

Holy Yid's Continuing Journey

Posted by Holy Yid - 18 Dec 2009 01:17

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Hi I am alive. I am past 90 days, through the Hand of God, so I am starting a new tread for myself and my friends.

I still don't accept that I am an addict or even if I am an addict I do not accept myself as a full fledged one. Because of that I do not always take all the precautions other people on this site take. I want to diverge for a second and say that I respect all those who do take those precautions I just like to believe that I can get away with less. Anyways I felt that I should be ??? in ?????? ?????? so I spent a week acting as though I was a fully addicted addict with almost zero resistance.

I was very careful about what I saw outside, when I used the web and what non Jewish stuff I looked at and so on. I discovered a shocking thing. That after the week I was calmer and felt more in control of my life.

Maybe I'll *pretend* to be an addict long term.

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Re: Holy Yid's Continuing Journey

Posted by dovekbashem - 09 Apr 2010 01:40

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Holy Yid,

You are wallowing right now but know that you have picked yourself up before and you can pick yourself up again. Yes, falling is lonely. But rising up again and dealing with the fact that you fell can be a tremendously uniting experience. I get chizuk just from knowing that I am not alone in this and that we are doing this together.

Stay Strong. Believe more in yourself so that I can start believing in myself also.

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Re: Holy Yid's Continuing Journey  
Posted by Steve - 09 Apr 2010 19:30

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No one steamrolls thru this stuff. It's like Buz Lightyear said: "I'm not FLYING, I'm FALLING with STYLE!!"

A positive attitude MAKES it look easy, but it is ANYTHING but easy. Even the 12 Step program calls itself "Simple, but not Easy".

We're Human, and Male, which mean Hashem has hardwired us to have certain drives, and the amazing capacity to make mistakes. But remember I MADE A MISTAKE, not I AM A MISTAKE. Thats the key to success (one of them, anyway...). We have to get out of our self-pity mode, forget the mistake, and MOVE FORWARD.

remember you REALLY ARE what you say you are: A HOLY YID.

have a GREAT SHABBOS!!!

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Re: Holy Yid's Continuing Journey  
Posted by Holy Yid - 11 Apr 2010 08:55

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fell again. I know the things I need to do to get out of this whole but I don't want to. I am just sharing.

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Re: Holy Yid's Continuing Journey  
Posted by southafricanJEW - 11 Apr 2010 09:30

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My thoughts are with you all the way from south Africa, just don't let the yetze harah tell you that you useless. You may feel terrible now but we who are not in your situation and can therefore look at it objectively, objectively know that you are a tzadik!

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Re: Holy Yid's Continuing Journey  
Posted by briut - 11 Apr 2010 14:02

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[Holy Yid wrote on 11 Apr 2010 08:55:](#)

fell again. I know the things I need to do to get out of this whole but I don't want to. I am just sharing.

You KNOW that you CAN do this.

And that you'll WANT to, soon enough.

And that the guys here will give some aid if they can & you ask.

We'll wait [tic, toc, tic, toc].

Just let us know.

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Re: Holy Yid's Continuing Journey  
Posted by Holy Yid - 11 Apr 2010 15:27

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Thanks for the responses. Right now I feel in the dumps. I am feeling very knocked out and lathargic. I know I am in "the haze zone" that comes with acting out but I also do not have a focus on something else. I will make goal for today and do some things I enjoy.

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Re: Holy Yid's Continuing Journey  
Posted by Holy Yid - 12 Apr 2010 07:56

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Fell again.

I am proud that I am committed to be honest and open about my falling. I think this is the first step out of the mud.

I also realize that even though I do not have an interest I must force myself to do things I enjoy.

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Re: Holy Yid's Continuing Journey  
Posted by briut - 12 Apr 2010 11:21

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[Holy Yid wrote on 11 Apr 2010 15:27:](#)

I know I am in "the haze zone" that comes with acting out but I also do not have a focus on something else.

Yeah, it's a bummer to have to deal with the haze zone that I assume is depression, at the same time as the arousals (physical & emotional) of lust. Been there; done that; I might even be there today except I'm too distracted to recognize a depression....

But you've got some guys here posting that they see you on the other side of 'all this.' Maybe that's a decent kick-in-the-pants for moving on to the other side. You'll do it. Not because we're egging you on but because YOU want it.

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Re: Holy Yid's Continuing Journey

Posted by Chazak Amenu - 13 Apr 2010 04:18

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[Holy Yid wrote on 12 Apr 2010 07:56:](#)

I also realize that even though I do not have an interest I must force myself to do thing I enjoy.

thata boy! distract yourself with things you enjoy remain positive... you will enjoy remaining positive "you are going to like the way it feel i guarantee it"

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Re: Holy Yid's Continuing Journey

Posted by trying123 - 13 Apr 2010 08:48

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[Holy Yid wrote on 12 Apr 2010 07:56:](#)

I also realize that even though I do not have an interest I must force myself to do thing I enjoy.

Force enjoyment....

I wouldn't know how to do that....

Stick around and keep on posting.....

P.s. what are some of your underlying dynamics...?

You said that there is a part of you that finds it hard to change... why?

(Simply curious... Not judging....)

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Re: Holy Yid's Continuing Journey  
Posted by DovInIsrael - 13 Apr 2010 12:26

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holy yid -

WOW !

you are SOOOOOOOOOO lucky you fell into the mud!

this is the ONLY place where growth can occur. The Mud nurishes, and provides life.

when the acorn falls, there is a precariuos point where hte acorn dissolves into nothingness -  
niether a tree nor an acornn anymore. Its the way of the world - ssomething from nothing.

at somepoint the acorn decides to be a tree - and gets through all the obsticles in its way.

It is soooooo good you feel in the mud verus the dry lifeless sand!

all it takes is a decision - and you can rise up above the nothingness.

dov in israel

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Re: Holy Yid's Continuing Journey  
Posted by Holy Yid - 16 Apr 2010 05:40

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I am back in Yeshiva doing well. Posting is harder here but that is a blessing- NO WEB- I think about all of you. KOT

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Re: Holy Yid's Continuing Journey  
Posted by frumfiend - 16 Apr 2010 11:47

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bhatzlacha

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Re: Holy Yid's Continuing Journey  
Posted by Tev - 16 Apr 2010 15:36

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Much luck my Holy brother, keep in touch while you can. But most importantly shteig away!!

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