

Reclaiming my life

Posted by tzudreiter - 02 Jun 2014 08:50

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My journey back to the living

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Re: Reclaiming my life

Posted by ineedchizuk - 14 Sep 2014 20:59

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(Besides for that ?????, ditto to all of the above! :-) )

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Re: Reclaiming my life

Posted by tzudreiter - 14 Sep 2014 23:25

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I fell...

I blocked the browser on my ipad and ipod( i only allowed GYE). Yet when i get the craving i find the loopholes, for example listening to erotic music on the radio and looking at the cover photos. Something i cannot block.

I am getting sick of fighting, just to fall again with even more frustration.

I need some real tools of recovery.

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Re: Reclaiming my life

Posted by dms1234 - 14 Sep 2014 23:37

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YAY!!!! I agree! I don't want to fight no more either.

Check out this recent chizzuk email:

## **Duvid Chaim**

HAVE YOU EVER WONDERED...

why G-d has "wired us" as Sexaholics??

When are we finally going to realize the absolute futility of fighting lust? Isn't it time that I finally wake up and realize what a foolish endeavor this is?! After all, putting energy into fighting lust is a direct contradiction to what the 12 Step Program is teaching me in Step Number One - "We admitted we were powerless over lust and our lives have become unmanageable". How can we possible fight or conquer something that we are powerless over?!

Instead, the best and most sensible alternative is to use this revealing information to TRY A NEW WAY - Why not turn lust into a friend, not a foe?

So how do we do that?

We do that by embracing lust, by acknowledging that lust is a G-d given tool that must be for GOOD. (Don't worry, I know what you're thinking...that Duvid Chaim has gone off his rockers!) How could anyone say that lust is a good thing?!

Well, perhaps it's time to ask ourselves:

Why do I lust?

What's behind the lust?

What would G-d want me to understand thru lust?

In the 10th Step of the Program - on page 84 of the Big Book, we learn that in the "Plan of Action for the Man in Recovery", we do not watch for lust triggers, like women on the street or pop up images on our computers. No! The Plan of Action says, "We continue to watch for Selfishness, Dishonesty, Resentment and Fear..."

And by doing so, we learn to make lust into a friend - because if I'm lusting, then it's obvious that I'm using my Drug of Choice! And if I'm using my Drug of Choice, it means that I'm in pain. And if I'm in pain, then there must be some underlying issue bothering my ego like RID.

And now we can finally thank G-d for lust! Because now that I know about my underlying pain, there is something that I can do about it: I can follow the Plan of Action. Then, I DON'T NEED MY DRUG OF CHOICE. I am free. And I am in recovery!

This process is just like the man who sprains his ankle. And everytime he steps down on his foot too hard, it hurts like heck. So we ask, is the pain a bad thing or a good thing. And we conclude that pain is good! Why? Because without it, I would probably do a great deal of damage to my ankle!

So... next time you lust, don't get upset or try to run away. Embrace the lust and dig deeper to find the reason why you're in pain. And when you deal with the ego-induced pain, you become a MENTCH. You become more G-dly. And you become free and in recovery!

B'chatzlach Rabah!!

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Re: Reclaiming my life

Posted by newaction - 15 Sep 2014 09:57

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Gevaldige truth, wow ! So Lust is a thermometer , when i feel it coming or when i feel the need to do something lustful , i have to say hey ! am i feeling pain now or RID ? let me work on the pain and lust will lose its steam .

thanks Dms this was an eye opener for me !! thank you so much !

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Re: Reclaiming my life

Posted by tzudreiter - 20 Oct 2014 00:03

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Hi guys,

I haven't posted in a while. i have however, been talking to Dov and joined his call a couple of times, but things haven't really gotten better. and however petrified i was/am of going to a live SA meeting, i am sort of coming to terms with it as my only solution.

Can anybody describe please their first time walking into a meeting, their prior fears, and what became of them. i think it would make it easier for me to make my move.

Thanks

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Re: Reclaiming my life

Posted by kilochalu - 20 Oct 2014 02:44

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I was petrified of going to a real live meeting and pushed it off for several years,

i even stayed clean for a shtik tzeit probably with the help of the yetzer hora to convince myself that maybe i don't really need that, and maybe its a chilul hashem, etc etc etc. I also had a real founded fear that I would meet someone who knew me and respected me because of a position that I have and what would be then maybe everyone will find out... Eventually kalu kol hakitzim and I had no choice but to go

and lo and behold I did actually meet someone who i knew and nothing happened adraba..., also made a few friends there and bli ayin hara have been clean for the past seven months Hashem should help veiter one day at a time.

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Re: Reclaiming my life

Posted by cordnoy - 20 Oct 2014 03:21

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I was scared.

I was petrified.

Who would I meet?

What would they be like?

Would I be understood?

Would we be similar at all?

Would it remain confidential?

Would I get lost in the church?

Would they baptize me?

Would it make any difference?

And hey, I survived....and it helped.

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Re: Reclaiming my life

Posted by tzudreiter - 20 Oct 2014 03:54

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I think that what scares me most, is the fact that its a new way of life that i will still be doing in 50 years from now (iy"h). its going to redefine me, and i am scared of that. i picture myself with a white beard still going to meetings. aside for the fear of maybe "she" won't want to marry a creepy pervert.

and the list goes on.

but i feel like it's inevitable and bound to happen in the near future.

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Re: Reclaiming my life

Posted by kilochalu - 21 Oct 2014 03:07

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give it a try

you will be surprised

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Re: Reclaiming my life

Posted by tzudreiter - 21 Oct 2014 08:43

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[kilochalal wrote:](#)

give it a try

you will be surprised

Can you explain please?

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Re: Reclaiming my life

Posted by cordnoy - 21 Oct 2014 18:27

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[tzudreiter wrote:](#)

[kilochalal wrote:](#)

give it a try

you will be surprised

Can you explain please?

I just look in a mirror

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Re: Reclaiming my life

Posted by kilochalu - 22 Oct 2014 02:28

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can explain and explain fun heint biz morgen until blue in the face

but you will have just one more question and then another sofek (at least thats how it was by me and by some others that i know)

If you just try it out (seriously that is) you will see for yourself and your misconceptions will disappear. They don't make you sign a lifetime contract and you can stop attending whenever you so desire, before your beard turns white or before you get married (in a gutte shu) or whenever.

Hashem hamaichin mitzadey gover should help us all to take the steps which are right for us.

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