

It's finally time to bring in reinforcements

Posted by shilat - 25 Nov 2010 21:50

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Like everyone else, I need help.

That sentence, I think, contains 3 crucial elements that I have never fully come to appreciate.

(1) I am not alone in this struggle. It is not some unique concept that G-d's thrown at me. I don't have some freak addiction. It's tough, it's a test, but it's doable; and it's been done.

(2) I can't do this alone. I need external forces to help me - I need to bring in reinforcements - there's a fire in Amram's house!

(3) Asking for help implies it's worth it: it's something that *can* be helped. It *is* worth it.

I have been struggling with this difficulty for years. Over a decade, in fact. I finally joined GYE a few months ago, told a rabbi/friend about all my difficulties, was sober for a while, thought it was all over... and was then greeted by my Troubles like an old friend. I'm back where I was, having lost control, and I need HaShem's help - and yours. I put off writing on this forum for several weeks, but I thought I would join to air my thoughts and try to force myself into getting help.

Rather than "introduce myself", though, I thought I would cut straight to the chase. I want to be honest enough to admit to my Rabbi/friend when I have fallen. I want to take falling seriously. Because this cannot go on. I know it - veyoda'ta hayom. But I need to be meshiv it to my heart. The intellectual voice of reason gets increasingly quiet in the din of instant gratification.

What do I do?

-Shilat

(My life's ambition is to live up to my screenname)

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Re: It's finally time to bring in reinforcements

Posted by alexeliezer - 20 Jun 2011 18:33

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Beautiful work!

I just didn't hear any of this from your previous posts.

It helps to clarify what your goals are.

Now if you want these things, you'll do what it takes.

It's where *you're* going with this that matters!

Thanks for sharing and posting.

Alex

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Re: It's finally time to bring in reinforcements

Posted by shilat - 21 Jun 2011 02:04

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Thanks Alex. I didn't even consider clarifying my "goals" in this struggle; I thought the need to stop this was self-evident. But you're right: I think having a clear aim and somewhere to be heading is very healthy and useful in this struggle. R' Wolbe, in discussing yemai ahava & yemai sin'ah, talks about fighting yemai sin'ah by knowing where you're headed and why you're involved in the concerned project of avodas HaShem. So thanks.

I had 2 nisyonos today. The first I failed. I used the internet to look at what I should not have done. The second test was almost as difficult. I wanted to deny that it had happened and I certainly did not want to share it with everyone here. But I committed to doing just that when I fell: telling the Family of GYE of my fall, admitting it to myself and to others, and resolving that this cannot continue. (See my post -

<http://www.guardyoureyes.org/forum/index.php?topic=4012.0>)

Thus began my first fall on this journey - and more significantly, my first rising on this new and different Journey. Different because it is shared with others; a community of Fighters and Advisers.

I am still fighting, but I am fighting with external accountability and loyal Comrades who, too, hold arms next to me and encourage me to continue the battle.

All the difference in the world.

Sheva yipol tzaddik v'kom.

I am now back up again and fully resolved not to fall again - at least not today. I will stay sober for the whole of Tuesday (& whatever's left of today). This is my commitment. One day at a time.

Shilat

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Re: It's finally time to bring in reinforcements  
Posted by alexeliezer - 21 Jun 2011 13:08

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Hatzlacha!

Have a great day!

Alex

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Re: It's finally time to bring in reinforcements  
Posted by shilat - 22 Jun 2011 00:03

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Checking in: today was good. BH I didn't really have any times when I was faced with nisyonos - quite busy all day - so BH I am still clean.

I davened hard this morning that I'd be "sober just for today" so I'm taking each day at a time (as per Dov's continued remarks on the forum and emails).

kol tuv all

-Shilat

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Re: It's finally time to bring in reinforcements  
Posted by alexeliezer - 22 Jun 2011 17:02

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Shteig on bro!

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