

My personal war against the YH

Posted by adam2014 - 03 Nov 2023 11:59

Hi all,

I have been lurking in the shadows of GYE for a number of years and just in the last month or so, came into the light and started posting. I see that my posts are all over the place and decided to start a new Topic about me and my struggles and not hijack other peoples threads.

My story is simple and unfortunately common. I am in my 50's and happily married with two amazing kids and I am addicted to P and M. Have been for decades and I see it getting worse. My sex life with my wife is almost non-existent at this point as my focus is on P and M. It is easily available, never says no, never judges my performance, and gives me the variety that a 30+ year marriage doesn't. I am also going down a slippery slope in regards to the types of porn I am watching, they are getting darker and darker and things that in the past would have disgusted me are now things that I seek out. That scares me!

I come from a non-orthodox home and do not live in an observant neighborhood. I live in a town that if I had to say is mostly Reform and Conservative Jews. I hate putting labels on Jews, because a Jew is a Jew and their level of observance does not mean they are Less-Jewish than anyone else. I just say this for context so you know where I am at.

I am hesitant to call myself a Baal Teshuva, but I have greatly increased my observance in the last 8 years after my first trip to Israel. I still have a long way to go (like everyone) but HaShem has blessed me in so many ways and if this struggle was taken away, I think that I could climb so much higher. Maybe this is the final Nisayon that is holding me back? I don't know... only HaShem knows.

I am working through the F2F program and chatting with a few of you guys online. I am still not ready to speak on the phone about it. Hashem Help Me as graciously sent me his number and told me to call him anytime. He will be my first call when I get the courage.

I want to limit the technology in my life and try to give myself a little advantage in this fight. I work in IT so I am surrounded by Smartphones and unfiltered computers all day. I am trying to get rid of my personal smartphone and use a dumb phone. I want to do it for a few reasons.

One, it is the first choice that I go to when I want to act out. Second, every time that I pull it out of my pocket it will be a reminder of the battle that I am in. I know that it is far from the only problem I am facing, but I think that both logistically and symbolically it will greatly enhance my chances.

At this point 7 days is my best, with normally 2 to 3 days seems to be the norm.

That is my story and would appreciate any thoughts, ideas, prayers, well wishes or any kind of inspiration you guys could give. This website seems to be full of amazing people and would like to get to know as many of you as possible.

=====

Re: My personal war against the YH
Posted by BennyH - 28 Feb 2024 23:08

[Leovdacha wrote on 28 Feb 2024 22:52:](#)

@bennyh can u explain a little bit y u identify with praising and not begging?

Because I identify with the fact that Hashem, blessed be His name, is the Creator and Guide for all created beings. He alone made, makes, and will make all that is created (first Principle of Faith). And I appreciate that He has given me so much good in this life and that He has chosen little me to be a part of His holy nation.

I don't identify with the begging part because I don't identify with the ideology of G-d being an egocentric maniac who "gets off" on people begging Him to "change His Mind" (ch'v), or that he's just such a wishy-washy G-d that if you pester Him enough, He'll just get so annoyed with you that He'll just give in just to get you off His back (ch'v, keveyachol, etc).

I identify with the fact that He is omniscient and that He has a perfect plan for me and my life. And I don't identify with the idea of begging Him to change it just because tiny peanut-brain me decided that I figured out what's good for me. So I just trust His Infinite Wisdom and plan and don't beg.

I know all the answers, I just don't feel them. And I'm sorry-not-so-sorry for the way I brought it out. But you asked, so I answered.

=====

Re: My personal war against the YH
Posted by Hashem Help Me - 29 Feb 2024 00:21

[redfaced wrote on 27 Feb 2024 02:34:](#)

[adam2014 wrote on 27 Feb 2024 00:39:](#)

So much to talk about.... I just returned from a 5-day trip to Miami to visit my daughter... stayed clean the entire trip without a struggle.

The BIG news is that the Cancer is GONE from my dear friend. They are talking about not even doing the radiation.. Everything looks PERFECT at the moment. I will forever be thankful for all of your prayers. I will write more tomorrow .. just got off the plane and had to tell you guys!!!

Never doubt the powers of my prayers.

Or the powers of your own.

Or the powers of a very special tzibbur called GYE forum chevra....

=====

Re: My personal war against the YH
Posted by bright - 29 Feb 2024 06:05

Just to interject on this discussion on tefilla. It is totally normal to not daven as hard when there isnt an eis tzara. Dovid hamelech has different headers to different kapitlach based on the tzara.

See sharim batfila who says that a tefila from a tzara has a completely dif name. (That being said, one can be on a madreiga where he realizes its always an eis tzara but IMHO this is nly for a person on a high madreiga with a counterbalance of simcha in his life.) Regardless, it is totally normal, adam14 and you should not be hard on yourself, as that gets nobody nowhere. The solution, perhaps, is to understand the basis of tefilla as a means to connect to Hashem, which is always necessary, and a path for us to realize that he is in control of everything. Thats why we enumerate everything. When we realize everything comes from him and stop relying so much on our own strength we are deserving of blessing. (this is according to the mabit, there are others....) As far as the idea of Hashem giving us pain to make us call out to Him... I am very, very hesitant about this, although Ive heard it many times. You would never, ever send an arab nation to kill your kids to get some other ones to talk to you, or even cause your children pain with that goal in mind. Your mercy is not greater than gds. We do find that idea by a tzara that didnt yet come, more like a fright (by krias yam suf etc.), that maybe.... Either way it must be understood in the context of a loving almighty father. Just my own two cents...

=====

=====

Re: My personal war against the YH
Posted by adam2014 - 29 Feb 2024 11:03

That answer is worth much more than 2 cents... Thank You

=====

=====

Re: My personal war against the YH
Posted by Hashem Help Me - 29 Feb 2024 12:08

Those "two cents" are ancient collector's item pennies. Rumor has it that they were from a select few that were mistakenly minted from gold instead of copper..... Worth millions.

=====

=====

Re: My personal war against the YH
Posted by chaimoigen - 29 Feb 2024 12:52

[bright wrote on 29 Feb 2024 06:05:](#)

Just to interject on this discussion on tefilla. It is totally normal to not daven as hard when there

isnt an eis tzara. Dovid hamelech has different headers to different kapitlach based on the tzara. See sharim batfila who says that a tefila from a tzara has a completely dif name. (That being said, one can be on a madreiga where he realizes its always an eis tzara but IMHO this is nly for a person on a high madreiga with a counterbalance of simcha in his life.) Regardless, it is totally normal, adam14 and you should not be hard on yourself, as that gets nobody nowhere. The solution, perhaps, is to understand the basis of tefilla as a means to connect to Hashem, which is always necessary, and a path for us to realize that he is in control of everything. Thats why we enumerate everything. When we realize everything comes from him and stop relying so much on our own strength we are deserving of blessing. (this is according to the mabit, there are others....) As far as the idea of Hashem giving us pain to make us call out to Him... I am very, very hesitant about this, although Ive heard it many times. You would never, ever send an arab nation to kill your kids to get some other ones to talk to you, or even cause your children pain with that goal in mind. Your mercy is not greater than gds. We do find that idea by a tzara that didnt yet come, more like a fright (by krias yam suf etc.), that maybe.... Either way it must be understood in the context of a loving almighty father. Just my own two cents...

Very powerful and important ideas. Thank you.

The Mekubalim explain that (among other ideas), when a Yid recognizes Hakadosh Boruch Hu as the **source** of what he needs, and connects to him in that context, whether it is connecting to Hashem as the Source of Parnassa, or Refua, or any other Yeshua (such as asking for help in staying clean), this actually opens a **gateway** that allows Bracha to flow into the world in those areas for which we have davened.

The catalyst for this gateways and flow of Bracha is not just the incredibly potent force of the a Jew's realization and desire to connect with his Creator. It is also based on the idea that **WE change** through the process of Davening. When we stop, close our eyes and realize that everything comes from Hashem, when we bow down and place ourselves in His hands - WE change. Then Hashem's plan for us can change, too.

Davening isn't begging or nagging Hashem for what we want. It's a session in which we recalibrate our priorities and our perspectives. A time we take to connect to Hashem and find trust and hope in Him. A time in which we connect to our inner desires and what we really want out of life. Tefilla done right is supposed to be therapeutic on every level. And after we do the work ad accomplish those changes, Hashem often changes His plans for us....

It doesn't always work like this and it's hard. But there can be glimmerings of some of this, even of a random day....

Just a few more thoughts, following a thoughtful Shacharis....

Great day, all!

=====

Re: My personal war against the YH
Posted by BennyH - 29 Feb 2024 17:16

[chaimoigen wrote on 29 Feb 2024 12:52:](#)

The Mekubalim explain that (among other ideas), when a Yid recognizes Hakadosh Boruch Hu as the **source** of what he needs, and connects to him in that context, whether it is connecting to Hashem as the Source of Parnassa, or Refua, or any other Yeshua (such as asking for help in staying clean), this actually opens a **gateway** that allows Bracha to flow into the world in those areas for which we have davened.

My issue with this is, why does the medium of connecting have to be in the form of begging? Why can't it just be praising? We can recognize that Hashem is the source of everything without the ????? ????? in ????? that's sooooo naggy. The ????? ?? of the ????? of ????? suggests that the purpose is to beg. To say that no, aaaaaakshully, it just LOOKS like begging, and really it's a Mystical Key to unlock the Gateways in Level 5 of the Game of Life, strikes me as super-lomdus.

The catalyst for this gateways and flow of Bracha is not just the incredibly potent force of the a Jew's realization and desire to connect with his Creator. It is also based on the idea that **WE change** through the process of Davening. When we stop, close our eyes and realize that everything comes from Hashem, when we bow down and place ourselves in His hands - WE change. Then Hashem's plan for us can change, too.

Yes, this is the famous mehalech of the ??? ??????. But again, why does this magical internal change have to happen via begging? Why can't it happen via praise, or learning His Torah, or ?????? Yes, we realize that everything comes from Hashem, great. Do we have to do this

day in and day out, 3 times a day? In a ???? that is clearly naggy? According to this mehalech, wouldn't it be more appropriate to just stick to ?????? ?????? and ???? ?????? ???? And just the ?' ?????? ?????????? ????????????

Davening isn't begging or nagging Hashem for what we want. It's a session in which we recalibrate our priorities and our perspectives. A time we take to connect to Hashem and find trust and hope in Him. A time in which we connect to our inner desires and what we really want out of life. Tefilla done right is supposed to be therapeutic on every level.

The words of ?????? ???? are naggy, no matter how many lofty superlatives you try to ascribe to the experience.

And after we do the work ad accomplish those changes, Hashem often changes His plans for us....

If and when He is so inclined...

But very often, (most often?) we can beg, plead, cajole, threaten, or, even really really really (really) change internally, recalibrate our priorities and our perspectives, watch our spirit soar to cling to His Amazingness, and still...

His plan won't change one iota.

??? ???, He Knows what's really best.

So again, why bother at all?

=====

====

Re: My personal war against the YH
Posted by chaimoigen - 29 Feb 2024 18:44

[Bennyh wrote on 29 Feb 2024 17:16:](#)

So again, why bother at all?

The best way I can think of to appropriately respond is with a big, long, warm hug.

Some days there are answers and no questions. But other days it's grey and there are questions and no good answers. Sometime it seems that it's a cold and it's a broken Hallelukah....

=====

====

Re: My personal war against the YH
Posted by redfaced - 29 Feb 2024 19:03

[chaimoigen wrote on 29 Feb 2024 18:44:](#)

[Bennyh wrote on 29 Feb 2024 17:16:](#)

So again, why bother at all?

The best way I can think of to appropriately respond is with a **big, long, warm hug**.

Hey !!?!?! Whatabout me?

=====

Re: My personal war against the YH
Posted by youknowwho - 29 Feb 2024 19:15

[chaimoigen wrote on 29 Feb 2024 18:44:](#)

[Bennyh wrote on 29 Feb 2024 17:16:](#)

So again, why bother at all?

The best way I can think of to appropriately respond is with a big, long, warm hug.

Some days there are answers and no questions. But other days it's grey and there are questions and no good answers. Sometime it seems that it's a cold and it's a broken Hallelukah....

I think I'd rather get a kiss on both cheeks from Eerie, Benny you should try it.

=====
=====

Re: My personal war against the YH
Posted by yitzchokm - 29 Feb 2024 19:19

My maggid shiur explained the purpose of begging. Imagine that a poor person goes over to a rich person and says I would appreciate it if you could give me some money but really I don't need it that much. It shows that the poor person feels that he isn't dependent on the rich person and he is unappreciative of the good that the rich person has to offer. The same applies to begging from Hashem. It shows that we acknowledge that without Him we couldn't survive and we wouldn't have anything, we have no one else to turn to, and we appreciate what He does for us. This is also the purpose and translation of ??????. We acknowledge that we wouldn't have anything without Him and we appreciate what He does for us.

=====
=====

Re: My personal war against the YH
Posted by chaimoigen - 29 Feb 2024 19:53

[youknowwho wrote on 29 Feb 2024 19:15:](#)

[chaimoigen wrote on 29 Feb 2024 18:44:](#)

[Bennyh wrote on 29 Feb 2024 17:16:](#)

So again, why bother at all?

The best way I can think of to appropriately respond is with a big, long, warm hug.

Some days there are answers and no questions. But other days it's grey and there are questions and no good answers. Sometime it seems that it's a cold and it's a broken Hallelukah....

I think I'd rather get a kiss on both cheeks from Eerie, Benny you should try it.

Alright. I get it.

Here's another (less famous) stanza from Rav Leonard Cohen's famous song that just about sums it up.

"I did my best, it wasn't much

I couldn't feel, so I tried to touch

I've told the truth, I didn't come to fool you

And even though

It all went wrong

I'll stand before the Lord of Song

With nothing on my tongue but Hallelukah"

=====

Re: My personal war against the YH
Posted by bright - 29 Feb 2024 20:29

So again, why bother at all?

And what is wrong with what i said?

=====

=====

Re: My personal war against the YH
Posted by adam2014 - 01 Mar 2024 11:19

What a great conversation you guys are having. I am learning so much from reading your words. Let me throw out this simple but difficult question.

Let's say that HaShem's plan for me was to die in a car accident. Of course, there was nothing I could do to prepare for it other than wear my seatbelt, not play with my phone while driving, not speed, and do things like that. That is not something that I would pray for; it has never entered my mind. Would any amount of davening or devotion to HaShem prevent that from happening?

Is Hashem's plan for all of us unchangeable, or does HaShem make adjustments along the way based on outside circumstances? If I lived the most authentic, observant HaShem-focused life... Would he possibly change the decree of me dying in the crash, or would it happen regardless of how I lived my life?

I bring this up because I was telling someone about how thankful I was for the prayers for my friend and how it turned out well (so far); they chuckled and said, "Thank the doctors, not your friends."

=====

=====