

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 anonimity). 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 Eye.nonymous - 17 May 2012 15:01

Yeah, I used to think I needed to be constantly vigilant for ever newer and different forms of

acting out. I felt like a juggler--just got "control" of one form of acting out, and then another one showed up. Then, I came up with all sorts of tactics for that, and then something new came along.

I was on the look-out for THIS certain situation, and then for THAT certain type of circumstances, and forever changing.

It was very liberating for me when I learned that LUST was the driving force behind it all--no matter how it played itself out. It's that primeordial lust I needed to be on the look-out for, and it is THAT force I needed to stay away from--not any specific types of behaviors. With that, it became much easier to recognize a struggle when it was approaching, and then to take rather GENERIC measures against LUST to stay in a safe place.

Does that make any sense?

--Elyah

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Re: Good intentions
Posted by Machshovo Tova - 17 May 2012 15:16

Yes, makes lotta sense. In fact I was thinking lately that I would design a reminder to avoid "lust". It would be a circle with an "L" and a slash going through it (like the "P" for no parking. To an outsider it may look like an slanty arrow (pointing left-downward), but to me it would say "No Lust". Perhaps one of our savvy friends here can come up with such a creation.

MT

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Re: Good intentions
Posted by ZemirosShabbos - 17 May 2012 15:44

Hi MT,

and for the uninitiated you can say it stand for

No Lizards,

No Logarithms,

No Loose lips (cause loose lips sink ships)

and a belated thanks for the beautiful divrei torah and chizuk you keep spreading

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Re: Good intentions

Posted by Machshovo Tova - 17 May 2012 15:59

Thank so much ZS! I knew we had some gutteh neshomos around here that will rise to the task.

Is this heimish gemacht or you found it somewhere? Because I would like better an unobtrusive version that would look like an arrow. That means it would be all one solid color, the two parts of the "L" would be more symmetrical, and the outside corner of the "L" would touch the inside wall of the circle.

Another option would be that the corner of the symmetrical "L" is in the center of the circle. So then it would look like a Hippie "peace" symbol facing the wrong direction.

(If my architecture sounds 'off the wall', maybe it is.)

Thanks again,

MT

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Re: Good intentions

Posted by Dov - 17 May 2012 16:47

I guess a naked person with the red line across them would just not be a great idea, would it? I'll run it by Guard.

Maybe not.

Thought *somebody* had to ask.... (there is always one in a crowd)

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Re: Good intentions

Posted by Machshovo Tova - 17 May 2012 17:02

MT

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Re: Good intentions

Posted by Eye.nonymous - 18 May 2012 06:39

If anybody asks, just say the L stands for Latkes--no Latkes, you need a reminder cause you're trying to eat healthy.

OH, just thought of something better-- It's one of the environmentalist green-peace campaigns you're trying to get started. NO LITTERING.

Or, it's no LOITERING, for those public places where people have to just keep on moving on.

So, with a little creativity, you've got plenty of Alibis.

Frankly, I don't think anyone will really care. And, if they ask "hey, what's that for?" Just tell them, "He, I'm really not sure--that's weird!"

--Elyah

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Re: Good intentions
Posted by tehylimzugger - 18 May 2012 07:18

No Lemons
No Lions

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Re: Good intentions
Posted by Machshovo Tova - 18 May 2012 14:08

In yesterday's Daf (Tamid 32a) we learn the following (based on the commentaries):

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Who is wise? He who anticipates upcoming pitfalls and is careful to avoid them.

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Who is strong? He who was presented with opportunity to sin and overcame his YH and did not sin.

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Who is rich? He who is satisfied with whatever Hashem gives him.
No "like" Buttons

These three lessons can be applied to our struggle (talking to myself and those who relate). Generally, there are three steps to a nisayon: Before, during and after.

Before the nisayon we must be wise enough to anticipate and avoid triggering situations.

During the nisayon we must be strong enough (however your method) not to do the aveira.

After the nisayon we must be satisfied with the outcome, i.e. to rejoice with success, and to accept our lot and not despair if we failed.

Gut Shabbos,

MT

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Re: Good intentions

Posted by Machshovo Tova - 21 May 2012 21:25

Dear friends,

...and yet one more source teaching us that we cannot fight the YH on our own.
We need to surrender to Hashem and ask for Him to deal with it.

The Story of Plaimo and the Satan (Kiddushin 81)

A fellow by the name Plaimo had a minhag that everyday he would say "An arrow in the eye of the Satan (aka YH)!" (i.e. he would fearlessly prepare himself to fight his YH). One day, it was Erev Yom Kippur, the Satan disguised himself as a poor beggar and knocked on Plaimo's door. They brought him out a piece of bread. The beggar complained, "A day like today, everyone is sitting inside, and I am left outside?!" So they invited him in and sat him at the table. As he was sitting, he made himself appear to be full of unsightly open wounds that were oozing pus, and kept on doing disgusting things. They admonished him, "Sit like a Mentch!" He replied, "Give me a drink." They gave him a drink. He brought up some gooey slime from within his chest and spat it into his cup. They yelled at him. He made himself appear as if he dropped dead. They started hearing voices that were exclaiming, "Plaimo killed a man! Plaimo killed a man!" Plaimo feared that the police are coming to get him, so he fled the city and hid in an outhouse. The Satan came after him (in disguise). Plaimo fell before him and surrendered to him. When the Satan saw that Plaimo is so distressed, he revealed himself to him. And he said to Plaimo, "Why have you accustomed yourself to curse me every day?" "What then should I have said to keep you from making me sin?", asked Plaimo. The Satan replied, "You should have said, "May the Merciful one yell at the Satan." The Gemara then continues to relate that R' Chiya Bar Ashi would every day fall on his face and say, "May the Merciful one save me from the YH."

May we be zocheh...

MT

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Re: Good intentions

Posted by obormottel - 21 May 2012 22:39

Yasher koychachem, Reb MT.

That's a precious perl.

The idea of surrendering our struggles to G-d, Who then proceeds to restore you to sanity.

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Re: Good intentions

Posted by Dov - 22 May 2012 18:26

All the years I blamed the YH for my 'aveiros', I never got better. Apparently I could not stop. Apparently Hashem knew it, but I did not figure it out. Then I gave up, quit hiding, and got the help I really needed.

I love the story you quoted, for it is so powerful to me. This addiction works like the YH does. It is based on lies I tell myself. Lies like: I have the power to control my desires." And guess what: I may indeed possess that power!! But that is not the issue, and herein is the big lie:

When I used to want the power to 'control my 'YH' instead of let it control me', what I really meant by 'control' it, was *to still be able to control and enjoy it*. Not to have to **give it up**, but to master it. Like the implication of *koveish es yitzro*.

Maybe a regular Jew *can* master it. That's fine with me.

But I am not a regular good Jew, like most good Jews. I am good Jew who is *also* a sex and lust addict. My track record and pain of failure proves it to me. I wrote it all down after suffering through it all those years, and I shared it with many (safe) people who know it all already. That helped me admit the truth to myself more fully. So now I know. Like Hashem does. A kortov of emess that would make the Kotzker smile. And I am sober, be"H. Am I a rosho? Maybe, maybe not. But Hashem helps resho'im get sober, too. He helps people who believe in all kinds of crazy things get sober, and many of them are still doing plenty of bad things....and I am still

doing things wrong and not doing plenty of things right yet. (Hah! B"H he does not wait for any of us to *become* righteous *before* starting to help us to *become* righteous!) So?

So He is a higher power than I am, and restores me to sanity. And no sefer could tell me that. If the Torah wrote it out clearly (even with my name in it) I'd not really, really believe it in my own heart. And I doubt most of anybody reading this would really believe it, either, sorry. I only know it bilvovi - the only place it counts - because my own life experience has never been better than it is now. I have bad days, sure, and many problems, and I have lust, too. But I'd never trade my *best* day back in active addiction, with my very worst day sober, period.

And the naked people I love to use so much in the porn and my masturbation fantasies *are all higher powers than I am, too*. I have not had to use them for many years, b"H. They are higher powers that restore me to *insanity*. When I use them, I get into that trance, everything else - all my trouble and struggle of real life - eventually melts away. To act out or not to act out? - to sin or not to sin? Gevalt she's sweet! ...It becomes the focus of my awareness. Then they are gone after I finish the deed. Nu. But all along the way they always make me live like a crazy-person. Everyone else becomes a pain in my behind - especially my kids, and my wife. The closer they are to me, the darker they become...and Hashem darkest of all - when I am lusting. If this not a fire in my house, then what is?

Hope the arichus isn't too annoying, but I gotta point out as I usually do with Rav Amram Chasida (that's the one, right?):

He was a respected person - a talmid Chochom, apparently - when he had this experience. And yet he called out and embarrassed himself. Too many guys who need to quit and go to SA meetings, or post here and open up, or at least need to open up to **somebody** - do not do it. We are suddenly worried about chillul Hashem. Gevalt. Taking my os bris and masturbating myself to the picture of a shiksah in the bathroom is **not** a chillul Hashem - but being in a room of penitent perverts *who really want to get better is?* Such reasoning is a machloh. It's not shyness, and not frumkeit - it's really just so that we can **keep** our stash safe and keep on masturbating, that's all. It is very scary to let go - terrifying. I know it.

Hey, arichus enough...*sheesh!*

- Dov

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Re: Good intentions
Posted by Machshovo Tova - 22 May 2012 18:52

[dov wrote on 22 May 2012 18:26:](#)

...But Hashem helps resh'o'im get sober, too...

Here's a mekor for that:

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(I guess you know what you're talkin' about.)

MT

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Re: Good intentions
Posted by Machshovo Tova - 22 May 2012 19:33

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My wife told me a story she heard yesterday.

This "choshive, heimishe" yingerman, from a choshive heimshe community, left kollel and started working for parnassah. He got himself a computer, and quickly learned what's available. When his wife was sleeping, he would routinely get up in middle of the night and have 'a good time'. One night, his wife awoke at 2:00AM and noticed her husband is not in bed. She went to check up and found him in the dining room, totally 'nahket' while enjoying himself on the computer. She raised a racket and (somehow) threw him out of the house - as is - and locked the door on him. He pleaded to please be allowed to just get dressed a bit, but she ignored him. Instead, she took her phone and called her parents and in-laws, and invited them to come and see what a '?????' of a yingerman they set her up with. Within a week or two they got divorced.

Hashem yishmoreinu!

