

healed?

Posted by mr.clean - 02 Jan 2014 04:47

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So what is it that makes someone healed or not ? I'm having a hard time accepting the 12 steps maybe I just don't like the fact that ill be an addict forever, but regardless how can I be healed ? I recently had 3 weeks and then fell I used the taphsic method. If I were to use the taphsic method for lets say 3 months would I then be healed? 6 months ? is sobriety the answer ?

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Re: healed?

Posted by Dov - 06 Jan 2014 02:48

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I will comment in blue inside your post, chaver:

[mr.clean wrote:](#)

During those first three "good" months I had, there was no shvua.

Wait a minute. You are starting *there*? What about the three yeas before that? History is *everything* when starting out in this business. So: when did the problem first start, and how often did you resort to masturbating yourself and/or to using porn, for how long and how often, and what other behaviors besides looking at pictures or sex with yourself did you get into the habit of doing during that period *before* you came to GYE please? As ppl here have said, people need different tools - so lets get as much of the situation right out there rather than hide details. It will help you and everyone who does it.

I was in a happy place and I was almost always busy so I was ok.

That's great!

Then after the next 2 months were terrible

what does 'terrible' actually mean? Exactly what were you actually ,doing that made you call it terrible and how often, etc (as above)?

I decided that I gotta do the shvua or I may just stay in this rut,

Do you consider the 'rut' just *behaviors* that if they stop then all's fine...or do you see that if you, being a good yeshivah guy (you are), were habitually resorting to lust adventures of some kind (stuff you *gotta* to hide!), that there *must* be something amiss with the way you are functioning?

Not that you are bad or psychotic, c'v, but that you are just missing something? For you surely *want* to be good. In other words, if the only thing you really needed to do was to stop these behaviors you call the 'rut' and a shvua would work, then why do you not simply just do a shvua again as soon as the old one ends immediately, and on and on?

You said it might explode. Good point.

So do you start to see that *even with a shvua that would work 100%*, you cannot escape and will still have to change **inside** in some way? And that you cannot **possibly** do that yourself or *you'd have done it years ago?!*

...and it helped. I can't say there weren't tough days, but never to the point where I would break it, simply because it wasn't worth the big knas to me (which I made for 300 dollars) then after it was over I was willing to fight with myself but for wtvr reason my internet was unlocked and so coming off 3 good weeks it was to tough of a fight and so...

So...what?

and I haven't made the shvua since which ended about a week ago bec it may keep me sober but I don't know if its kedai cause I may just have an insane binge when it ends.

Insane? If you feel it is insane, why are you playing around with shvuas? Would you suggest anybody else with a problem that leads him to do terrible things to just do a shvua about it"? Or would you suggest they take it a little more seriously than just a bad habit or 'aveira', and go to a shrink? Have you considered seeing a good counselor or psychologist over this? Or is not important or serious enough?

which comes back to our previous point of just pushing off the inevitable... what do u think I should do?

P.s. not sure i understood ur question so I thought this is what u wanted to know but if not lemme know

And you are clearly on the right track...opening up for help rather than further isolation. Remember, shvua's - even if admitting it behind a fake username here on a great virtual friendship network, is not nearly as real as our porning or masturbating are to you and I. Shvua's ae just another way to 'take care of' the problem *conveniently* and with the utmost isolation possible. Just like 'fighting with the yetzer hora'...all alone. The hiding is what's gotta stop, not the sins. The sins will go away when the person is healthy.

What would you like to do? Answering these questions clearly and honesty may not be what u r

ready to do right here on the open forum, but I suggest them as a real first step to getting better. On the forum anyone can read this stuff...so you can PM me or anyone else if you wish, or you can simply write in generalities here - but that will not be of much use to you, chaver.

If you want to speak with a recovering person near you, just PM me and I will be glad to connect you with a couple of folks near where you live who'd be happy to talk.

But before that, is there any real person *already* in your life with whom you can open up and who will understand?

If you read all this and respond, you are a better man than I, chaver.

Hatzlocha!

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Re: healed?  
Posted by Dov - 06 Jan 2014 03:05

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GYE used to have a link to the SA White Book, but I do not know how to get it, maybe some of the mayvens here can help? PM Guard, TZ, the Zemiros guy, Gibbor 120, or Kedusha.

Hatzlocha

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Re: healed?  
Posted by SIB101854 - 06 Jan 2014 07:10

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This post was extraordinary in the brutal honesty and introspection that we all need in successfully confronting our addictions.

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Re: healed?

Posted by mr.clean - 06 Jan 2014 08:25

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Ok ur absolutely right and u make many good points, I just tried to pm u I'm not sure if I did it right do I just put ur name in the recipient box? Also I really appreciate u allowing me to schmooze with u privately, really I can't thank you enough it feels great to be able to just talk to someone with so much insight in this matter, again thx a mill, also if u can lemme know if u got

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Re: healed?

Posted by Dov - 06 Jan 2014 22:46

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Got it chaver?

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my pm otherwise ill never know

Re: healed?

Posted by Dov - 06 Jan 2014 22:49

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[SIB101854 wrote:](#)

This post was extraordinary in the brutal honesty and introspection that we all need in successfully confronting our addictions. Most of us here are not addicts, first of all, we just have a bad habit associated with the yetzer hora and not addiction. Second, I hope nothing I wrote was truly brutal. Just honest.

And finally, thanks for the positive feedback, chaver. To me, you are an esteemed fellow

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Re: healed?

Posted by Dov - 06 Jan 2014 22:55

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[SIB101854 wrote:](#)

This post was extraordinary in the brutal honesty and introspection that we all need in successfully confronting our addictions.

First of all, most of us here are not addicts. Many here just have a bad habit associated with the yetzer hora, not an addiction. Using the word to refer to any all all desires that are sinful waters down recovery, too. So I am not sure what you mean. But yes - surely there is no hope if we are not fully honest with ourselves...and that **never** happens until we start opening up to *another* real person. So at least I hope I am starting the ball rolling for myself, this guy, and others who may read the discussion one day...

Second, I hope nothing I wrote was truly brutal. Just honest. It is exactly what I say to myself and go through in my own experience on a regular basis, as opposed to some ideas I may think are nice.

And finally, thanks for the positive feedback, chaver! To me, you are an esteemed fellow

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Re: healed?  
Posted by gibbor120 - 07 Jan 2014 01:42

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I asked guard some time ago about it. He said that SA doesn't allow others to post it on their websites, so he had to take it down. I think I have a copy downloaded to my computer and can email it.

Here's an online version of the Big Book [www.aa.org/bigbookonline/en\\_tableofcnt.cfm](http://www.aa.org/bigbookonline/en_tableofcnt.cfm)

If you google, you can find the white book, or if you send me an email I can email it.

my Gmail address is the same as my screen name @gmail.com.

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Re: healed?  
Posted by SIB101854 - 07 Jan 2014 07:48

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Absolutely!

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Re: healed?  
Posted by chaimcharlie - 20 Jan 2014 13:22

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i think that The Probelem and The Solution are on the SA website (I can't check now cause my filter blocks it.....)

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