

It's all related

Posted by ToAdd - 03 Feb 2011 11:58

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I've recently read in a couple of places about things that are linked to lust.

For example, in one thread it said that guarding one's tongue helps one guard one's eyes

In The ways of the tzadikim, the Ramchal says that envy is a form of anger and that lust is from envy

So, I would like to open a discussion on the relationship between traits.

Do other people that battle with lust also have anger, envy or gossip issues?

What about health issues e.g. fatigue - do our issues manifest in our body or specific organs?

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Re: It's all related

Posted by Dov - 09 Feb 2011 23:53

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Gravity is brutal. It doesn't have any pity...it just does it's thing - when someone falls and hits their head it is astounding how pitiless gravity is. It could be a sweet innocent child, and old, defenseless person...it doesn't care. As one who has had a limb shattered on the ice, I (and many people) have come face to face with this fact. It's just a shocking feeling, that 'wham!', and we tend to be in...well - *shock* about it, when it happens, R"l.

Death is just the same. When it's over, we are all alone with the 'unvarnished' truth about ourselves. The truth is just as pitiless. Like gravity and brick staircases, the truth about us just *'is'*.

Hashem has put some degree of sheker-acceptance - or 'varnishing' in our makeup. It protects us from the plain truth about our limitations, our ignorance, and lack of understanding, so that we do not get hit with it all at one time and go nuts. ('lo sirosham maheir, pen tirbeh alecha chayas hasodeh') Most people can go through life with a generous helping of 'varnish' - it makes the trip - even yiddishkeit - easier.

But addicts are not like other people. We abused the 'varnish' too much. So it seems to me that we do not recover until we give up a bit of the stuff that normal people *need*. We need to face our gayva as it relates to the way we see other people, the way we fantasize about our ability to overcome things that cannot be controlled, like *time*, *other people*, and for us - *lust*. Our gayva can be the chief cause of our depression because the overinflated expectations we bear for ourselves to be like "*this* rosh yeshiva", or "*that* tzaddik" cause us to be so incredibly disappointed with ourselves that we puke when we look in the mirror.

I, and many others I know, could not start to accept recovery until we gave up the inflation. The gayvo - *just a little tiny bit*. It's alie, and lies are toxic for addicts like me, it seems. Not so for normal people. For them lies are not toxic, just 'not pretty'. Even if they are on a high madreigo.

It is not because of a 'high madreigo' that I need to be free of lust and start outgrowing my lies and self-deception - rather, it is *precisely* because I am **so low**, weak, and sick that these things cannot be tolerated by me. If I use them I will continue to suffer terribly because I am ill.

May Hashem help us all out.

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Re: It's all related

Posted by bardichev - 10 Feb 2011 00:09

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Yupp gotta be lust free just to get to first base

Not the other way around

Right rebbe?

B

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Re: It's all related

Posted by Dov - 10 Feb 2011 00:50

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[bardichev wrote on 10 Feb 2011 00:09:](#)

Yupp gotta be lust free just to get to first base

Not the other way around

Right rebbe?

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Well, I certainly won't get anywhere if I am still feeding it. So I agree with you...but sometimes *yadah v'gitah bo'in k'echod*.

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Re: It's all related

Posted by ToAdd - 10 Feb 2011 05:21

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Putting those two things together may not work so well:

How can I help you overcome your pride?

Get off your 18 wheeler and onto a tricycle!

Even that sounds like an insult in context - none meant.

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Re: It's all related

Posted by Dov - 10 Feb 2011 18:10

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The only way I can help anyone else to overcome their pride is by overcoming my own. And I cannot do that myself. If I could, I'd just be full of pride about *that* anyway!

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Re: It's all related

Posted by ToAdd - 11 Feb 2011 05:55

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...and the opposite - If I keep on telling myself "I am but dust", I may end up with no self esteem.

For my pride, I should look at where I've come from, and for my self esteem look at what I am capable of doing.

My guess is that there are more seforim on this then just about any other topic.

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Re: It's all related

Posted by Dov - 11 Feb 2011 12:25

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As I posted before, in my case (and in the case of many other men I know) my own *pride* is the source of most of my depression. Inflated and silly self-expectations - mostly based on **my take** of mussar schmoozes of very well-meaning Rebbis and s'forim - is the direct cause of disappointment in my heart. It is true.

And as far as self-esteem is concerned, I feel that working on self-esteem has no place in recovery, at all. It's just completely unnecessary for me, and very distracting when it is an avodah in itself.

Feeling great about myself comes from realizing (usually after the fact) that I really *am* with G-d and mentchen, that I really *am* sober, and that everything really *will* be OK with me in the end with **Him** running the show...for a change.

Spending even *a minute* on better self-esteem and feeling good about me, distracts me from really caring about being of use to others. It actually strengthens the very same self-centered muscles I was exercising on the bathroom floor with the dirty magazines. There is certainly no need for more of that. And - tempting as it may be from a 'hashkofa' perspective - I need not twist my brain into a pretzel in order to figure out how to do them both...I'd rather leave my self-image to Him, period.

My 2 cents.

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Re: It's all related

Posted by ToAdd - 14 Feb 2011 12:17

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lookingforwisdom,

I came across something that I found quite huge on the topic of procrastination.

While searching for something very different, I came across "passive aggressive behavior" and procrastination is one of the symptoms.

All the 'official' sites I found that deal with 'normal' psychology don't really say much about it. To sum them all up: These are the symptoms, there is no known prevention, there is no real cure.

So where's the link?

A slightly unorthodox site had a bit more insight and pointed out why I have been struggling with this and how it has the same roots as my lust addiction.

Sorry, I can't post the link to the article, because there are some serious triggers on the page (how ironic).

They said the problem starts when one is afraid to express their emotions or needs to their parents / primary care givers. (hey, that's me).

Some scenarios: The family doesn't attach much importance to our needs and thus makes us feel like a burden, "just another mouth to feed".

We may be given the message that we were an inconvenience, or too demanding, or didn't deserve whatever it was we were requesting. And if our parents were outright angry with us, yelling at us whenever we straightforwardly expressed our wants, the very thought of continuing to voice them may have filled us with anxiety.

How many of us addicts can say that our relationship with our parents is totally open and we can discuss all our feelings with them? I assume there are quite a few of us that have had issues in that department.

So what happens? We end up changing the way we make our feelings heard.

Today, I found myself procrastinating - I'm punishing my boss for putting me in an emotionally difficult situation.

We avoid confrontation, delay things, make excuses, sabotage.

Rather than tell someone that they are hurting us in some way, we turn their behaviour back on them, deep down hoping they'll feel the way they make us feel.

Procrastinating is one way of dealing with the anxiety of our work not being good enough. Rather than facing someone who may have a negative response to our work, we delay the work or try put it off all together.

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Re: It's all related  
Posted by lookingforwisdom - 14 Feb 2011 18:18

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ToAdd

I can definitely identify which each and everything said, that article definitely hit the nail on the head. Understanding what's going on helps in figuring out how to deal with it but the bottom line whatever situation we're in we were put there from above (talking about those parts that were really out of our hands) now our job is to pick ourselves up from there and do avodes hashem from there whether it's fixing our procrastination, taking care of our lust addiction these things are on us

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Re: It's all related  
Posted by chassid84 - 14 Feb 2011 18:45

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Dov- what you just stated a moment ago was so simple, yet so powerful! Pride and unrealistic expectations are definitely a part of what perpetuates an endless cycle of acting out and teshuvah. I've been so focused on mussar and nullifying the ego, to the point where I've actually strengthened it by being so self-involved. To Add- thanks for starting this post, and thanks everyone for contributing...its all shedding light in the dark crevices of addiction.

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Re: It's all related  
Posted by Dov - 15 Feb 2011 04:19

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Dear chassid84,

What you wrote:

I've been so focused on mussar and nullifying the ego, to the point where I've actually strengthened it by being so self-involved.

Is so profound. Yet so often we are blind to it.

You are a chossid and though I know little about chassidus, it seems to me that the entire point of chassidus is about being aware of the real Power of Hashem working with you and through you in your *real life*. The true ikkar of our avodah is in *divrei reshus*, it seems.

Invite Hashem into your divrei reshus in a humble way. Not to the extreme, and not to be "a kodosh". Just to be *with* Him, cuz *we are*. Stay with friends who you can talk these things with and don't be merachek your lust recovery friends once you think you have 'outgrown' them. The humility will keep you in recovery till you pass on from this world and you will find that all your days will have been lived in recovery. (Sound like a familiar mishna?) And you will shed the weight of this struggle. It's probably too big for you, anyway.

Hashem will help.

Just keep working on honesty and opening up and not feeding the lust. Real life has nothing to do with feeding lust, ever. And that is the same truth for addicts who are yidden, chassidishe yidden, yeshivishe yidden, and even for goyim. No difference in this prat, at all.

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Re: It's all related

Posted by ToAdd - 15 Feb 2011 06:05

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A big thanks to everyone for adding their insights here.

Reading these latest posts made me think that the very first parsha after the giving of the Torah is mishpotim.

The very first step in our relationship with Hashem is in how we treat each other.

It's not building the temple or priestly vestments or self purity - it's about returning your bull to your neighbour when it goes wandering off.

Why does this site work?

Because we're not afraid that if we say "I'm an addict" to everyone here that we'll be punished for it.

It works because we all care for each other.

We all have a bull that tends to go wandering off.

Here I've learnt how to put up a fence to help prevent it from going off but sometimes it does, and you guys are always here to return it.

Let's harness that bull and get it ploughing the fields.

[Not sure where that all came from.]

ToAdd

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Re: It's all related

Posted by DovInIsrael - 15 Feb 2011 10:36

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yes - the mind,body and soul are ALL inter related!

what we eat, what's eating us, what we think about, how we act - whether we act out, or act upon..

Procrastination - comes from acting out...its the in ability to focus, and move forward.

yes, other health problems are also created by how we act, what we think about, etc

general rule of thumb...

### **7 White foods we tend to eat, which we need to avoid:**

milk, white flour, white rice, salt, white potatoes, sugar, and white lies.

better to eat nuts and seeds, and raw foods.

Also since recovery is already a bumpy road... better to avoid the 7 Seas (7 C's)

Cola, Coffee (caffine), Cake, Candy, Control, Criticism, and Condemning

When you've had enough of the emotional rollercoaster:

YELLOWOUT: DIE C's!

(DI- SEAS...disease... then you'll know you are on the path of recovery)

dov.ii

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