

Thankful

Posted by yiraishamaim - 04 May 2015 14:41

My name is Yiraishamaim and I am 180 days sober.

I remember 180 days ago when I had just had a fall. I need not explain the flood of low emotion such an experience brings on. I had had it. I needed to do something to change this horrible cycle of Teshuva - acting out - depression - resolve to quit/teshuva - acting etc..

I remembered that picture of the guy drowning in the GYE ad. So I looked up the site and became a member of the forum. I decided to pick a name of an ideal I'd like to have, but sadly I am deficient in. I typed in Yiraishamaim - of course you need not be a dikduk expert to know it is YirAshamaim not YirAlshamaim. The misspelling is a sign of my fluster because of my momentary low emotional state. However, I never want to change the name. Let it be a reminder for me of the emotional depression and confusion I was in just prior to being introduced to the forum.

My nature is the kind that sees the cup half full rather than half empty. I like to see the good in people and I forgive easily. Great and not so great. Great because even my depression never ran too deep and was short-lived. Not so great because it took forever to get frustrated enough to realize there is a REAL problem here and thus decide a major change was necessary.

It was only by the grace of G-d that I was not into much worse things than what I was doing. How is that? too long to explain for now, the fellow that I am sponsoring will have the "zechus" to be privy to the details.

Now for what's really important.

Once I came onto the forum Hashem helped me in a most profound way. I racked up day after day of sobriety. Slips came about mostly in the first 65 days and now B"H rarely indeed.

It is through GYE that Hashem has helped me.

To the participants of the forum I owe an enormous Hakaras hatov. I find every part of the forum most helpful. The post of the rookies remind me of how I was just 6 months ago. They are more that a bit nervous. Some are unsure they want to share and many are unsure that this "forum: will help them at all. It is so gratifying to hear their emotional and appreciative responses when

they begin to sense the real caring, support and wise counsel that GYE members immediately begin to give them.

The posts of all those who grant their support or just post a thank you means a lot.

Certainly I have also learned so much here, especially from the experienced guys. I look back at my early posts and realize how much I have grown. What I realize now is so clear and second nature, then was not so simple.

The most wonderful part of the forum has got to be the opportunity to give to others. It is exhilarating to help someone who is going through similar struggles as I have/have had. When I receive a response that they appreciate the support or understand something better or especially did not act out because of what I posted -I'm in *Gan Eden*.

It doesn't get better than that. Does it? When I eventually get up from the lab top I feel a foot taller and have an extra skip to my walk.

Thank you Hashem for providing the miracles.

Thank you Hashem for GYE. I love you guys of the forum.

KOT for while you are helping yourselves you are also providing a vital service for Klal Yisrael.

GYE is on the cutting edge - the front lines of the battlefield of life.

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Re: Thankful

Posted by newaction - 06 May 2015 21:00

i sent you a PM

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Re: Thankful

Posted by yiraishamaim - 11 May 2015 21:00

A friend was talking to me today and mentioned in passing what his Rav said in shul. The Rabbi quoted some source(I will find out if someone is so interested) that the reason a Kohen Gadol is not allowed to marry a widow is that he may in the kodesh kedoshim on yom kippur - have his mind wonder and he'll think of some married lady that he would like for himself- and that could lead to her dying - therefore - the Torah assures a widow to him outright - this wil lessen the chance that he will think of a married woman 'cause once a woman is married she could never be mutar to him anyway.

I am mentioning this for only one particular reason. It appears from some of our posts that we get down because of lusting.

and yeah, they way we have been dealing with lust has been many times both different and more extreme than the the general population.

Having said that, sometimes we forget that lusting bichlal is a challenge to the general population as well. Hey, even the kohen Gadol on Yom Kippur might just slip!

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Re: Thankful

Posted by Palti-Yossef - 11 May 2015 21:06

Inspiring and recomforting, thank you vm for the share !

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Re: Thankful

Posted by Bigmoish - 11 May 2015 21:10

If you could find the source, I am interested. Beautiful vort.

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Re: Thankful

Posted by yiraishamaim - 11 May 2015 21:18

Sure, I will work on it.

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Re: Thankful

Posted by yiraishamaim - 11 May 2015 23:41

Imrei Noam; RaCh Paltiel; R"l Mlvina

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Re: Thankful

Posted by yiraishamaim - 12 May 2015 04:16

One of the foundations on which recovery is based is that Hashem comes in with great *hashgacha pratis* and takes over the reins. One could really ask: so why be so happy with sobriety? After all, what have I really accomplished? For the King of kings, our father who is limitless in ability just took over. Did I really do anything that I should be so proud?

Of course with a little thought the question is easily answered in a number of ways. Here are but a few.

Firstly, *hakol bashamaim chutz miyirashamaim* It was I who decided to change my life. And for those that say but I was at rock bottom I had no choice- not so! There are some who even at that point just turn over and play dead. Especially since we all know the frustration and hopelessness that is felt by the cycle of failure-teshuveh - and failure again- multiple times.

So it was us who made the decision to change. Secondly, it is us who continue to put in an *hishtadlus* daily- one day at a time.

Chachamim tell us that *Yagata umaztatza Ta'amin* Why *umatzasa*? because even after we have truly tried (*yagata*) it is still not automatically coming to us. It is like a *metziya* - an object that we found- a gain we don't truly deserve- our *yegiya* does not truly cut it -for the reward that we ultimately receive.

So why be so happy?

I'll tell you what moves me.

If you study just a little of science and nature we begin to get a small inkling of the greatness of

Hashem. or should I say we begin to see the we can't even fathom his greatness. The Study of Jewish History(R'ebYaakov Emdin in his introduction to the siddur)writes about the fact that we Jews are still around -a lamb(Jewish people) amongst 70 wolves(nations of the world) is a bigger miracle than Krias yam suf.

Add to that, the depth of the Torah - we further get a mere glimpse of the endless greatness of Hashem.

Now we know that any sobriety we have comes from Hashem. So we must say to ourselves "He who is so great. Yet it is also he who cares so much to personally get involved in my life and change my nature and situations so I can stay sober.

King David wrote " what is man that you should remember him?" yet you do! you remember me!

That means you cherish me!

Is there a better feeling than that?

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