

Reclaiming my life

Posted by tzudreiter - 02 Jun 2014 08:50

My journey back to the living

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Re: Reclaiming my life

Posted by tzudreiter - 31 Jul 2014 03:25

Good point Cordnoy.

i am not interested in living with it,even more than i am not interested in living without it.

But it almost feels like an organ donation, (which i guess it really is...).

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Re: Reclaiming my life

Posted by cordnoy - 31 Jul 2014 03:35

One gives an organ or doesn't when someone else's life is at stake.

Everyone will give an organ when it is their own life at stake!

b'hatzlachah

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Re: Reclaiming my life

Posted by Pidaini - 01 Aug 2014 13:09

Cordnoy, that is one hell of a quote!!

It is the backbone of where I need to place my surrender, I'd love not to have the desires, it's having the desire that I don't want...because then I used to feel that I need to give in, and that feeling is still there, although much quieter.

Thank You!!

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Re: Reclaiming my life

Posted by gibbor120 - 01 Aug 2014 21:49

[tzudreiter wrote:](#)

which makes me think even further, am i ready to live without it? every time i ponder this i get scared.

This is the question that you must come to grips with. It IS scary. We don't want to let go of our security blanket.

We must learn new coping skills such as calling a friend. Then we must be brave enough to let go of "acting out", the one coping skill that is immediate, initially immensely rewarding, but then leaves us feeling guilty and worthless, and worst of all, wanting more.

Just let go! Just do it! I can see you standing at the edge of a cold pool afraid to jump in (sorry for this mashal during the 9 days). Just jump in and don't look back. You will never regret it. Face your fears... Or you could stand at the side of the pool forever wondering what it would be like to jump in. (I'll tell you, initially cold and shocking, but then forever rewarding)

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Re: Reclaiming my life

Posted by Machshovo Tova - 01 Aug 2014 22:12

Allow me to share my own mashal. The Gemara Kesubos 77b relates how R' Yehoshu ben Levi outsmarted the angel of death. He asked to be shown his place in Gan Eden, and without warning he quickly jumped over the fence and entered Gan Eden alive. Similarly, when we are

faced with a nisayon, we have the opportunity to quickly jump into Gan Eden instead of allowing ourselves to slip into hell.

Hatzlacha!

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Re: Reclaiming my life

Posted by tzudreiter - 02 Aug 2014 01:36

Thanks for the support guys, it really keeps me going.

but i dont get the comparison to jumping in a pool, where its a one time move, and its all over, so just do it...

in my case however there are times where i say "to hell with this stuff" as if i jumped, but then find myself right back where i started, on the edge of the pool needing to give it up again.

but one thing is certain, i cannot live (normally) with it.

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Re: Reclaiming my life

Posted by cordnoy - 02 Aug 2014 01:45

Perhaps the jumpin' in the pool mashal is more for the commitment....don't think too much (there I go again) as to what you need and what you don't and what is the cause and what this means and what that means.....JDI!. And yes, once you are on this wonderful road of recovery, there will be times that you gotta dust off and start again, but you are on the road and you are headin' in the right direction, so you might be tzudreit, but at least you are turnin' the right way.

Onward!

Right, right, right, right.....

b'hatzlachah

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Re: Reclaiming my life

Posted by tzudreiter - 02 Aug 2014 01:57

By the way i really love your recently composed quote:

"Ask not: Am I ready to live without it; rather, ask: Am I ready to live with it?"

It really hits the spot, because that is where things become very clear: NO WAY IN ...

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Re: Reclaiming my life

Posted by ineedchizuk - 03 Aug 2014 01:05

Yeah?? Nu? Finish the sentence. Don't leave us in suspense!

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Re: Reclaiming my life

Posted by kilochalu - 03 Aug 2014 04:46

[tzudreiter wrote:](#)

By the way i really love your recently composed quote:

"Ask not: Am I ready to live without it; rather, ask: Am I ready to live with it?"

It really hits the spot, because that is where things become very clear: NO WAY IN ...

that is a major step, the next one is to have that clear enough to give us the push to jump into the pool, which for myself and many others here the nimshal to that was the terrifying fear of opening up but after accomplishing it finding it to be immeasurably awarding

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Re: Reclaiming my life

Posted by tzudreiter - 06 Aug 2014 01:11

[ineedchizuk wrote:](#)

Yeah?? Nu? Finish the sentence. Don't leave us in suspense!

i don't think the moderator would allow it, so i'll leave it up to your imagination...

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Re: Reclaiming my life

Posted by tzudreiter - 06 Aug 2014 01:24

I'm spiraling downwards.

i was posting earlier that i feel like i cannot live with pornography, masturbation... (as Cordnoy put it...). but that feeling is usually right after a fall, lasting for sometime afterwards. but as time passes, this feeling seems to fade away, it becomes a calculation (a Lumdus...), not a conscious reality.

I guess i need to hit rock bottom before any long term changes will take place. i mean, i havn't really lost much because of my addiction, aside for losing the life i want to live, a personal thing, which i can deny to myself. but not like a job or a relationship about which there is no more denying. maybe i have to wait till then... if not i wont feel that being clean is something my life depends on.

I hope and believe i am wrong...

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Re: Reclaiming my life

Posted by tzudreiter - 06 Aug 2014 01:40

[tzudreiter wrote:](#)

I'm spiraling downwards.

Let me be abit more descriptive.

Yesterday Erev Tisha be'av, every one was was busy getting ready to mourn the destruction of the Beis Hamikdosh, to me the whole thing didn't exist, i was busy destroying myself!!!

I downloaded a couple pornographic videos (plus some moovies which turned out to be completely dumb). I barely davened maariv and said Eicha, went straight to bed and watched those videos, masturbated a couple times. obviously i was not really interested in getting up in the morning, so i didn't. when i did wake up i watched some more, masturbated again, and here i am feeling like crap...

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Re: Reclaiming my life

Posted by dms1234 - 06 Aug 2014 01:44

i am confused. You say you are spiralling downwards and yet you haven't lost much and you could live without list, so you need to hit rock bottom before you can make any long term changes. Huh???? You are spiralling downwards!!!!!!!!!! Isn't that enough of a reason to change? Have you ever heard of the term: hitting rock bottom while on top? That means that even if you don't feel like you are in the web of lust, that you're life depends on it and you're life just sucks, you still realize that your life has some of that and it could descelate and as you say "spiral downwards" to the depths of doom.

SO! I think you should change yourself because lust probably does control you in someway. And you can.

So i ask you: what can you do change? Have you spoken to a rebbi, therapist or a good friend? Even someone on GYE?

We cant make you change. Only you can make yourself change

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