

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 Dov - 23 Aug 2013 22:00

[Machshovo Tova wrote:](#)

Today I mentioned to TZ a powerful vort which I once posted, and he said I should post it again - it's worth repeating. So here goes.

[Machshovo Tova wrote:](#)

...I would like to share a powerful 'vort' from the Tiferes Shlomo (vol 1 Shabbos Chazon), which brings out the importance of davening every single day for Hashem's help in this battle:

Chazal say that R' Tzadok fasted 40 years that the Bais Hamikdosh should not be destroyed. So how come his tefillos were not accepted? The answer is that his tefillos were indeed accepted. R' Tzadok davened every day that the Bais Hamikdosh should not be destroyed that day and his tefillos were answered (until he became too sick to continue). One cannot daven today for tomorrow - one must daven every day for today.

Concludes the T" S - this is a lesson in avodas Hashem. We need to daven daily for Hashem's help against the YH for that day. We cannot expect to daven and be helped 'once and for all'. As the possuk says -

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Kol tuv,

MT

Please tell me where this Tiferes Shlomo is. Thanks TZ.

But I would like to say that it extends not just to the YH as the Radomsker probably saw it. But rather, it applies to what I posted about RH and YK - that I cannot afford to 'daven for a good

year', or 'make up for a bad year'. Thats stam nahrishkeit, and Hashem knows it is. Who wants to be talking nahrishkeit'n to the King? Not me...and most certainly not on a day like RH or YK!

So I put my trust in Hashem and try to just ask Him one thing the entire day: to help me do the day's avodah right. I say the machzor, behave myself as best i can, and do what is best for me from the sfirim that are best for my sobriety (1st priority of course) on these days: focus on His Malchus (Nefesh Hachayim, RMCh"L, the Radomsker, and many others), focus on trusting Him to make right TODAY all the bad things (mistakes) I have ever done in my life and try to see myself today ("ba'asher hu shom") as He sees me. And on RH in particular, I try to follow the advice of the sfirim and remember it is the head (rosh) of the year and my thoughts and attitudes on this day are my avodah. They form the pipes He will use for the coming year - but what He puts in those pipes is not my business, but only His. My job is to make nice pipes today. Thats the avoda on RH - plumbing. Nice, pretty, plumbing. Not 'to get a good year', but to do Rosh Hashonoh right. He WILL take care of my year just right if I do today just right...whatever today is, it is never about tomorrow. *No matter how hard I try to push myself in the bathroom, I can **never** go for tomorrow today.*

How He runs the year...that is not my eisek **at all**.

But as a brainaholic frum guy, it is my tendency to *manipulate* G-d (we used to like to call it '*the power of tefilloh*!'); which is ultimately just playing G-d. Yes, it is. He needs no help from me at all to run my life, arrange next year the best way for me. All I need to pay attention to is how well i am living today. Today has it's way - it's avodah - and RH has it's avodah - and the avodah on RH is not running the next year right. That's His job.

I used to try to run the show and expected to run it fine as long as G-d, my wife, kids, friends, parents, boss, the annoying guy next to me in shul, the goy on the road in the car in front of me who doesn't know how to drive...all listened. Then I got mad at everyone else for not following the script. Frum sexaholics do this with yiddishkeit as our main tool and context. We call it 'avodas Hashem' - but it's really just avodas atzmeinu. Nu. It was a start...

And when the year comes, I do not have a place to blame myself, for all He ever does is Chessed. I have an opportunity to accept his Grace (Chessed) in whatever form it appears to be, with full surrender (hachno'oh), as all the sfirim tell us to. And that is what Rav Twerski so wisely says 'mekabel besimcha' really means.

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Re: Good intentions

Posted by Machshovo Tova - 26 Aug 2013 21:10

Dear chevra,

I take this opportunity to thank Hashem for a beautiful stretch of over 300 days, which ended (or was shortly interrupted) this weekend. B"H there was no P**, no internet, and no histaklus asuros involved. But as the Ohr Hachayim on Kedoshim tiyu expounds, there is a very delicate balance between doing the "Mitzva" and at the same time avoiding lust. That is where the YH finds an opening into my soul r"l, and that was the trigger that set me off. B"H I'm back on track, and I am be"H taking it to the next level, to refine my "Asiyas Hamitzva".

I apologize to any unmarried members that may find this subject uncomfortable (be grateful that at this point you do not have this nisayon). I do not have access to the married forum (too triggering for me). If any married members have advice on how to better achieve this delicate balance, please PM me.

Thanks & hatzlacha to all,

MT

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Re: Good intentions

Posted by gibbor120 - 26 Aug 2013 22:52

Mazal Tov on the 300+. It's a tough balance. It sounds like you are doing well with it for the most part, KOT!

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Re: Good intentions

Posted by Machshovo Tova - 26 Aug 2013 22:58

[gibbor120 wrote:](#)

Mazal Tov on the 300+. It's a tough balance. It sounds like you are doing well with it for the most part, KOT!

Thanks for congratulating.

Thanks for acknowledging my predicament.

Thanks for the pat on the back. It helps.

MT

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Re: Good intentions

Posted by Gevura Shebyesod - 26 Aug 2013 23:17

Hi MT. Congrats on 300+ days! I'm sorry to hear of your fall. As I'm sure you know, it's not the end of anything, it's merely like a bump in the road. And that's why MT's (Monstuh Trucks) have those huge tires and long travel suspensions.

KOMT!!!

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Re: Good intentions

Posted by AlexEliezer - 27 Aug 2013 00:06

Don't want to get too analytical here, and each person has to know what their limits are. We do give each other chizuk regarding "asiyas hamitzva" the right way in the Balei Battim's section. It's nothing about any acts. It's all about attitude. Maybe I'm way off here, but perhaps your fear of joining us there is because to you the bedroom is still more a place of lust.

Love you and admire your commitment and always enjoy your divrei Torah.

Alex

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Re: Good intentions

Posted by tehillimzugger - 27 Aug 2013 22:30

Osei Chadashos. Baal Milchamos.

B'chol Yom Chadash will win the war.

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Re: Good intentions

Posted by cordnoy - 27 Aug 2013 22:45

mt

I ditto what everyone else said

your fall has been my struggle my entire life, besides my other issues

that balance is a tough one

My best regards to bubby.

im trying a type of abstinence now; convincing myself I don't need it.

my therapist will take this further in a day or two.

b'hatzlachah

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Re: Good intentions

Posted by Machshovo Tova - 27 Aug 2013 23:46

Thanks all,

I remember reading in R' Yaakov Emden siddur that the reason this "Mitzva" is discussed in Shulchan Aruch Orach Chayim chapter 240, cuz 240 can be Reish Mem = Ram = exalted, or it can be Mem Reish = Mar = bitter. As the Zohar says about this Mitzva: when it is done correctly, there is nothing better than it; but when it's done incorrectly, there is nothing worse than it.

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Hatzlacha

MT

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Re: Good intentions

Posted by tehillimzugger - 28 Aug 2013 00:03

[cordnoy wrote:](#)

your fall has been my struggle my entire life

You're married your entire life?!

MT, Rabbi Emden wrote simanim to remember the topic of each siman in shulchan aruch, it was printed from his ksav yad in Kovetz Zechor LeAvraham 5765 p. 97.

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Re: Good intentions

Posted by cordnoy - 28 Aug 2013 01:06

[tehillimzugger wrote:](#)

[cordnoy wrote:](#)

your fall has been my struggle my entire life

You're married your entire life?!

sometimes it sure feels like it!

struggling on this balance for 25 years

rubu k'kulo!

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Re: Good intentions

Posted by Machshovo Tova - 28 Aug 2013 01:39

Reminds me of a joke by R' Yankel Miller:

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(I got married before the war - The war started after I got married)

MT

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Re: Good intentions

Posted by Dov - 30 Aug 2013 08:25

Really very funny, actually. Wow. Jews are cool.

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Re: Good intentions

Posted by Machshovo Tova - 03 Sep 2013 01:47

I'd like to take this opportunity to wish all my friends a Ksiva Vchasima Tova and a Happy New Year. Being happy, as we know, is an important ingredient for staying sober. And starting 'new' is also a good tool to use. So this year may we merit to be happy every day and to start fresh every day.

Amen!

MT

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