Lust is our negga
Posted by shlomo613 - 25 Apr 2015 22:58

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The passuk says hishamer benega hatzaraas and I believe that the Gemara darshens this as a prohibition to cut off the affected skin.

I think that there's a yesod here that as an addict speaks to me big time.

We often felt that lust was our enemy and that we need to fight the lust in order to have sobriety. It's clear from the posts of the successful old-hands, of those on the conferences and the 12 steps themselves that sobriety is not attained by fighting lust. As I understand it (from reading, more than the tiny experience and success I've had), success comes from attaining sanity. Or as the big book reportedly says: "It's an inside job". I understand this to be: getting healthier perspectives and attitudes and no doubt so much more.

Coming back to the passuk: lust is our negga. It shows us that something is wrong with us. But we shouldn't be fighting the negga - we shouldn't be trying to cut off the negga - as it's just a symptom. I'd even venture to suggest that that would be the same superficiality that is the cause of so much of our problems.

Instead, we are to work on the roots and this is what I understand the 12 steps are about. As addicts we are blessed that we have a negga that shows us and forces us to work on things. And this is a journey that I pray to Hashem that I go on with hatzlacha.

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Re: Lust is our negga
Posted by yiraishamaim - 26 Apr 2015 03:58

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Well said

Lust is our negga - It is a reflection of other basic issues within us. I learned this fundamental understanding here on the forum right from the start.

So working on understanding our shortcomings and dealing properly with them should be where we focus and place our efforts.

At the same time it is worthwhile, is it not? to stay away from those things that may trigger lust.

After all there is a reason we chose lust as our drug of choice.

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