

My Story - Thank Gd

Posted by Markz - 17 Sep 2015 00:27

Hi guys!

(Please see my share lower down at end of page 1)

I've been wondering if people with weak communication skills as I have are more vulnerable to the lure of pornography (See [this link](#) for example), and if unique non-standard steps would be suggested for us to get out of S* addiction.

BH I have a great job, kids...

I also have a good therapist, but have been hesitant to ask about this yet.

I'd love to hear feedback from anyone familiar with the topic. ZemiroShabbos? You mentioned it some time back [HERE](#)

Thanks

Mark

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Re: I'm an Aspie (neurotypicals are invited too)

Posted by cordnoy - 08 Mar 2017 16:10

During davaning (or whatever I did was called) today, I thought as follows:

God, if I make a strong connection with You, I may need to feel guilty about the past. Presently, I'd like to avoid that.

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Re: I'm an Aspie (neurotypicals are invited too)
Posted by annon12345 - 08 Mar 2017 16:40

hmmm

Why?

Why the focus on needing to have charata? is focus on the relationship with hashem not more important? is the focus on azivas hachait not more important?

And what is the association with guilt and charata?

Is a component of Charata not just wishing I had not done what I did? is not by being here inherently a form a Charata?

what is guilt if not just a very strong emotion... of which we may or may not be able to control?

I think we have all had those moments of clarity as to how helpless we were and broke down in an endless flow of tears... but is that charata or, as Markz was alluding to, just us so knee deep in emotions? after a period of strongly enforcing and re-enforcing an azivas hachait we feel more "in control (illusion of control)" and more emotionally stable.

I would go out on a limb and say that the desire to do "true" charata comes from the yetzer hara trying to downplay any accomplishments or sell us short.

Anyone who has had serious issues and has battled with blood sweat and tears to do the ratzon haborei needs to hold his head up high and not worry so much about charata, maybe maybe on yom kippur ... but chas vsholom to have it lead to getting depressed which can begin a downward spiral

Hatzlacha!!

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Re: I'm an Aspie (neurotypicals are invited too)
Posted by MayanHamisgaber - 08 Mar 2017 20:20

Charata is part of teshuva guilt needs to be used to get to the steps of teshuva described by Rabbienu Yonah but with caution especially for addicts and even those who just struggle more than the average person.

Before my last fall was watching naruto one of the shows featured a guy casting a spell but got caught himself in the spell because of his own emotions. He broke out of it when he saw a friend who acts with alot of emotion but does not project it to others. He then realized that one can feel emotions but not be overwhelmed by them hence allowing himself to use them effectively for the spell....

I think there is what to gain by this perspective in the above discussion use guilt as a springboard but don't get bogged down with them

Any thoughts on this guys

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Re: My Story - Thank Gd
Posted by Workingguy - 08 Mar 2017 21:03

I have thoughts. I thought I was the only one who used to watch Naruto. I'd be watching in middle of the night waiting for my baby to go back to sleep and often watched it and disnt watch por. But I think I was a Naruto addict. Watched about 150 episodes I think

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Re: My Story - Thank Gd

Posted by MayanHamisgaber - 08 Mar 2017 22:29

beetcha there watched way over 250

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Re: My Story - Thank Gd

Posted by Workingguy - 08 Mar 2017 23:15

[MayanHamisgaber wrote on 08 Mar 2017 22:29:](#)

beetcha there watched way over 250

Whoa! I have so many questions. What happens to Sasuke? Does Naruto become the Hokage?

I haven't watched it in years- maybe eight years- and I still remember it so crystal clear.

Lots of good mussar there about the monsters inside of us.

I find that a lot of the cartoons have the best yesodos, but that's clearly not what they're there for.

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Re: I'm an Aspie (neurotypicals are invited too)

Posted by the.guard - 08 Mar 2017 23:34

[cordnoy wrote on 08 Mar 2017 16:10:](#)

During davaning (or whatever I did was called) today, I thought as follows:

God, if I make a strong connection with You, I may need to feel guilty about the past. Presently, I'd like to avoid that.

When Hashem sees us, he sees our entire life in one glance, from when we were born until we die, and everything we accomplished in between. While we live in guilt, shame and in the moment, he sees our true potential and who we really are. There is no need to feel guilty when connecting with Hashem. Aderaba, connecting with Him in real way brings simcha in the knowledge that He understands us, loves us unconditionally, like we do our children, and has infinite patience with us...

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Re: My Story - Thank Gd

Posted by Singularity - 09 Mar 2017 13:27

[Workingguy wrote on 08 Mar 2017 23:15:](#)

[MayanHamisgaber wrote on 08 Mar 2017 22:29:](#)

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BH my thread isn't the nerdiest anymore!!

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Re: My Story - Thank Gd

Posted by Workingguy - 09 Mar 2017 16:09

[Singularity wrote on 09 Mar 2017 13:27:](#)

[Workingguy wrote on 08 Mar 2017 23:15:](#)

[MayanHamisgaber wrote on 08 Mar 2017 22:29:](#)

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Yup, it's like the GYE Comic Con.

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Re: My Story - Thank Gd

Posted by GrowStrong - 09 Mar 2017 18:15

[Workingguy wrote on 09 Mar 2017 16:09:](#)

[Singularity wrote on 09 Mar 2017 13:27:](#)

[Workingguy wrote on 08 Mar 2017 23:15:](#)

[MayanHamisgaber wrote on 08 Mar 2017 22:29:](#)

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Get a thread!

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Re: My Story - Thank Gd

Posted by MayanHamisgaber - 09 Mar 2017 19:54

[GrowStrong wrote on 09 Mar 2017 18:15:](#)

[Workingguy wrote on 09 Mar 2017 16:09:](#)

[Singularity wrote on 09 Mar 2017 13:27:](#)

[Workingguy wrote on 08 Mar 2017 23:15:](#)

[MayanHamisgaber wrote on 08 Mar 2017 22:29:](#)

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Re: My Story - Thank Gd
Posted by cordnoy - 09 Mar 2017 20:06

I'm very proud of myself.

I didn't Google Narudo or Hokedage yet.

Besides, they don't seem my type.

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Re: My Story - Thank Gd
Not worth it for me reminds me of the last time I was caught
Posted by Shomo24 - 09 Mar 2017 20:26

[cordnoy wrote on 09 Mar 2017 20:06:](#)

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I only like "other" cartoons.

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Re: My Story - Thank Gd

Posted by MayanHamisgaber - 09 Mar 2017 20:39

[Shlomo24 wrote on 09 Mar 2017 20:26:](#)

[cordnoy wrote on 09 Mar 2017 20:06:](#)

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Spongebob??

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