

anybody out there?

Posted by aaron - 03 Jun 2010 18:44

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I've been having such a hard time lately. In recent months, my falls have become more and more common. I was on R. Duvid's calling hotline but seem to have fallen away from it due to conflicting obligations. Now that those obligations are gone, I feel that **maybe it isn't worth going back to the program** and just waiting until another cycle starts up again, so that I can do it right. Am I wrong for this thinking?

Its also hard for me to realize that i am actually having a conversation with myself before I fall. I hear voices making hints at me that this is not what I really want, but I cannot identify the voice telling me to continue as being external. He is speaking from within me. **I'd like to improve on realizing who is actually talking within me** and who is pretending to. any suggestions?

I think i'm gonna start posting again regularly. Its been awhile. I also am down on myself because - **since i've accepted that i am addicted** in recent months - i have stepped away from feeling bad about falls. **Im not so sure that this has been beneficial or if this has just made it easier for me to fall.**

No longer are previous falls contributing to the stress that drove me to fall again, but without them, I feel like I am **lacking the commitment to change and to improve**. I know logically that I have reasons to quite - primarily... because I don't have control over my life. But since I am not experiencing any consequences from this lack of control - and please G-d I should not - i'm having a hard time realizing that its a problem.

Looking forward to hearing your thoughts....

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Re: anybody out there?

Posted by aaron - 27 Jun 2010 17:17

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thanks guys for the hlep.

unfortunately, im thining whether i want to or not. the philosophy is really my inner drive. **These thoughts are happening at a subconscious level whether i want them to or not** so im just trying to cause this whole dilemma to surface so that i can fix it, and then push back the new mindset into the subconscious where it belongs. make any sense?

hopefully, my being in E"Y for the next 6 weeks away from internet in an environment that demands constant giving of myself will force some sort of change upon me. **can't wait to get to work....**

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Re: anybody out there?

Posted by Dov - 27 Jun 2010 21:12  
on another note i just fell.

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[Confidence wrote on 27 Jun 2010 17:17:](#)

....unfortunately, im thinking whether i want to or not. the philosophy is really my inner drive.....

OK, call me an insensitive SOB, but I quoted you above this way to suggest a connection between the two sentences. I am not judgmental - I am a sick, recovering pervert, for crying out loud. But I have discovered that mental masturbation (thinking too much about *anything*) is just another form of lust for some me. There is an alternative, and it leads to a life that finally makes sense, and that actually works for a change. But it takes Divine assistance (at least for me):

We cannot *think* ourselves into right-living. We can only *live* ourselves into right-thinking.

It all depends on what you want. Daven for what you *want* and take the uncomfortable but simple steps necessary to *get* there based on success, rather than based on more of your own thinking. Isn't our very best planning the very way that we got *into* this trouble in the first place? Why assume it will bring us out of it? Did we suddenly get smarter?

I love you cuz I see myself in your words. Call me what you will.

Dov

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Re: anybody out there?

Posted by shmiras - 28 Jun 2010 00:30

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Confidence- talking out your thoughts like your doing definitely can help, as it limits them by no longer being stretched to the limits of your imagination once its actually pushed out there. Couldn't agree more with your decision to go to e'y, you'll have a lot of opportunity there- not do you have an internet filter installed by the way? If you dont- you should. Give the password to someone who can give it to you if you ever need to override but holds you out when your going to fall. I'll be happy to help if you want me to hold onto a password if you don't have anyone

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Re: anybody out there?

Posted by aaron - 28 Jun 2010 04:32

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shmiras - B"h have a filter that cannot be uninstalled, but i unfortunatly hav efound small ways around it - not to mention occasional complete access to the unfiltered stuff.

[dov wrote on 27 Jun 2010 21:12:](#)

I have discovered that mental masturbation (thinking too much about *anything*) is just another form of lust for some me.

I definitely hear that one. might have a bit to do with the fanning of my ego

[dov wrote on 27 Jun 2010 21:12:](#)

There is an alternative, and it leads to a life that finally makes sense, and that actually works for a change. But it takes Divine assistance (at least for me):

We cannot *think* ourselves into right-living. We can only *live* ourselves into right-thinking.

this one i guess i'll just have to trust you on. i cannot really comment. i just don't know how a person is supposed to separate his actions from his thoguhts.

on a separate note, i think that a big part of my failing recovry has been the history of failing that i had accumilated before finding GYE. to quote a famous mashal:

a boy once asked his father at the zoowhy the elephant didn't just uproot the fence and run away. thinking it was a good question the two decided to ask the zookeeper. his asnwer was "when the elephant was a newborn, he tried over and over to uproot the fence. all those memories of failure and frustration have remained with him until his adulthood preventing him from realizing his own potential."

all those trys have made me stronger, but its just hard to realize that maybe i need to want to change like i used to.

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Re: anybody out there?

Posted by Dov - 28 Jun 2010 04:53

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No...my veering away from thinking is not to get rid of my thoughts at all - it is to get me out of the driver's seat. To not be fooled into thinking that it will be *my thoughts* that will 'make' change happen in me.

Think your behind off (I don't recommend that literally) - but seperate the outcome from your planning and machinations. He runs the show, period. Once that sits well with you, then letting go a bit more will start to feel OK. And the burden lightens.

Dubno maggid a"h: A guy is sitting with a bunch of people in a wagon, his heavy package slung over his shoulder. It's hot out. A peasant asks why this fellow is shouldering his load. "Put it on the floor," he suggests. We all answer the peasant, "It wouldn't be nice to put the burden on the horse - after all, he is *already* carrying me - the least I can do is hold up my own luggage!"

"Fool," he says to us, "the horse *is already* pulling you **and** your package! Stop insisting *you* are in control, put down the burden, and just let Him do his job!"

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Re: anybody out there?

Posted by ToAdd - 28 Jun 2010 08:47

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Confidence,

I know where you're coming from. The pain I caused myself because of the guilt, failure, lack of

self-respect, giving up etc, was runining my life.

Outside of this group, the single most beneficial thing I did was to read "Gateway to happiness" by Zelig Pliskin.

I would still be wallowing in the dirt if it weren't for its guidance and advice. It made such a big difference in my life that I would recommend dropping anything else that isn't critical to your survival to make time to read it.

ToAdd.

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Re: anybody out there?

Posted by silentbattle - 16 Aug 2010 20:26

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Hey - how are you doing?

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Re: anybody out there?

Posted by 1daat - 20 Aug 2010 01:14

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Confidence, please let us know how you're doing--no matter what.

I've learned so much from your thread, from your honesty and your struggle, that's my struggle too. I way overthink and it gets me into a bad place, lots of anxiety and negativity and feeling frustrated and then that triggers me.

I've lifted some quotes of your and others and pasted them to my thread so I can have them there to re-read. I hope that's ok. I was careful not to put any of your personal stuff on.

I miss you, and I'm pretty sure other guys are reading your thread and hoping to hear from you soon.

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