

tired, lonely, and hopefull

Posted by mifatfait - 13 Feb 2012 13:11

Hello GYE. My first name is Mifatfait, my last name is Biyitzro. And I'm serious. The Gr"a (???? ?,?) and R' Tzadok (???? ????? ?? ??) write that one can recognize his mission in life from his hardest struggles, it is to perfect his hardest middah that he was born. This is my name and purpose, to win this battle. But it's really hard, and i haven't yet always been succesfull.

For 7 years iv'e been stumbling with mastur. etc., b"h the real bad internet and the porn iv'e been protected from by the natural safeguards of our community. I don't feel like i'm leading a double life, and maybe in some ways iv'e grown from the nisayon even though i have far from concuered it. I think I even have already learned from my rabbeim and from seforim most of the attitudes in the handbook. But I still need lots of help.

I cant grow to a proper talmid chochom when i am so "torud biyitzri", i'm internally distracted and cant keep sedorim. i b"h have a beuatifull marriage, but my dear wife suffers tremendously when i'm sad and irritable, she desperately needs me to always be there for her completely. And most important, what am I going to tell Hashem, I have to leave this now and do complete teshuvah!

Until i saw GYE, i didn't fathom that this is an addiction that i must be weaned from, only now i understand why the same nisyonos all my friends can handle with ease - for me sometimes seem unsurmountable. I'm an addict. Hard core. And ive got to stop now, before it gets worse and i fall to porn and worse. Right away when I saw the website i started 90 days, i hoped with my new perspectives i would quickly demolish the addiction. But after 25 days of Gan Eden i fell again. So now I'm starting to participate in these forums, I want so much not to be alone in my struggle, to hear from others in my situation, and maybe one day to also help. Today i will be"h sign up on the 90 day chart, and give GYE all iv'e got.

Please tell me what you think, guys.

=====
=====

Re: tired, lonely, and hopefull

Posted by mifatfait - 26 Feb 2012 22:41

Question for everone (especially Alex, your'e always on the ball),

I'm married and I really see how all this affects married life and relations. I also feel that my relationship with my wife can help with this, it's a very tangible atmosphere to work on the inner transformation from lust to love. I've always been a strong feeler, so emotional connections are very important. So I was thinking of signing on the marrieds forum to hear and discuss these issues, but I'm a bit scared that it may be a trigger for me, it may be a bit explicit there (I'm sooooo sensitive) But I can't really know 'cause I was never there, tell me guys what you think I

should do.

=====
=====

Re: tired, lonely, and hopefull

Posted by ontheedgeman - 27 Feb 2012 17:52

With respect to readings, the Attitudes book from this site is probably a great prep. Then the Big Book, making sure to conceptually substitute the word Alcohol with Lust, and drinking with lusting, alcohol with addict.

With respect to triggers, I would avoid the baalei batim section until you have a bit of step work done if you are that sensitive.

For me, recently, the biggest breakthroughs have been 1) praying every morning (full prostration on the ground), reciting the words that I offer to myself to Gcd, to try to feel as much as possible that I will govern myself in according to spiritual principles that the day has set out for me; and 2) smiling/laughing a bit. Not taking our failures too seriously especially if it will lead us to further regression and acting out.

For instance, what is the definition of an addict? Someone whom, upon hearing about Geheinom, is more concerned about lack of Internet access than about the heat.

=====
=====

Re: tired, lonely, and hopefull

Posted by tehylimzugger - 27 Feb 2012 18:32

[ontheedgeman wrote on 27 Feb 2012 17:52:](#)

For instance, what is the definition of an addict? Someone whom, upon hearing about Geheinom, is more concerned about lack of Internet access than about the heat.

THAT's a good one [if it WAS a human error I'm happy it happened ;)]

=====

Re: tired, lonely, and hopefull

Posted by alexeliezer - 27 Feb 2012 18:44

Mifatfait,

I think it would be fine for you to start a thread in the married section to discuss this issue. I have a thread there which has taken that direction. There are one or two older threads that you probably shouldn't read at this point (I haven't either), and they're obvious from their titles. We try to keep things toned down even on the married forum. We're still addicts. There's also an excellent thread called Yechida's Reflections Married Section which should be safe. It deals with what you're looking for. There is also an extended version Yechida sends out by PM, but only for men who are well into sobriety.

So maybe I'll see you there,

Alex

=====

Re: tired, lonely, and hopefull

Posted by mifatfait - 02 Mar 2012 13:02

Alex,

Thanks for the reply. I think eventually I will join, but I'm still a bit nervous, 'cause one time when I'm weak I'll probably look at those threads you said are not yet for me and that wont be good for me. You know, I recently even had a fall from a post in the regular section (the thing about Google pics, although obviously the issue there is completely different).

BTY, I got up right away and have been completely clean ever since, 'cause all I missed was one day, the next day is a new piece of life, and only that is important.

I'm considering dropping the 90 chart for know because it is interfering with the one day at time principle.

Gut shabbos,

MB

=====

Re: tired, lonely, and hopefull

Posted by alexeliezer - 02 Mar 2012 16:51

[Mefatfait Beyitzro wrote on 02 Mar 2012 13:02:](#)

I'm considering dropping the 90 chart for know because it is interfering with the one day at time principle.

Personally, I never counted. I was fully committed from day one to do whatever it would take to remain sober. There would be no turning back. Ever. It's been almost 3 years since I discovered GYE, and with the miraculous help of Hashem, I have kept that commmitment, one day at a time.

Wishing you much siyata dishmaya and a wonderful Shabbos with your aishes chayil,

Alex

=====

Re: tired, lonely, and hopefull

Posted by mifatfait - 04 Mar 2012 14:49

Thanks.

Over the weekend I was pretty sick with the regular winter stuff, B"H I'm getting better. I was thinking, it used to be that from these illnesses people would die, now we just take a little antibiotics and within a few days it's all over. But until Hashem brings the world to the next stage and fully removes our will to do wrong, our addiction will never have a simple remedy - it's here to stay. Why? Thats why wer'e in the world, to have our nisayon and overcome him, to remove it would destroy the purpose of creation.

Gut Voch.

=====

Re: tired, lonely, and hopefull

Posted by ontheedgeman - 05 Mar 2012 01:34

interesting concept Mefatfait. i.e that one day much like old diseases that use to be fatal, we'll have a quick fix for addiction. "Bayom Hahu yihiyei H" ushmo echad"

=====

Re: tired, lonely, and hopefull

Posted by mifatfait - 05 Mar 2012 19:28

I can't wait, it's gonna be soooooo good

=====

Re: tired, lonely, and hopefull

Posted by mifatfait - 17 Mar 2012 23:33

Hello. It's very late (I'm in Israel), I'm very tired, and a little weak. I don't want to fall now, it's not the right thing to do. I'm really gonna try, but only with Hashem's help I'll succeed. Iv'e been writing and reading here almost 2 hours, it's time to wrap things up. But since I feel weak I'm a bit scared to stop and go to sleep, so I keep on doing more. But it's late, and I'm gonna be so tired tommorow. I reread my thread here and got some chizuk from how much I've grown from GYE the past several months, you guys are really awesome.

Gut voch, and Hatzlochoh to me and to everyone else I wrote Hatzlochoh to tonight.

Good night.

=====

=====

Re: tired, lonely, and hopefull
Posted by alexeliezer - 18 Mar 2012 13:12

Hey Mefatfait,

Good to hear you're still doing this.

There will always be ups and downs, harder times and easier times.

Just hang on tight to your emunah that Hashem can see you through all of it.

=====

=====

Re: tired, lonely, and hopefull
Posted by ontheedgeman - 23 Mar 2012 16:02

did you survive?

=====

=====

Re: tired, lonely, and hopefull
Posted by mifatfait - 25 Mar 2012 08:29

Yes.

Thanks so much for asking, it'll help me make it through the next one (I'm soooo human, aren't we all?),

=====

=====

Re: tired, lonely, and hopefull
Posted by mifatfait - 28 Mar 2012 23:16

Hi guys,

It's late and tommorow I'm flying to America, I don't know if I'll have internet access untill after Yom Tov. So I wanted to wish everyone a Chag Kosher Vesameach, in your zechus this Pesach I'll feel free from the Y:H like never before!

Gut Yom Tov,

MB

=====

=====