

Not sure if this was a fall, does it matter

Posted by ontheedgeman - 16 Mar 2012 12:31

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I'm not sure if I fell yesterday, I went for a massage at a female RMT. My body has been aching for a long time, working on the computer, lifting kids, etc. so I just went for the massage. Nothing happened, but I didn't feel like it was the right thing to do, given that I went during business hours and I spent a lot of mental obsession thinking about it. I don't feel my thoughts and closeness to Gcd were working for me. I don't know if it counts as a fall, I'll keep on trucking, I just don't know why I feel bad after going. Even a male RMT might cause the same post-massage sadness, that I spent too much time seeking it out. Maybe this has nothing to do with addiction per se and more to do with anxiety and OCD. Anyhow, maybe I should also take muscle relaxants for the body aches. Who knows.

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Re: Not sure if this was a fall, does it matter

Posted by Gevura Shebyesod - 16 Mar 2012 13:45

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I understand why you feel bad about it given that it's a big trigger for you and has caused falls in the past. But if nothing happened why would you consider this a fall?

As far as the aches, maybe you can learn some stretching excercizes or such that you can do by yourself at home. And try taking Aleve.

Refua Sheleima and KOMT!

Gevura!

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Re: Not sure if this was a fall, does it matter

Posted by ontheedgeman - 16 Mar 2012 15:39

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Thanks for the chizuk! You have soothed me.

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Re: Not sure if this was a fall, does it matter  
Posted by alexeliezer - 16 Mar 2012 15:53

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Edge,

We're not here to judge you or your actions. Just be very vigilant about your recovery, because otherwise it may become the beginning of a slide. Unfortunately for us addicts, one dumb move can set us on a quick downward slide. But we don't have to go all the way to a fall before we get back up. It is possible to intercept a slide, provided we realize what's going on and are willing to put in the extra hishtadlus.

If you're not already, consider a regular exercise routine, including weight training and something aerobic. Power walking would be especially helpful for your body aches.

Have a wonderful Shabbos with your aishes chayil.

Alex

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Re: Not sure if this was a fall, does it matter  
Posted by JackAbbey - 16 Mar 2012 16:41

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cant you have the same massage from a male?

is it right according to halocho?

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Re: Not sure if this was a fall, does it matter  
Posted by ontheedgeman - 16 Mar 2012 16:44

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Thanks Alex. I spilled coffee on myself this morning and totally lost my temper. I haven't done

that in a while and as you say it makes me wonder what is going on in my programme. I do exercise more or less regularly, yoga, running, etc. The yoga is very effective. I have been with a cough for 2 weeks so that probably doesn't help either. In any case you are correct, I need to pick the programme back up and kick it into high gear.

Not going to be easy, especially since my mother in law is in town this weekend!!

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Re: Not sure if this was a fall, does it matter  
Posted by have2changeNOW - 16 Mar 2012 17:40

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Hi Edgeman -

as Gevura said - you didn't fall. I think its a good sign that you are worried about getting near a 'fence' of no massages. That shows that you are really trying to protect your recovery. At least for me - its good to have an 'early warning system'. Anywhere near that fence around a fence tells me i have have to do more Recovery hishtadlus: more calling, more reading, more davening, finding alternatives to stress relief, etc.

So since you have been triggered by massages - makes sense to be very weary of massages, even totally legit massages. I have also heard that its halachically OK to get a massage from a male. you need to figure where the line of real safety is - not just for no acting out, but for no troubling thoughts.

My suggestion - Make a super strong fence about this and keep it, and use this episode to propel your Recovery further. Don't look back, look up!

Miss talking to you man - try to pick up today before Shabbos if you can . . .

All the best

Be Matzliach!

H2CNOW

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Re: Not sure if this was a fall, does it matter  
Posted by ontheedgeman - 16 Mar 2012 20:38

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pshhh. a personalized message from the other Gaon!! my soul is no longer parched.

re halacho, I recall reading it's not acceptable to get a massage from a female. that being said if a male is arousing, I don't know that the halacha would be any different. seems like everyone must know their natures...

anyhow thanks again to all the chizuk. unreal.

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