

Stop COLD TURKEY - How i did it. You do it too

Posted by yitzi.26 - 10 Nov 2010 04:53

what i will present to you is not an easy task. But for the people who really want to stop please read below.

1. Go to the Mikveh every day. This only take about 5-10 minutes if your quick. Im serious take a quick shower and dip. For the kavanot to have please pm me and i will pm you back. If you cannot afford to pay for the mikveh we have people that are willing to donate for a month sponsorship and to continue if you continue to go everyday. Please contact me regarding this. If you cannot go everyday at-least go 4-3 times a week. I know people that tried everything and the only method that helped was the mikveh. It is worth it.

2. Do Hisbodedute for an hour a day, this should probably be your main focus and it can be done anywhere under any conditions. All you have to do is talk to Hashem as if he was your friend, pretend that you have someone next to you and talk to him. This might be very difficult you have to pray and ask Hashem to help you do Hisbodedute. If you manage to pray an hour a day nothing can touch you. If you can shed tears even better - you must ask Hashem to help you shed tears.

3. BE STRONG ENOUGH IS ENOUGH. Sometimes we need to just wake up and smell the coffee i know they say it always better to move forward with positivity that all that goodie goodie stuff. But we must realize the severity of this sin to appreciate being clean. We are with Hashems help giving out free book that are translated in english written by Minchat Yehuda - Rabbi Yehuda Petaya (1859-1942) and the Light of Ephraim a book dedicated on this subject that will truly help anyone!

Please contact me asap. The time is now. These methods work! you just have to do it!

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Re: Stop COLD TURKEY - How i did it. You do it too

Posted by Dov - 11 Nov 2010 04:50

Hey, you are not alone - a few folks have accused me of doing exactly that pushy business!

I hear what you say about ahavah letting some people feel they can just 'take it easy' and keep messing around. That is a mistake, but I do not believe that I am the one who can tell anyone else that. As far as I am concerned, an addict *does* have the right to keep using his drug - and no one can tell him he can't - it will not stop him. He needs to learn **yir'oh** from the pain of using his drug, be it masturbation, alcohol, gambling, heroin, rage, whatever. He needs to come to the point that he discovers that he **cannot** use his drug any more. *Not because Hashem tells him so, but because he himself discovers it.*

To me, the fact that it is an aveiroh is actually a **distraction** from recovery and prolongs the agony and destruction because it fools a person to think that he is experiencing *a struggle to be good vs bad - to do Hashem's Will vs the Soton's will....*and in **truth** his is a battle between *losing his life to insanity and sickness vs living life by getting sanity and wellness.*

The sforim are there. The aveiro is well-known. I do not believe that learning the gravity of the aveiro is what I needed. It was a mistake, actually. I did that and learned the entire sefer Yesod Yosef (not the one about mussar and avodah by the talmid of the Kav haYoshor , but the one that the *kitzur* suggests that is strictly about hz"l), and all it did for me was to get me horribly guilty and confused because I could not stop. I also read the english of Shivchei haR"N about Rebbe Nachman, zt"l. I went to mikvah - not daily as you suggest, but I did what i knew at the time, and sincerely. No go. It was horrible.

And I do not believe more yir'ah is what many need. We have yir'ah - it is just not effective. Maybe we do not really have the right yir'oh? Really, I am sure we do not have it....do any of us ever get it? I do not know. All I know is that *ein chovush matir es atzmo mibeis ha'asurim.*

We need mesiras nefesh to open the door to get well, period. And more than anything else -more than any sefer or mikvah, it was *my acting out* - my aveiros, you might say - that brought me to the point of mesiras nefesh. I lost myself to lust - I nearly gave it my nefesh - and had no choice but to ask *Hashem* to get me back. There was nobody else around to ask. And he led me to recovering sex/lust addicts who learned about recovery from drunks and shared it with others. I followed their direction and here I am, with you and with Hashem. So far, so good.

Perhaps you are talking about yidden who *can* stop, and I am talking of addicts. Perhaps you are only talking about yidden who do the aveiroh and it has not invaded their *lifestyle* yet. My business is in addicts. Hopeless losers to lust who have tried everything. So by all means, I hope whoever wants to try your derech does it exactly. And the ones that lose and are finally

convinced that they just can't do it and give up completely will have me as their friend at the other end of the mikvah hall...

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Re: Stop COLD TURKEY - How i did it. You do it too
Posted by yitzi.26 - 11 Nov 2010 07:46

Hi!

I have been browsing around the forum. Now that i have read people's stories i hear what you mean. It seems that i may be way off. Anyways i just have to say im very impressed by everyones support. I really wish i would have found this site long time ago. This forum is amazing i can't get enough of it.

Anyways if anyone is still interested in the books, please let me know it doesn't do any harm and i am sure it will be an great resource in helping us recover! They are free and been sponsored the shipping is also free. We have received good feedback from them already. Thanks!

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Re: Stop COLD TURKEY - How i did it. You do it too
Posted by 7yipol - 11 Nov 2010 09:23

[yitzi.26 wrote on 11 Nov 2010 07:46:](#)

Hi!

I have been browsing around the forum. Now that i have read people's stories i hear what you mean. It seems that i may be way off.

Hope you dont mind me posting a few words here, but I need to say something....

Very few things impress me in a person as much as the ability to say " I may be wrong."

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Re: Stop COLD TURKEY - How i did it. You do it too
Posted by briut - 11 Nov 2010 14:36

[dov wrote on 11 Nov 2010 03:42:](#)

I was alone, quiet, focused, and sincere...with the thing I trusted the most in the world: fantasy and masturbation. That was my hisbodedus.
May HKBH guide, and heal you

Yup. And I don't want to go back and kick myself for my past ability to get into the world I trusted the most. Because while I now have other options, it's possible that bdieved that was the best / only place to be that gave me a place of trust.

What was I supposed to do -- spend 24/7 in an untrusting world?

Boruch Hashem, we all are here and seeing different options ahead of us. Ones better than the aveiros we clung to in the past. But let's not give up our search for 'security' in the effort.

Thanks SO much for your post. It hit home.

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Re: Stop COLD TURKEY - How i did it. You do it too

Posted by the.guard - 11 Nov 2010 19:10

Wow, great posts from Reb Dov...

Yitzi... do you have PDF version of the book in english written by Minchat Yehuda - Rabbi Yehuda Petaya? I can maybe send excerpts of it in our daily chizuk e-mails of shmiras ainayim (which are not geared specifically for addicts)...

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Re: Stop COLD TURKEY - How i did it. You do it too

Posted by Dov - 11 Nov 2010 19:34

Thanks, Briut. That chizzuk meant a lot to me, really. Let's get together for some sashimi sometime....

Yitzi.26! Ashrecha. You may be one of the most open-minded people I have ever met. Alei v'hatzlach in your beautiful derech and in everything Hashem helps you with!

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Re: Stop COLD TURKEY - How i did it. You do it too

Posted by briut - 11 Nov 2010 21:08

[dov wrote on 11 Nov 2010 19:34:](#)

Thanks, Briut. That chizzuk meant a lot to me, really. Let's get together for some sashimi sometime....

Food; yeah. I'm always open to some good food. Anyplace you chooze.

But if it's going to be Japanese, I've got to ask if virtual chopstix exist for this virtual forum? Maybe it's like those avatar games where you have to earn them by posting. HEY - I'VE GOT IT. A FUNDRAISER FOR GYE. WE GET VIRTUAL POINTS TO USE TO BUY STUFF ON THE GYE WEBSITE. WE CAN EARN THEM THROUGH POSTS OR BUY THEM ON THE WEBSITE. OR ON EBAY. THERE'S GOT TO BE A STORY TO TELL HERE, SOMEWHERE! FARMVILLE, HERE WE COME!

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Re: Stop COLD TURKEY - How i did it. You do it too
Posted by Eye.nonymous - 11 Nov 2010 22:13

[yitzi.26 wrote on 11 Nov 2010 07:46:](#)

I have been browsing around the forum. Now that i have read people's stories i hear what you mean. It seems that i may be way off. Anyways i just have to say im very impressed by everyones support. I really wish i would have found this site long time ago. This forum is amazing i can't get enough of it.

I must say, I am impressed by your humility here.

--Eye.

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