

Good intentions

Posted by Machshovo Tova - 19 Apr 2012 21:34

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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 shivisi - 22 May 2014 12:46

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[Machshovo Tova wrote:](#)

The possuk (Tehillim 33:9) says: ?? ??? ??? ????? - For He (Hashem) said and it was. The Gemara (Shabbos 152a) says that this applies to the woman (?? ??? ??? ????? - ?? ???). And the Gemara explains that a woman is actually like a vessel full of unappetizing material, and yet everyone chases after her. So the only rationale (as Rashi comments) is that it is a decree from Hashem (so that people will have children).

One can ask: If this possuk refers to a woman why does it not use a feminine term ?? ??? ??? ????? ?

Thank you MT for a Gevaldig vort!

I would like to suggest, that when the Gemara says "that this applies to the woman (?? ??? ??? ????? - ?? ???)" it does not mean that that the thing that "was" (????) is the woman, but rather that - ?? ??? means that this refers to the woman, meaning the thing that was, is an issue which refers to the woman.

This means the ????? - lust which the man has toward the woman, was Ki Hu amar - Hashem said, and it was.

But after thinking about this, I realized that the word ????? is also ????? ?????, so it should still have used the feminine term ?? ??? ??? ?????.

So continuing along your line of thought, to base it on GYE guidelines, I think the Pshat might be that it is referring to THE MAN, and to the MAN's situation, and to his LIFE, as it is noted in the section called

### **ACCEPTANCE IS THE KEY:**

**The addiction is a disease and sobriety is not a matter of willpower. When we stop living in the problem, and instead live in the answer, the problem goes away by itself.**

**And acceptance is the answer to all my problems today. When I am disturbed, it is because I find some person, place, thing, or situation-some fact of my life -unacceptable to me, and I can find no serenity until I accept that person, place, thing, or situation as being exactly the way it is supposed to be at this moment.**

**Nothing, absolutely nothing, happens in God's world by mistake. Until I could accept my**

**lust addiction I could not stay sober; unless I accept life completely on life's terms, I cannot be happy. I need to concentrate not so much on what needs to be changed in the world as on what needs to be changed in me and in my attitudes.**

**We think that if we could just control the external environment, our internal environment would become more comfortable. But it doesn't. When we turn our will and lives over to the care of G-d, we are taking care of the internal environment, and then we find that the external environment takes care of itself**

This explains why the posuk uses the Loshon Zochor, because we learn from this that, The key to recovery is the understanding that "?? ??? ???? ?????" - Hashem made it - MY LIFE - MY SITUATION to be this way, and I ACCEPT IT.

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Re: Good intentions

Posted by Machshovo Tova - 22 May 2014 18:22

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[shivisi wrote:](#)

[Machshovo Tova wrote:](#)

(Reminder: I need to stay far far away from any forms of lust, so that I don't end up ruining my life and reputation.)

**Reminder: Lust is poison!!!!**

Do you need to stay far far away from taking POISON "so that you don't end up **ruining your reputation**"????

People at GYE often get caught up in how to word certain concepts. Bottom line is that we need to remember not to keep falling into our old habits. The wording we use should be that which we relate to.

Zeit gezunt

MT

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Re: Good intentions

Posted by Machshovo Tova - 23 May 2014 23:56

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### **Why is the YH like a dentist?**

I once (or more than once) went to the dentist for a dental procedure (e.g. root canal, extraction). Since this requires some deep digging which can be painful, the dentist administered a powerful anesthesia. However, to inject a syringe deep into the gums can also be painful, so the dentist uses a gradual technique. First he takes a swab that has some topical anesthetic jelly on it and he smears it on the gums, so that the patient will not feel the full impact of the needle. Then he inserts the needle very lightly and does not penetrate too deep. He also vibrates the needle while injecting, to further reduce the pain. Once he injected the small dose of anesthesia into the gum and it starts feeling numb, he can go deeper and deeper without the patient feeling a thing.

So too operates the YH. First he gets us to lust a tiny tiny bit. When this starts numbing our faculties, he feeds us a bit more. And gradually we become numb enough that he can inject large dosages without any problem.

So the moral of the story is: Beware those tiny bits of lust. For that may very well be the beginning of the end.

Hatzlacha

MT

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Re: Good intentions

Posted by SIB101854 - 24 May 2014 00:44

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Try looking at it this way. Chazal, in many places, emphasize that eradicating the YH would leave this world desolate, and that our job is to control the YH via a life dedicated to Torah and Mitzvos. That is why we are told to serve HaShem Yisborach with the YH and Yetzer HaTov.

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Re: Good intentions

Posted by Pidaini - 25 May 2014 00:09

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NO way I'm going to the dentist ever again!!!!!!!!!!

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Re: Good intentions

Posted by dd - 25 May 2014 00:24

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yankel i thought you are planning on being a dentist one day?

isn't that the whole idea just to get the title DR.

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Re: Good intentions

Posted by Fightingaddictionnow - 25 May 2014 04:01

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MT - love that analogy to the dentist. Really made sense to me!

Yankel... If you go the clean your teeth *enough* then chances are you will never go through the numbing procedure! So if we are vigilant enough with our Shmeiras Einayim, the YH won't even get close IY'H!

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Re: Good intentions

Posted by Machshovo Tova - 25 May 2014 17:56

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**Posted: 24 May 2014 10:37 PM PDT**

**Isla Vista, CA – Before Elliot Rodger killed six people in a beachside California college community, the 22-year-old repeatedly talked online in videos about being sexually frustrated, alone and miserable. Rodger's family worried about him enough to call police about his videos on YouTube, saying they were alarmed by seeing him talk of suicide and...**

I wouldn't recommend *never* seeing your dentist again though

*(Reminder: I need to stay far far away from any forms of lust, so that I don't end up ruining my life and the lives of others.)*

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Re: Good intentions

Posted by Machshovo Tova - 28 May 2014 02:01

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I saw a vort on this week's Parsha (don't remember which sefer):

Why is the Birkas Kohanim right after the topic of Nazir? Because one might think that when a person resolves to stay away from earthly pleasures, he will live a life of lacking and suffering. So the Torah teaches us that the opposite is true. He will be blessed and secure. He will feel Hashem's countenance and lovingkindness. He will merit forgiveness and peace.

Amen!

MT

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Re: Good intentions

Posted by TehillimZugger - 28 May 2014 18:49

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MT: Since when do you do so much news reading?

DD: I'll let Yankel take the "Dr." part as long as I get the "Rabbi" part...

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Re: Good intentions

Posted by Machshovo Tova - 28 May 2014 19:18

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[TehillimZugger wrote:](#)

MT: Since when do you do so much news reading?

...

OK, I'll tell you. Turns out I don't read much news. However I get daily email from "Vos Iz

Neias", which only has the first 3 lines of each news item. Since (B"H) I do not use internet unless extremely necessary, I do not even click on the links to see the "rest of the story". So that's why the news I bring you has only the first few sentences.

BTW, GYE is one of the few websites that I consider "necessary". But, as per my personal guidelines, I make a note in my internet log of all necessary sites that I visit. Otherwise I need to pay a knas of \$100 for each unauthorized screen that I access. B"H I am doing this for several years and I never had to pay a knas.

Yishtabach Shemo!

MT

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Re: Good intentions

Posted by Machshovo Tova - 28 May 2014 20:44

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[TehillimZugger wrote:](#)

MT: Since when do you do so much news reading?

DD: I'll let Yankel take the "Dr." part as long as I get the "Rabbi" part...

I guess one day TZ will be driving with "DD" licence plates, and Yankel will be driving with "DDS" license plates.

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Re: Good intentions

Posted by dd - 28 May 2014 23:34

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[Machshovo Tova wrote:](#)

[TehillimZugger wrote:](#)

MT: Since when do you do so much news reading?

DD: I'll let Yankel take the "Dr." part as long as I get the "Rabbi" part...

I guess one day TZ will be driving with "DD" licence plates, and Yankel will be driving with "DDS" license plates.

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please explain,

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Re: Good intentions  
Posted by dd - 28 May 2014 23:36

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[TehillimZugger wrote:](#)

MT: Since when do you do so much news reading?

DD: I'll let Yankel take the "Dr." part as long as I get the "Rabbi" part...

TZ you don't get it yankel will be taking both rabbi and dr,

so try to find a different shteller,

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