

Feeling like i am going to be in serious trouble
Posted by Chazak Amenu - 12 Apr 2010 23:04

I just (have not finished) watched a history movie about a certain story about a girl who was my age (few months younger) and i... well... she is very pretty and there are parts that are included about the physical changes going on inside and outside i wont go into more detail as not to trigger people like i have been. i am about to learn gemmara for an hour and i am hoping that that plus dinner will be enough time but we are finishing the movie after (in honor of yom hashoah) and i don't know if i can make it. we tape the movie yesterday but began watching it and i already had a "wet dream" my parents will be suspicious if i don't wanna finish watching because i love history so help!

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Re: Feeling like i am going to be in serious trouble
Posted by Holy Yid - 20 Apr 2010 06:42

the meshech chachma blamed it on calling berlin jeruselum of the west.

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Re: Feeling like i am going to be in serious trouble
Posted by Holy Yid - 20 Apr 2010 06:43

Rav Dessler has another approach entierly.

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Re: Feeling like i am going to be in serious trouble
Posted by Holy Yid - 20 Apr 2010 06:45

there are many other deep complex approach that I don't have time to share.

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Re: Feeling like i am going to be in serious trouble

Posted by Holy Yid - 20 Apr 2010 06:54

a known baal mussar said the whole hanhaga of Hashem changed due to specific things for those years.

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Re: Feeling like i am going to be in serious trouble

Posted by Holy Yid - 20 Apr 2010 06:56

ARE YOU HAPPY YET OR DO YOU WANT MORE APPROACHS TO THE HOLOCOST? We mortals should live addiction and the Holocaust to God.

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Re: Feeling like i am going to be in serious trouble

Posted by Holy Yid - 20 Apr 2010 07:14

BTW almost all athouities refer to those who died in the Holocaust, even friea, as kedoishim.

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Re: Feeling like i am going to be in serious trouble

Posted by Holy Yid - 20 Apr 2010 07:15

the Satmar Rav said a frum survivoir has the SAME power that he has to give brachos!

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Re: Feeling like i am going to be in serious trouble

Posted by Holy Yid - 20 Apr 2010 07:19

Reb 30 I humbly ask you to think about learing some chassidus. Sure Bards can help with that.

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Re: Feeling like i am going to be in serious trouble
Posted by Dov - 20 Apr 2010 10:28

[30years wrote on 14 Apr 2010 09:40:](#)

This is a tremendous post from another forum:

[yehudaslegacy wrote on 14 Apr 2010 04:52:](#)

firstly i would like to thank those who took the time to read and reply to my post, it really leaves one with the feeling that someone cares. And that i have begun recovery.

The most important thing that happened to me is the realization of what I/We are up against. It is not the need to masturbate that entices us to look, it is the looking itself that is addictive, and masturbation is merely a peak of those desires. We desire to let our eyes feed on an image. The best example is how we derive actual pleasure just by looking at a woman passing by on the street and continuing to stare as she passes by. Those few seconds are literally no different than the first few bites into a steaming slice of pizza which are eaten while still inhaling. During those first bites the mind is focused on and is thinking about nothing else other than that pleasure. masturbation is an extreme example of that because it requires your mind to focus so intensely on an image in order to imagine you are actually doing something to that image and that that image is responding to what you are doing, a tremendous amount of imaginative energy is put in to fooling your mind you are actually there and actually doing something which then brings about the result of masturbation. It is the ultimate actualization of that feeding, to reach that point of ecstasy you have to completely wrap your mind around an image and let it totally consume your conscience. It is that that we are addicted to. and only with that realization does it truly dawn on us that allowing ourselves to look at an image, or more correctly to feed on an image is just as bad as masturbating, because it is a less extreme version of the same thing. We can no longer convince ourselves that as long as we are not masturbating its not bad, that the fall is only when we have given in and masturbated. No you have given in to your addiction just as seriously if you have allowed your mind to feed on an image as when you have masturbated to an image. Just like a drug addict cannot (or must not) fool himself into thinking, its not so bad its not a fall, its only a joint its not like I did heroine or anything, I think we would agree that both light and hard drugs are a fall for someone trying to free himself from a drug

addiction, and if their mindset is not so then they don't really have a chance of recovery.

This quote, in my opinion, hits on sensitive stuff that is very easy to misinterpret depending upon exactly where *the reader* is coming from. I do not argue with anything in it, basically agreeing with it all, but: On one hand, I know of not one addict who ever permanently "stopped himself" from using his/her drug because of any reason or attitude. In every successful case I know, it was a process of surrender and they know that a *Higher Power* did it for them - and *keeps* doing it for them. So, taking that power and credit into our own hand is probably suicidal simply because it's a lie. And lying (actively or passively) is the bedrock of addictive behavior. And the same goes for guilt - I know of no addict who got *sober*, from guilt. Quit? Yes - *many* times, but not sober.

On the other hand, even though I of course sense your sincerity, the kind of talk in the quote is so easy to hear almost every time one goes to an AA/SA (etc.) meeting. It can usually be heard out of the mouths of the guys who have been attending for one or two *meetings*. Those who have not yet been sober for a month, or maybe even a day, often have it 'all figured out'. Preaching and philosophizing to anyone - even correctly - never really helped me at all. And I doubt it helped the other folks who heard it, either. The answer for me and those I know, may *not* to be found in finally "understanding" the underlying roots of our problem, but in the **acceptance** of that understanding, I guess. Now *that's* a precious gift to get. Action speaks much louder than words, especially in recovery. Luckily, action doesn't have to mean anything like perfection!

Alei v'hatzlach!!

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Re: Feeling like i am going to be in serious trouble
Posted by nederman - 21 Apr 2010 03:44

I didn't read anything about guilt in that quote from yehudaslegacy. To me the value is in accepting that the problem is the thought, not the ultimate action. The ultimate action is more easily forgiven, it seems to me, because the yetzer ha-ra at that time is just overwhelming. This is not so when you take a second look at a woman walking down the street.

I have read a lot of messages about guilt here recently and I am not sure why people are getting all this guilt. Guilt is not teshuva, so it has no value.

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Re: Feeling like i am going to be in serious trouble
Posted by Dov - 21 Apr 2010 13:09

I presume you are discussing addicts, here. So, a question I'd ask you is of what practical significance is it whether something is "more easily forgiven", or not? What concern is it of yours? Has the *level of badness* in an act really prevented any addict you know from eventually crossing that line?

That has not been *my* experience, so I'm asking, that's all.

On the other side, I think that if you ask the average yid (even of the smart, deep thinker-types that frequent this forum) about the definition of *charotoh*, he'd tell you it's basically guilt. Defining *charotoh* as referring to the *action* rather than the *person* is just splitting hairs, to the heart of most folks I know. Furthermore, even the people who *have* read Michtav Me'elياهو, Twerski, and other sources and *can recite* the vast difference between self-destruction and true *charotoh* see their own guilt as their only option. The truth you are pointing to is just not accepted in anything like an emotional, *real* way.

As a rule, we are a rather tormented group. And it's at least *some* nechoma to many of us that our pathetic self-pity and habit of viciously beating the crap out of ourselves may actually be a mitzvah. I have met guys who zealously guard that "right". The fact that it's just another part of their disease is invisible to them.

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Re: Feeling like i am going to be in serious trouble
Posted by nederman - 23 Apr 2010 03:28

Thanks for the long message. I am having trouble understanding what you are saying. I am only making a practical comment: we are here to make choices. For an addict the critical choice is at the beginning of arousal, not at the end, because he is an addict - what are the chances that he

will actually not do it in the end? It's like the gemara that says "you don't expect you take your child, and you dress him in the finest, and you put a purse of gold around his neck and you put him in front of a brothel and you tell him 'don't go into the brother' - of course he is going to go in." So the battle to fight is at the initial thought. One leads to the other, very fast.

But when I say "I am sorry I followed my eyes" I am not feeling guilty, I am just afraid of punishment (I am trained by now.) When I read the gemara in Niddah that talks about m*****n then I actually feel guilty, because I am such a rasha. And I look forward to going to the Olam ha-emes so that the yetzer ha-ra will be removed. In the meantime I am grateful that I don't actually violate the Master's will.

Perhaps the difference between me and other people is that they are really tzaddikim inside, so they racked with guilt.

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