

Frumfiend

Posted by frumfiend - 08 Apr 2010 19:43

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I think in this avoda there are three parts . Physical changes ,emotional/hashkafa changes to cause the above changes and changes to fix all the deep rottenness inside that cause the need for and or attachment to lust .

In the area of physical changes I am so far clean. The clean besides the big two includes shmiras haanayim.

This has been accomplished by learning/trying to learn how to let go of lust. This is something so amazing and powerful.

The second reason is the power of the knowledge that other people have been in the same matzav and beat it

The third is the feeling of accountability and achrayos that my friends on the group are causing.

All the aforementioned are definitely half measures and will not last. One cannot undo years of bad programming and the rottenness inside of me so easily . I understand that for this reason many have openly told me that I must go to groups.

However others that have not mentioned groups or twelve step programs I am not sure what I should be doing now. I have searched through many pages of threads to understand certain things but what else should I be doing now?

Thanks to everyone who has taken the time to post/Pm

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Re: Frumfiend

Posted by briut - 12 Apr 2010 16:43

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Well, I think I might have been the person who introduced the word 'concrete' into the discussion.

I think all I meant is that all the psychological abstract work in the world ain't gonna make much difference if we never translate thoughts into actions. Taking some concrete step, no matter how small, no matter how long/short, no matter what it is, etc, might make the first mental step a little more real. It brings it into the world of physicality, reality, action, etc.

Does that help clarify?

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Re: Frumfiend

Posted by frumfiend - 12 Apr 2010 16:52

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Actualy it was I that introduced the word.I was actualy anticipating what someone else would tell me. I was also writing how I feel right now about what I originaly wrote.

What you replied I also agree with but to much dooing and you won't think. It is sort of like whaqt the maharal says that when a person is talking he can't think. He writes that is why chazal say tora needs miut sicha

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