

The Truth

Posted by wilnevergiveup - 09 Sep 2020 19:13

Hi guys, I am starting a new thread to post about my journey moving forward. In my other thread I kinda write inspirational thoughts and maybe some vague somethings about me struggling.

The truth is however that I really do struggle, even now at 140+ days clean. I Don't struggle as much and I have pretty much figured out (for the most part) what my "triggers" are, but when they come they can still freaks me out.

It's not a far fetched idea in my mind that I will someday have a full relapse and this too freaks me out. I don't expect it anytime soon but I don't imagine it as a non-possibility. This may be good or may not be, this thought process may keep me focused or it may give me ideas that I really don't want to think about.

Basically I want to use this thread to post only my struggles and all other inspiration and stuff I will post on my original thread. This way I hopefully will be able to be more aware of myself and my struggled and wont be hiding behind a mask of "oh I'm doing great, just look at my count..."

The other thing is that I never really opened up about what I actually am going through and over the next little while, hopefully I will be able to do a little of that.

Your thoughts and input are welcome.

All the bast,

Wilnevergiveup

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Re: The Truth

Posted by wilnevergiveup - 09 Jun 2021 05:31

[Sapy wrote on 08 Jun 2021 22:31:](#)

Just wanna say, I saw you posted lately that your a perfectionist.

for me really working on my perfectionism was a game changer. I'm a work in progress, but bh I started living and stopped running away from myself.

Thanks!

I've actually been working on it for many years and made a lot of progress to a point that I even felt that it was behind me. I read all the book did a lot of the exercises...

it's not all about perfectionism, that's just one manifestation of low self esteem and the need to prove ones worthiness. What really needs to be worked through, I think, is self worth. I am not a perfectionist anymore, at least no where near what I was, but I still find myself trying to prove my worthiness. This has also gotten better but it's a work in progress.

There also seem to be triggers that cause it to spike for no apparent reason. If I would know why I feel the way I feel, I may be able to change something but I don't.

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Re: The Truth

Posted by wilnevergiveup - 09 Jun 2021 06:45

I was at a wedding last night, lots of stuff to look at, the cake, the miniatures, the bar, the choir, oh, and the women.

I practiced. Closed my eyes, took some deep breaths and whispered *gam zeh ya'avor*. And eventually, they all did. I really wanted to make sure everything was okay with the *kallah* in case her dress wasn't fitting properly, or her hair was a little off, it's obviously very important for me to know. Is she wearing heels under the gown? Is she wearing a full veil or one of those see through ones? does she look like her mother? Sisters? Maybe friends? All very important stuff...

Closed my eyes, pretended that I was davening for the new *chassan* and *kallah* but really I was just whispering, "Hashem, please keep my eyes closed. Nothing will happen if I don't find out all of those important things."

I really was curious though...

Warning: Spoiler!

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Re: The Truth
Posted by Hashem Help Me - 09 Jun 2021 11:20

On this thread there is a lot of frustration as to how challenging this struggle can be. So i thought I would share the following:

Rav Shalom Shvadron says this nisayon is like soccer. Why doesn't the soccer player show up on the field an hour before the game and score all his points with no-one challenging him (being that the opposing team has not arrived yet)? Because the point of the game is to score the points when challenged. It would be great to wake up in the morning and spend our days with no triggers or nisyonos, but the point of "the game" is to score when challenged..... Hope that helps ease the pain a bit.....

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Re: The Truth

Posted by k9 - 09 Jun 2021 12:59

[Hashem Help Me wrote on 09 Jun 2021 11:20:](#)

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Rav Shalom Shvadron says this nisayon is like soccer. Why doesn't the soccer player show up on the field an hour before the game and score all his points with no-one challenging him (being that the opposing team has not arrived yet)? Because the point of the game is to score the points when challenged. It would be great to wake up in the morning and spend our days with no triggers or nisyonos, but the point of "the game" is to score when challenged..... Hope that helps ease the pain a bit.....

I was learning the Gemara in yoma daf 69b this week of how the anshei knesses hagdolah destroyed the yetzer harah for avodah zarah. The Gemara says that they said "the yetzer harah was created to give us schar. We don't want the yetzer harah and we don't want the schar". They tried doing the same with the yetzer harah for women but the world wouldn't have been able to continue without it as even the chickens had no interest in relations. So the yetzer harah was left. One of the things I take out of this Gemara is Hashem Help Mes point: the battle and struggle is so hard FOR OUR GOOD as the Gemara says when they destroyed the yetzer harah for avodah zarah. They couldn't destroy the yetzer harah for women (as I know!) but now that it's here it's here to give us the battle of our lives so we can reap rewards beyond our imagination. But sometimes i feel like saying what the anshei knesses hagdolah said "we don't want the yetzer harah and we don't want the schar!"

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Re: The Truth

Posted by wilnevergiveup - 22 Jun 2021 10:13

Struggling again. Lots of emotional stuff, may be the chicken may be the egg but it definitely having an effect on my struggle.

Went to a therapist, spoke to my Rosh Yeshiva. All good stuff but it's still not easy. They say it

gets worse before it gets better, sure seems like it.

At least I know that I am trying to get help.

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Re: The Truth
Posted by BeVeryStrong - 22 Jun 2021 10:50

Keep strong! You're doing great

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Re: The Truth
Posted by Rt234 - 22 Jun 2021 13:21

This is what I'd say. Think about about everything else that you feel you're missing in you're life what you really want. What do you think about deep down alone. Replace you're lust with that. You can fight all you however there's no garentee you'll be successful (I may be wrong).it gotta be replaced. These things that you deep down really want should be what you should work on really strong to replace lust. Dov has an article about this somewhere on Gye.

but if you ask me it's more then fighting the excitement of lust gotta be replaced.

and putting yourself totally into learning Torah honestly as much as you can (for real) day in and day out you would be so happy and wouldn't be feeling any of this.

By the replacement of Torah learning.

This is what I think. And I hope this helps everyone!!!!!!

All the best!!!

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Re: The Truth
Posted by wilnevergiveup - 23 Jun 2021 06:44

Someone asked recently what "powerless" means. I replied in that thread but I would like to add something.

In my most recent conversation with my Rosh Yeshiva, he told me the following (in R"Y language of course!).

You cannot honestly say admit powerlessness until you have exhausted all available options. In order to "admit powerlessness" you have to really feel it. The reason why this is important is that in order to work a program that is based on powerlessness, we must be 100% in. If we go in thinking "okay, let me try this, it can't hurt" it will not work for you. In order for it to work you have to really feel like your life is unmanageable and that this is the only way back to sanity.

He said that he doesn't see therapy working for guys until they come to the realization that they are not managing. It doesn't help that he sees the problem, they need to see it in order for it to work.

If you tell a regular yeshiva guy to see a therapist because he misses *shachris*, he will think you are mad. "Let me learn some more *mussar* and it will straighten out." When it goes on for years, he will say that it's obvious that he isn't learning enough *mussar*. Only when he actually works on it and exhaust all of the other options and realizes that he has a real issue will he be willing to work with a therapist.

Powerlessness is something that some people feel and some don't. I feel powerless in my emotional struggle a lot more than in my lust one. That's just me. I am trying to get help in both. I know that I cannot do it alone. Believe me, I've tried and have been failing miserably.

My *nekudas habechira* at this point (I think) is to get the help that I need, and to fight as I can.

Still miserable but a touch optimistic, at least someone is trying to pull me out of the mud.

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Re: The Truth

Posted by sleepy - 25 Jun 2021 08:44

[wilnevergiveup wrote on 02 Jan 1970 21:07:](#)

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...like it says "Barasi yetzer hara , barasi therapist tavlin lo"

if a guy who misses shacharis after trying everything goes to a therapist to get up for shacharis, i think he just was miyayish in using the tool of musar which the Torah gave us, i dont think its a maala at all , but hey, if the only thing that works for his distorted mind to get up for shacharis is therapy, go for it.

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Re: The Truth

Posted by sleepy - 25 Jun 2021 08:48

[sleepy wrote on 25 Jun 2021 08:44:](#)

[wilnevergiveup wrote on 02 Jan 1970 21:07:](#)

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btw, what i wrote above was going to therapy for shacharis, but as regarding lust issues, that may very well be a different story.

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Re: The Truth

Posted by wilnevergiveup - 28 Jun 2021 20:51

Fell, no deep feelings to share, I kinda knew it was coming. I have a lot going on and I think I am doing my best. Something that I am working on with my therapist is to do things because I value them. Not because of what others will think or because I feel compelled to (for example, davening with a minyan) or because of any prior commitment but just because it is something that is part of my value system. I think that it is timely that I broke the "challenge" at this time to give me the ability to do this because it holds an important place in my value system. My first seder chavrusa also dropped me and this also helps because it was a lot of pressure for me and I wasn't doing so well. It gives me an opportunity to do the things that I value solely because I value them.

Today, I held back a few times by taking a deep breath and saying "hey, this doesn't fit in." It's the real reason why I am fighting.

See ya guys on the other side!

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Re: The Truth
Posted by Zedj - 29 Jun 2021 07:18

[wilnevergiveup wrote on 28 Jun 2021 20:51:](#)

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Let this be a springboard to greater heights!

forgive me for asking but have you had a chance to speak with your rav?

I know you said you wanted to..just wondering—being curious being nosy and want to know where your holding with that.

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Re: The Truth
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forgive me for asking but have you had a chance to speak with your rav?

I know you said you wanted to..just wondering—being curious being nosy and want to know where your holding with that.

Yes, I actually posted a little about it a couple posts back. He didn't want to hear much, he got a general picture and he told me I should see a professional. I think that he knows what's going on and knows that a professional is the best course for someone like me. He didn't want to hear all the details and I think he has good reasoning for it. He recognized that I have issues that are greater than just my masturbation one and that opening up to a professional was going to do greater good than opening up to him.

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Re: The Truth

Posted by wilnevergiveup - 29 Jun 2021 10:01

Starting to be a perfectionist again. I had a good day yesterday, I said, well, I guess I can be "good" again, I felt so optimistic. This morning was slow so I said, "I guess I am a failure again."

It's okay, I am allowed to make mistakes. I will get past them. Today is not lost.

See ya!

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