

Good intentions

Posted by Machshovo Tova - 19 Apr 2012 21:34

Hi everybody,

After almost 6 months of observing this forum as a guest, I finally decided to introduce myself (...painfully shy - even in anonymity). I'm not a youngster - over 40 years on the roller coaster; so obviously my addiction started long before the internet. Like many of you, I've tried and failed over and over, but B"H never gave up. Until finally Hashem helped me discover GYE. I had a good streak of 168 days which ended this week (still not ready to say "f-e-l-l"). I am starting again be"H. The following is my 3-point plan, based on what I learned on this forum.

I am using a Mishne in Pirkei Avos to remember these 3 points:

Im ein ani li mi li - I must avoid all forms of lustful images and thoughts at all times.

Uchshe'ani le'atzmi moh ani - I must surrender my lust to Hashem and pray and ask for his help.

Ve'im lo achshav eimosai - Forget about yesterday or tomorrow - one day at a time.

Looking forward to meet you

MT

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Re: Good intentions

Posted by E-Tek - 28 Jun 2012 18:50

Yeah, I know what can happen on my Rorschach test, but it's all relative...

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Re: Good intentions

Posted by ZemirosShabbos - 28 Jun 2012 19:36

[Machshovo wrote on 28 Jun 2012 15:18:](#)

I heard this cute one at a wedding last night:

The Siyum Hashas is still a couple of weeks away, but word has it that recently many Yidden prematurely reached the end of Shas. Why so? Because they installed filters on their electronic devices, which they use to learn Shas. As a result, most of Mesechta Niddah got filtered out, so they made it much quicker to the finish line.

MT

thats a goodie

i lol'd

and speaking of taaruvos and other sugyas... there is a famous story of a mother who came to a tzadik complaining that her son was eating pig and dancing with shiksas. he said "he's normal. if he would be eating shiksas and dancing with pigs then we should worry..."

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Re: Good intentions

Posted by Dov - 02 Jul 2012 16:49

I think I know that tzaddik...

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Re: Good intentions

Posted by Machshovo Tova - 08 Jul 2012 18:19

Lesson # 1

Last night I fell asleep at my computer (while typing divrei Torah). I awoke coupla hours later with a severe burn on my hand from the heat of the computer. I think the lesson is that we need to be careful with computers. Otherwise we can get burnt (in many different ways).

Lesson # 2

We read Shabbos about Bilaam the pervert. And he says about himself **???? ?????** - Perhaps he is hinting that one will fall if his eyes are open and unguarded (this thought may already be in the sforim hakdoshim).

MT

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Re: Good intentions

Posted by Dov - 08 Jul 2012 21:50

I want to share with you MT, since you brought up that Rosho...(I prefer using *that* term for Bilaam rather than 'pervert', for there is no question that I *am* indeed a recovering pervert - and

The greatest lesson that is basic for me from the story of Bilaam and Balak was simply that they kept trying different montain tops, different views, and different tricks to try and beat reality (that

is, G-d's Will).

How many **hundreds** of times did I fail with my porn searches and other acting out. It didn't work either by: 1- not finding *exactly* what I wanted, 2- by getting *caught*, or 3- by *succeeding* in my desperate lust quest - but then feeling the emptiness of the result and the reality that I was not yet *fixed* and whole? Many hundreds of times indeed. At least Balak had the good sense to give up in *one day* of tries!

And how did I react every single time? By trying a different angle, a different view, a new girls image, a new technique, or a new location to act out in...whatever made it feel like a new chance at the ultimate success. And each and every time it was just me trying the *same* thing over and over and expecting a *totally* different result.

Those two guys were *totally* devoted to kishuf. Kishuf is trying to beat G-d in His own game and run the world *our* way. In other words, they were totally devoted to themselves...as many of us usually are. They *never even wanted* to have a real G-d. I was like them a little bit, at times - but then I hit bottom. From then on, I could not afford to be on my own team any more...for I failed at ait. So I was *forced* to really **need** a real G-d.

I believe *that* is what makes me not a rosho, even though I *can* be a pervert.

Tov veyoshor Hashem - al kei **yoreh** (throws down) chato'im baderech. That's me! He used *my own masturbating and lusting* to throw me onto the path.

Amazing.

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Re: Good intentions

Posted by Avraham613 - 08 Jul 2012 22:08

Beautiful shtickle.

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Re: Good intentions

Posted by E-Tek - 09 Jul 2012 21:16

[dov wrote on 08 Jul 2012 21:50:](#)

The greatest lesson that is basic for me from the story of Bilaam and Balak was simply that they kept trying different mountain tops, different views, and different tricks to try and **beat reality** (that is, G-d's Will).

I like this. Reality.

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Re: Good intentions

Posted by Machshovo Tova - 13 Jul 2012 15:27

Dear friends,

Iy"H I will be spending this weekend at a beach resort. I would rather stay home and not be faced with that nisayon, but this trip was orchestrated by other family members, perhaps 'normal' people who do not realize that for me this is a danger zone. I have been there before (pre-GYE), and the results (during and following) were not good. Perhaps Hashem is giving me the opportunity to do teshuva under those same circumstances, as Chazal say -

???? ??? ?????, ????? ???? ?????? ??? ?????? ???

Anyhow, as much as I approach this weekend with a certain degree of trepidation, based on past experience; however I also look forward with hope and anticipation that my current GYE experience will allow me to approach this matter with a more healthy attitude, which will be"H prove to be more successful.

In the past, it would be a battle of the nerves: Will I have the power to guard my eyes? Will I have the will? Will I slip a bit? Will I cave in and just go wild? etc. etc.

But this time I hope to think and act 'normally'. Surrender those 'crazy' thoughts and actions. Ask Hashem to help me have a Heilige Shabbos surrounded by a pure and clean Friday and Sunday. I will iy"H enjoy (with my family) the beauty of Hashem's ocean and its waves, the sky and the clouds, the trees and grass, the sand and rocks - instead of making myself miserable with abnormal sickly thoughts and activities.

I am sharing this with all of you, because ever since I actively joined GYE, I found that the most motivating factor for me is that I share my ups and downs with you, and I would much rather share ups than downs. So stay tuned, and I hope to update you upon my return with good news be"H.

Shabbat Shalom

MT

P.S. And to find a remez in the Parsha - We find (in the end of last week's Parsha) that when Pinchas approached Moshe & company about the sinful activities of Zimri and Kozbi, he was told that since he was the one to notice and report it, he is the one that must take action - which he did. And Hashem rewarded him (in this week's Parsha).

Likewise, each and every one of us are presented with potentially sinful situations. And we need to realize that the situations presented to us were expressly given for us to deal with - this is our mission and our avodah.

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Re: Good intentions

Posted by ZemirosShabbos - 13 Jul 2012 17:06

MT, great stuff you are sayin'

good attitude. good remez.

have a great shabbos

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Re: Good intentions

Posted by alexeliezer - 13 Jul 2012 17:28

Holy \$#*@! A beach resort! Yikes!

Nu. Plan ahead to minimize the nisyonos.

Hatzlocha!

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Re: Good intentions

Posted by Eye.nonymous - 14 Jul 2012 19:02

[alexeliezer wrote on 13 Jul 2012 17:28:](#)

Holy \$#*@! A beach resort! Yikes!

Nu. Plan ahead to minimize the nisyonos.

What do you suggest? Gouge out the eyeballs?

--Elyah

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Re: Good intentions

Posted by Newbi - 15 Jul 2012 03:02

Hatzlacha rabbah, ur in my prayers.

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Re: Good intentions

Posted by Machshovo Tova - 15 Jul 2012 17:20

B"H I'm back safely. I was given an option of going home this morning and leaving the wife and kids behind for the rest of the day. I grabbed the opportunity to "minimize the nisyonos".

There is a saying in Yiddish:

?????? ??? ????? ??? ???, ????? ????? ?? ?????????

(As you accept upon yourself, so does Hashem help you)

Hashem helped me stick to my commitment. He not only helped me survive, but also helped me enjoy the weekend as normal people would. Shabbos was holy. I was maavir sedrah, I said Tehillim, I learned Gemara, Chumash Rashi, Hilchos Shabbos, Mussar... I played with the kids, I pushed my little granddaughter on the swing, I taught my little grandson a funny Yiddish song. I napped. I ate lots of watermelon.

And for the sake of honesty, the old me kept on suggesting many other forms of enjoyment, and there were close calls and much maneuvering done to avoid the various icebergs and pitfalls. (I kept telling myself how I need to live up to the standards that would make my GYE friends proud of me.) Bottom line - it's good to be back among friends, and it's great to be able to share positive outcomes.

MT

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Re: Good intentions

Posted by Newbi - 15 Jul 2012 18:06

Wow amazing, thanks for sharing ur success. Ps great Yiddesh saying.

Keep rocking!!!!

It feels great to hear the good news too and not just falls. Lol

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