

Returning

Posted by ToAdd - 18 Jul 2013 11:23

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Hi all

Well, here's the short story: I'm a mess.

I've been away from this site for a long time (over a year now), but I need to get back on the right path.

I've slipped, I've fallen, I've run out of energy to care anymore.

There's just a little bit left to reach out my hand and say "hey, I can't do this anymore. I can't do this alone."

I'm looking at things I shouldn't almost daily now. It's costing me sleep, work and sanity.

I'm wasting my time, and that's the only thing in life we can never get back.

The part of me that wants to get better is shrinking and the part that couldn't care less about anything is growing.

I need a friend that knows what this is like, that can help me get going again.

ToAdd

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Re: Returning

Posted by ToAdd - 18 Sep 2013 10:24

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[AlexEliezer wrote:](#)

I'm 4.5 years sober and I still won't let myself get on the computer at home if my wife isn't home.

That's actually very inspirational. Thank you.

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Re: Returning

Posted by Pidaini - 23 Sep 2013 23:53

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[ToAdd wrote:](#)

\*re-reading that has shown me how manipulative the YH / soton is.

There is almost a fear of doing those things which remove lust. It is as if lust is a being of its own that takes charge, and lust is obviously afraid of those things.

Any normal day, I can do those without any hesitation.

Welcome to the life of an addict! of course it's scary, you're going to do something that will take how can you do that?! are you going to survive without it? of course it's scary, every serious move we take away from lust and towards real life is scary, extremely scary.

Take it on, face your fears, there's a happy life waiting for you on the other side!!

KOT brother!!! We're all in this together!!

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Re: Returning

Posted by ToAdd - 25 Sep 2013 10:04

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So, today is 12 days of clean.

Well, not 100%. On two occasions I have slipped, looking at a video with intention to lust. Not porn, something that society thinks is 100% normal, but definitely not good.

Although this did not lead to anything at the time, a spark may have been ignited which needs to be extinguished.

There appears to be a parallel to this in science:

*A backdraft can occur when a fire's product-gases are depleted of oxygen; consequently combustion slows (due to the lack of oxygen) but the combustible fuel gases (primarily carbon monoxide) and smoke (primarily hydrocarbon free radicals and particulate matter) remain at a temperature hotter than the ignition-point of the fuel gases. If oxygen is re-introduced to the fire, e.g. by opening a door (or window) to a closed room, combustion will restart, often explosively, as the gases are heated by the combustion and expand rapidly because of the rapidly increasing temperature.*

Even though the lusting has stopped, there's a glowing ember that only needs a little oxygen to re-ignite.

[Pidaini wrote:](#)

Welcome to the life of an addict!

Or perhaps just "Welcome to life".

I see this in so many people. My drug of choice is lust, but the person next to me, it's his iPhone, the next person facebook. Power, Control, Ego are all gods in this world.

Perhaps there's some piece of our self that we see in the outside world, and we are unable to separate that from our very self.

That one thing is like the fruit of the tree of knowledge, and it will kill us.

I'm sure those with more wisdom than me (not that I have much to speak of) can elaborate on this. B'chol l'avvcha uvchol nafshecha uvchol m'odecha.

It's obvious where we are meant to focus: VE'AHAVTA

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Re: Returning  
Posted by Pidaini - 25 Sep 2013 15:44

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Yup, welcome to "not" life. we're trying to run away from life, just like the guy with the iphone, facebook, etc.

Good news is that you're here "toAdd" and you certainly are doing that.

KUTGW!!! KOT!!

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Re: Returning  
Posted by bechal levavecha - 27 Sep 2013 17:08

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*Even though the lusting has stopped, there's a glowing ember that only needs a little oxygen to re-ignite.*

if we're using metaphors, why not take it all the way...

there's only one way to extinguish the YH

see Succah (52b)

(forgive me, I would elaborate but its erev shabbos...)

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Re: Returning  
Posted by skeptical - 29 Sep 2013 06:18

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Please elaborate.

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Re: Returning  
Posted by ToAdd - 30 Sep 2013 10:15

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[bechal levavecha wrote:](#)

see Succah (52b)

(forgive me, I would elaborate but its erev shabbos...)

Please explain.

What I'm seeing is that only H" can help us, and that it only gets worse on its own.

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Re: Returning  
Posted by ToAdd - 30 Sep 2013 10:22

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I hope you all had a good Yom Tov and may H" shelter you from the evil that lurks in the night.

I've started sliding down the slope again.

I found myself googleing something I shouldn't.

This started with me arousing myself over the Holy days - Some triggering at shul.

The main cause is that I let it happen, I feed it snacks so that it keeps on coming back.

I don't think I'm ready to let go. Will I ever be?

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Re: Returning

Posted by Eye.nonymous - 02 Oct 2013 20:28

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Hello ToAdd,

I have also been away from this forum for a long time, but still involved in recovery in other ways.

I have also had some major slips recently. After talking it out with a few other people, I realize that, after being clean for so long (over a year) I start to get the feeling that I've got tools from recovery to cope with life, so even if I act out I can still keep on using these tools and I'll be okay.

But it's not true. The tools only work if I'm sober first.

Another thing I realized is that, if I am truly an addict (which I believe I am), this is a progressive illness. The same level of recovery work I was doing a year ago doesn't keep me afloat today. It might not even be a question of spending more time in recovery, but it could be that the quality of my recovery needs to improve--to be more of service to other people, to focus less on the problem and live more in the solution of positive recovery. To focus excessively (and exclusively) on my own needs for recovery, I believe, can also make me sick.

Good luck to you.

--Elyah

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Re: Returning

Posted by bechal levavecha - 03 Oct 2013 05:56

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*On two occasions I have slipped, looking at a video with intention to lust. Not porn, something that society thinks is 100% normal, but definitely not good.*

*Although this did not lead to anything at the time, a spark may have been ignited which needs to be extinguished.*

as a disclaimer, my comments refer to this specific situation, where we find ourselves slipping a bit and then catch ourselves from acting out, but a residual feeling of lust is lurking in the lurch...

is there anything we should (or can) do about such a (low-level) feeling of lust?

I would compare it to someone who starts getting a sniffle, and his resistance level to getting sick gets low - maybe we didnt do anything "wrong", but the forbidden desire starts to awaken and breeds its brew of toxic poison

ideally, the idea is to nip it in the bud

but at least we need to be aware of the desire festering inside of us, and take steps before it reaches toxicity levels...

we could try to distract our minds and do exercise, work etc.

but the point I was making was that the Gemara tells us that a chunk of learning Torah has the capability of extinguishing that spark of lust

perhaps it works on some spiritual level, but it works...

as addicts, learning Torah doesnt really help us in the ongoing struggle

we could fool ourselves, but experience and time tells us the way it is

but I have found it to help in specific situations such as this

to return my resistance level the way it was before the slip...

but skeptical, I look forward to your comments

I always find them to be enlightening...

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Re: Returning

Posted by SIB101854 - 03 Oct 2013 06:15

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We all will have our ups and downs-the key is recognizing that we have an issue that we must confront or it will wreck havoc on our lives.

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Re: Returning

Posted by Eye.nonymous - 03 Oct 2013 19:04

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[SIB101854 wrote:](#)

We all will have our ups and downs-the key is recognizing that we have an issue that we must **confront** or it will wreck havoc on our lives.

...sometimes it is more of something we need to let go of.

--Elyah

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Re: Returning

Posted by ToAdd - 03 Oct 2013 19:43

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A big thanks to all the replies.

I have learned something from each.



A big problem I have right now is that I'm running from the hardships of life.

There are so many demands on me.

The truth is that lust is an additional demand that wastes time, an additional burden.

It's just so much easier to do.

This Jonah is running away from his duty.

I need to grow up. I have obligations that I must not flee.

- I just realised that this is how I was brought up. I mostly had no father and my Mom would run instead of dealing with things. She put herself in the role of victim.

I will break this pattern. I will face my duties.

Also, I need to get into the habit of finding something else to do when I start thinking lusty thoughts.

Keep well.

Yosef.

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Re: Returning

Posted by chesky - 03 Oct 2013 23:50

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Yosef,

I identify a lot with what you wrote about escaping from reality.

Just one thought if i may:

You wrote:

**I will break this pattern. I will face my duties.**

and then you wrote:

**Also, I need to get into the habit of finding something else to do when I start thinking lusty thoughts**

For me these contradict each other.

With me I cannot face reality, and so i use lust as an escape.

You sound like you want to escape lust by finding something real to do.

Am I understanding you?

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