

From tragedy to redemption

Posted by Hashivalisesonyishecho - 08 Jan 2015 10:00

I am a middle aged person, highly talented, but leider unaccomplished. I seem to have some strengths but not the strength and the resolve to do what it takes to use my talents to be what I can be. I have had lot's of tzaros in my life which have gotten the better of me and eventually removed me from my learning and my general Ruchnius success. I was not omed benisoyon. I am ashamed of myself. On the outside I still seem like a basically Choshever person but nobody knows what I really am. When I was a Bochur and a young yungerman, everybody was sure I would turn out to be one of the Gedolim. That hasn't happened(yet). I would never tell anyone of my worst failings, but this failing of me not succeeding to fulfill my potential is known. I guess people may have long ago forgotten what was supposed to become of me but looking at me now they see nothing but an empty wasted soul. I haven't forgotten the original plan and somewhere deep down I still hope Hashem will give me back my neshama. My Boosha is maybe a good thing in a way because it keeps things from getting more out of hand. But it makes it impossible for me to get the support and encouragement that might help me do what I should. Maybe I could get the support here. I am middle aged but my mind knows that it isn't too late. I need my heart to know it too.

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Re: From tragedy to redemption

Posted by Dov - 09 Aug 2015 15:37

I love Torah!!

OK, now down to business...

Can you please explain *why* are you encouraging him (and who please?) to 'try the 12 steps'? I don't get it. Is he having real trouble? Is he *acting out* his lust - or has he already found good progress and enough peace from the mishegaas of the sweet porn and sex with himself already, *without* 12 steps?

Curiosity-seekers, we do not need. If he is in real pain - we'll take him gladly!

I'm sorry I have not read the entire thread to know where the guy you are trying to convince to

use the 12 steps is holding, but personally as a (thank G-d) sober addict in recovery who goes to meetings, I for one really don't *want* people who are just good men upset with their sins and their 'incomplete Teshuva' coming to meetings. That description is so, so *veit* from a person actually ready for recovery, that it's not even funny. He's a danger to the real sicko's (like me) at such meetings.

I really do not know who the guy you are referring to is, so sorry if I'm way, way off, and I hope I'm not c"v insulting anyone! Just asking for patience w me and some clarification of what ur aiming at w 12-step talk here.

...or is this just another one of those good old GYE arguments about yetzer hora, Torah, addiction, etc?

If it is, frankly I'm not so worried about the real addicts any more. After years on GYE and speaking to hundreds (yes hundreds) of yeshivishe, chassidishe guys, frum doctors, lawyers, rabbonim, shlichim, etc, etc...I have learned that the addicts finally break, as i did. They will come to recovery whether 'Torah' should work, or not. We eventually come on our knees, begging for help - often from sober *goyim davka* before anyone else - for they will eventually be beaten (with their Gemora's, Tanyas, Nefesh Hachayim's and Mesillas Yeshorims b'cheikom) into submission by their (our) own mental disease called addiction. They will come, no worries.

Unfortunately, there is this thing called denial, and it delays that final destination...while families and neshoma's and marriages rot in living hell. We pretend to ourselves that it's all about Teshuvah and 'the struggle with the yetzer hora'...until our shameful failure is brought out into the open. Then suddenly we run to get mental help! Suddenly we are ok with accepting that it's a 'disease'! It's sad how a drop of real shame - *real* only because we got caught - changes everything. And this entire long, bitter debate within ourselves suddenly becomes moot rather in a hurry.

And going to an anonymous (really 'hidden' - even from each other - and that iss not what 'Anonymous' means in 12 step groups) 12 step call might be a nice way to get introduced to the ideas of the 12 steps. But I doubt there is much seriousness going on within any group of people not bringing their faces - and not even serious enough *to use their real names...*

To me, that's just allowing the sweet comfort of yet more denial time for the addicts, while they are told they 'are working the 12 steps'.

This entire thing is not about philosophy or Torah. It's about realness.

Of course Torah is real - but it does not work when the learner of it is not being real. And 'real' means only one thing: *being real to other real people*. Not to G-d alone. Just as Rabban Yochanan ben Zakai clearly taught his students in one of his last shiurim, recall?

Please forgive me if I came on too strong, and ***please*** educate me re what I missed about this thread if I'm off-base here.

Thanks,

Dov

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Re: From tragedy to redemption
Posted by newaction - 09 Aug 2015 15:57

Ok this is me the guy that you are talking to.

The guy who i was talking to HashivaliSY for the last many posts wants to understand how i did keep one year without M. So i answered him . and he still not completely sure himself what is he going to do . So we will let him answer for himself your interrogatory.

I myself have not gone yet to live meetings so i can not answer what is it that i want from him. In the last post he said that he has no knowledge of the steps so i replied what i replied.

I do understand your answer and i do realize that in this addiction there are many levels to it. So i may as well leave you to explain to him all his inquiries; i am sure he will show up after all this his his thread.

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Re: From tragedy to redemption

Posted by shlomo613 - 09 Aug 2015 17:27

A question: Dov is saying that the real addicts will eventually arrive in a 12-step group because their actions will eventually catch up with them and when their sickness is revealed to the public they will come crawling.

But wasn't this whole conversation - like so many other ones- about guiding people so that they shouldn't reach that 'bottom'?

For example, me. I also still don't know if I should be going to live groups (I don't feel so) or the phone conferences. But isn't it wise to attend and avoid the eventuality that i am one of those sickos who will reaching depravity? Isn't this so much of GYE principle: hitting bottom while you're on top?

If this post isn't 100% clear it's because I myself am confused.

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Re: From tragedy to redemption

Posted by Hashivalisesonyishecho - 09 Aug 2015 20:30

[Dov wrote:](#)

I love Torah!!

OK, now down to business...

Can you please explain *why* are you encouraging him (and who please?) to 'try the 12 steps'? I don't get it. Is he having real trouble? Is he *acting out* his lust - or has he already found good progress and enough peace from the mishegaas of the sweet porn and sex with himself already, *without* 12 steps?

I don't know for sure if I found my road to recovery or not. I hope I did.

[Dov wrote:](#)

Curiosity-seekers, we do not need. If he is in real pain - we'll take him gladly!

I am in real pain and I am not a curiosity seeker. I think most people here aren't here out of curiosity but rather in search for the solution to their problem.

[quote="Dov" post=261236]

I'm sorry I have not read the entire thread to know where the guy you are trying to convince to use the 12 steps is holding, but personally as a (thank G-d) sober addict in recovery who goes to meetings, I for one really don't *want* people who are just good men upset with their sins and their 'incomplete Teshuva' coming to meetings. [quote]

I don't know the meaning of 'incomplete teshuva'. When I have seen that I fell back I knew that my teshuva was not 'real'.

[quote="Dov" post=261236] That description is so, so *veit* from a person actually ready for recovery, that it's not even funny.[quote]

Some of us are not ready to come to meetings because we aren't convinced that it is called for, but we are searching very seriously for a recovery which is correct according to the level of the problem/

[quote="Dov" post=261236]...or is this just another one of those good old GYE arguments about yetzer hora, Torah, addiction, etc?[quote]

Those of us who have not yet found our paths to recovery need to explore this way to find what path to take.

[quote="Dov" post=261236]If it is, frankly I'm not so worried about the real addicts any more. After years on GYE and speaking to hundreds (yes hundreds) of yeshivishe, chassidishe guys, frum doctors, lawyers, rabbonim, shlichim, etc, etc...I have learned that the addicts finally break, as i did. They will come to recovery whether 'Torah' should work, or not. We eventually come on our knees, begging for help - often from sober *goyim davka* before anyone else - for they will eventually be beaten (with their Gemora's, Tanyas, Nefesh Hachayim's and Mesillas Yeshorims b'cheikom) into submission by their (our) own mental disease called addiction. They will come, no worries.[quote]

Shlomo addressed this:[shlomo613 wrote](#):

A question: Dov is saying that the real addicts will eventually arrive in a 12-step group because their actions will eventually catch up with them and when their sickness is revealed to the public they will come crawling.

But wasn't this whole conversation - like so many other ones- about guiding people so that they shouldn't reach that 'bottom'?

For example, me. I also still don't know if I should be going to live groups (I don't feel so) or the phone conferences. But isn't it wise to attend and avoid the eventuality that i am one of those sickos who will reaching depravity? Isn't this so much of GYE principle: hitting bottom while you're on top?

If this post isn't 100% clear it's because I myself am confused.

[quote="Dov" post=261236]Unfortunately, there is this thing called denial, and it delays that final destination...while families and neshoma's and marriages rot in living hell. We pretend to ourselves that it's all about Teshuvah and 'the struggle with the yetzer hora'...until our shameful failure is brought out into the open.[quote]

Yes many people don't take the necessary steps because of denial. But not everyone who doesn't end up going to SA meetings is davka in denial. Many of us, I think myself included, are aware that we have a real problem, and are searching the appropriate measure to resolve it. If someone's appropriate solution isn't to attend such meetings, then to do so might do damage. Not everyone who needs to see the cardiologist should be given open heart surgery even though it's a very potent refua. That's a serious remedy only to be administered to the patients who need that exact remedy.

[quote="Dov" post=261236] But I doubt there is much seriousness going on within any group of people not bringing their faces - and not even serious enough *to use their real names*...[quote]That is sometimes or maybe even often true but not necessarily. Some of us are using other methods for recovery and in addition to that are learning some good things from the wisdom of the 12 step program without actually taking a real live part in it.

[quote="Dov" post=261236]**Of course Torah is real - but it does not work when the learner of it is not being real. And 'real' means only one thing: *being real to other real people*. Not to G-d alone.** Just as Rabban Yochanan ben Zakai clearly taught his students in one of his last shiurim, recall?[quote]

I couldn't agree more!

[quote="Dov" post=261236]Please forgive me if I came on too strong, and **please** educate me re what I missed about this thread if I'm off-base here. [quote]

The strength with which you speak is completely necessary for those who need it and in my response I don't want to weaken it for those people(even though you say it won't hurt because they'll come around anyway). The reason I have responded is to give validation to those who are searching for the solution and don't need to attend SA meetings, because if they aren't validated they will be left ??? ????? ????? ????.

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Re: From tragedy to redemption
Posted by serenity - 09 Aug 2015 23:38

Hashiva writes, "The reason I have responded is to give validation to those who are searching for the solution and don't need to attend SA meetings, because if they aren't validated they will be left ??? ????? ????? ????. " But you don't offer them any solution, only your theories.

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Re: From tragedy to redemption
Posted by Hashivalisesonyishecho - 10 Aug 2015 00:12

[serenity wrote:](#)

Hashiva writes, "The reason I have responded is to give validation to those who are searching for the solution and don't need to attend SA meetings, because if they aren't validated they will be left ??? ????? ????? ????. " But you don't offer them any solution, only your theories.

In all honesty, I don't have a solution which is tried and tested. I am following this plan of action that I have been talking about and I hope it will work.

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Re: From tragedy to redemption

Posted by Hashivalisesonyishecho - 10 Aug 2015 00:15

My intention in posting these posts of mine here is only to be helpful to others who might find some value in what I am saying. It seems though that all I'm doing is causing controversy and arguments, which is not my intention. Unless anyone is particularly interested in continuing this discussion, I think I'm letting it go at this point.

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Re: From tragedy to redemption

Posted by serenity - 10 Aug 2015 00:30

I didn't want to sound that way. I apologize. By the way I spent the last hour or so writing a comment and I erased it by mistake. The hashgacha pratis part is that while I was typing it I swallowed a drink wrong and had a major coughing fit. I was thinking it must be that my comment isn't Hashem's Will. Then I thought that's just me being superstitious and I continued to peck away. When I was almost finished, POOF went the comment!

I want to reiterate what I have said before several times, I have the utmost confidence that you will not only eventually find sobriety and serenity, you will also help others find the same.

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Re: From tragedy to redemption

Posted by Dov - 10 Aug 2015 07:07

Hashivali-v'chuliv'chuli...oy the pretend-names are so tiresome and such a sad pity, but here we go at bidieved:

I appreciate your piece-by-piece response to my rather lengthy post, above. There are some thoughts I have on what you wrote but you very wisely suggested ending your debating and I

want to follow your example.

One thing I will point out a general observation that I feel may be meaningful:

You wrote:

most people here aren't here out of curiosity but rather in search for the solution to their problem...

Some of us are not ready to come to meetings because...

Those of us who have not yet found our paths to recovery need to...

many people don't take the necessary steps because of denial. But not everyone who doesn't end up going to SA meetings is davka in denial...

is completely necessary **for those who** need it and in my response I don't want to weaken it **for those people**...

The reason I have responded is to give validation to **those who are** searching for the solution...

It is certainly great that you are opening up to someone about the truth in yourself and your daily behavior, as ugly, childish, or dirty as it may seem or be, as I believe I have mentioned (perhaps to you privately?) the Rebbe R' Meilech writes just such an eitzah to non-addicts. I find it a powerful new way of living, this openness and honesty thing. It's truly incredible.

So have you also revealed to them the exact nature of everything you *already did in your teenage and adult past - even just once* - to be fully disclosed to that person, whoever it is? If so, you are a very lucky man, and I bet you already have done just that!

But have you considered that we'd be more effective right here on GYE if we shared here about our *own* journey more than about what we think others need to hear or not hear or might misconstrue if they mis-read what we wrote, etc? There's great power in really disclosing our story here in as much detail as possible - not "in as much detail as we are *comfortable*". and also in letting all the truth come out to safe people in person, on a continuous basis.

Avoiding using our real names here is bad enough. It is a necessary evil, for it allows people who would otherwise not come here at all, to participate without fear that "surely someone will recognize me as soon as I use my name, '**Moishe**'!" Heh. I use my name here, as others do in their posts, and have since I started here about 9 years ago. There is no other way, for me...but I came here from SA after about 10 years sober there. So it's different. I have not forgotten the incredible shame and hiding and faking and lying yet, though. Not a drop.

I have been there, and still *am* right there about things like my character defects that I prefer to hide and lots of other stuff that I probably do not even realize I'm hiding and 'varnishing' yet. But that's what 12 step work is about: Opening up to real people, and getting real friends and a real G-d and much more stuff, in return.

Your disclaimer was powerful:

Someone after reading my posts was under the impression that I profess to have knowledge of Gevalt. We are a scared and ashamed lot, aren't we? the 12 step program, which is in fact not the case. So In order not to be misleading to anyone I find it correct to disclose that I don't know the 12 steps

Why write about the 12 steps at all, tho? If my own experience has taught me something, it is that writing about *yourself* - not about what you *think*, but what you do, will be most helpful to yourself and to us.

So consider that, chaver...and call whenever you like for schmooze!

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Re: From tragedy to redemption
Posted by newaction - 10 Aug 2015 07:50

[Dov wrote:](#)

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Re: From tragedy to redemption
Posted by jack - 10 Aug 2015 14:07

wow! 35 pages of posts! i'm reading this and reading, and reading, etc.there really is ONE step that we need - ok, it might take time to get there, but there is only ONE step needed - surrender. admitting that we are defeated, admitting that there is a Higher Ideal out there that knows what's good for us.we must surrender to it! listen to what that Higher ideal says! make ourselves small (literally & figuratively) for one reason and one reason only - because we trust this Higher Ideal, and we dont trust ourselves.surrender & submit to what G-d wants from us! i know it's not easy, and it takes much work.but in my mind, this is what recovery is ALL about and nothing else.i dont know if anyone agrees with me, but this is the way i see it after almost 7 years hanging around GYE. am i there yet? well, we're never really THERE - but we do get closer to being THERE.and I'm much closer than I was when i started.

love you all, jack

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"ehh excuse me where is the exit please"

Re: From tragedy to redemption

Posted by Hashivalisesonyishecho - 10 Aug 2015 14:27

[newaction wrote:](#)

[Dov wrote:](#)

Avoiding using our real names here is bad enough. It is a necessary evil, for it allows people who would otherwise not come here at all, to participate without fear that "surely someone will recognize me as soon as I use my name, '**Moishe**'!" Heh. I use my name here, as others do in their posts, and have since I started here about 9 years ago. There is no other way, for me...but I came here from SA after about 10 years sober there. So it's different. I have not forgotten the incredible shame and hiding and faking and lying yet, though. Not a drop.

Wow! Such a concession powerfully demonstrates humility and readiness to do whatever it takes! Wow! Hashem should bentch you with kol tuv.

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Re: From tragedy to redemption
Posted by jack - 10 Aug 2015 15:03

of course, you need the group support - we can't do it alone.in fact, in my humble opinion, the group support is THE most important aspect of the 12 step meetings.other people that share your struggles, all there trying to recover.it's absolutely amazing! r' twersky writes about the CEO of a major corporation sitting next to a bowery alcoholic in an AA meeting.outside, they are worlds apart.but in that meeting, they are on the same level, trying to recover from alcoholism.can you beat that? the love that one feels when they go to these meetings is really beautiful.it's like a holocaust survivors club - they know each other's pain in a way that no-one else does, and so they are united.or ANY group support meeting - the idea is the same.one cant do recovery alone.

jack

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Re: From tragedy to redemption
Posted by newaction - 10 Aug 2015 15:50

[Hashivalisesonyishecho wrote:](#)

Wow! Such a concession powerfully demonstrates humility and readiness to do whatever it takes! Wow! Hashem should bentch you with kol tuv.

AMEN !! Same to you !!

Readiness and Humility i did not have before as i have now;and there is room for much more.I am in a midst of a process.Thanks to your "nagging" about which way to go, and thanks to Dov's answer always incisive and real life it lead me to another bit of progress in my growth.And for that i am endlessly grateful.

P.S. I love you !

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