowed our desires to lead us to wherever we fell.

In short, don't write off the fall as a result of an external force that was stronger than you and that really you want to not fall but the battle was too hard so you gave in. Rather, you fought the battle against yourself. You made yourself fall bc inside you wanted to fall.

To be continued...

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Re: Group 196

Posted by Yosef Tikun HaYesod - 27 Jan 2017 12:50

What I am looking for at this point is just a friendly, safe place to share my experiences

as I journey toward successfully breaking free from this terrible bad habit...

a place to receive encouragement to continue growing and pushing forward,

a place where people who share some idea of the difficulty of the nisayon I'm going through

are willing to hear me out and express their understanding and empathy,

and try to pick me up and support me, so that I don't give up and totally fail.

I'll work out the strategies/game plan on my own from now on, with the help of a live coach/success story.

Enjoy this great dvar Torah from R. Yechiel Spero from a Sefer Emunah Bacharti:

"There is a difference between the term "Melacha" that we refer to when we talk about the 39 things that one is not allowed to do on shabbos, and the term "Avodah". Avodah, hard work is not forbidden. For instance, if one wanted or needed to schlep tables and chairs from the third floor to the first floor, it's entirely permissible, even though you are sweating and working hard. However, if one does a creative action, that is called a melacha and that is strictly forbidden on Shabbos. But that's when it comes to Shabbos.

Hashem, when He asks us to serve Him, it is not called melacha. It is called avodah. We strive

to be "Avdei Hashem", we work on our avodas Hashem. Hashem does not need us to do creative things for Him. He doesn't demand of us to finish product. He doesn't necessitate that we do something that is called a melacha. We don't actually have to finish the job necessarily. All Hashem asks of us, is to be an Eved Hashem. To shvitz for the Ribono Shel Olam; to work hard at whatever we are doing. We might succeed, hopefully, we do. But even if we don't, it is still considered to very, very valued and very special in the eyes of Hakadosh Baruch Hu.

That should give us all great encouragement. Sometimes we feel, "C'mon who are we kidding. I am far from perfect". Hashem doesn't need you to be perfect. All He needs you to do is some avodas Hashem, to be His Eved Hashem. Halivay, if one day we can actually earn that incredible appellation."

Have a great day and a beautiful Shabbos.

(sorry for the "double post" this one was worth it)

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Re: Group 196
Posted by will Succeed Beh - 29 Jan 2017 11:02

[Yosef Tikun HaYesod wrote on 27 Jan 2017 12:50:](#)

I'll work out the strategies/game plan on my own from now on, with the help of a live coach/success story.

Hi Yosef

Does that mean your quitting our group?

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Re: Group 196

Posted by Yosef Tikun HaYesod - 29 Jan 2017 18:33

No, I don't plan on leaving the forums at all. I'm just crystal clear what I am going to be using them for:

What I am looking for at this point is just a friendly, safe place to share my experiences

as I journey toward successfully breaking free from this terrible bad habit...

a place to receive encouragement to continue growing and pushing forward,

a place where people who share some idea of the difficulty of the nisayon I'm going through

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and try to pick me up and support me, so that I don't give up and totally fail.

I'll work out the strategies/game plan on my own from now on, with the help of a live coach/success story.

You left out the 6 previous lines, and only quoted the last one!

Feeling great today!

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