

My story and experience

Posted by LearningNoahide - 03 Oct 2015 22:24

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Hello everyone, as my name suggests I am not Jewish but as I am following the Noahide laws Judaism is my reference. With this background this site has become a life saver for me.

I have had a problem with acting out since I was 14 I was homeschooled and I hadn't had "the talk" with my parents. Right from the beginning my first fall was associated with a lack of knowledge. I basically didn't know what I was looking at. From there I acted out and I didn't know why but I felt guilt. I had no beliefs on the matter but I felt guilt anyway. This of course makes things worse, another trick of the yetzer hara, and I have been dealing with the problem ever since.

It was during my recent search for the truth and my discovery for G-d's plan for Gentiles that I also began to take action against my addiction. I have failed more times than I can count.

It occurred to me last week that the voice of lust in my head was arguing with me. It would use information that had supposedly reliable sources. (Eg it's healthy, a phrased used by many psychologists). I realized that deep down I knew that I needed to combat this and it was extremely important for me to have the knowledge to back me up when in an argument with the yetzer-hara. I have succeeded so far. I have been clean only a week but because I understand the science and information and truths about this topic I feel invincible. My final takeaway from all this is that it is not enough to believe something is wrong. I need to KNOW and UNDERSTAND exactly why it is wrong and why it is damaging on all levels of my being.

This is my first time posting in the forum. I wanted to share my story so as not to feel alone in my journey. I would really appreciate hearing back from anyone who can encourage me or help me.

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Re: My story and experience

Posted by LearningNoahide - 09 Oct 2015 07:47

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After an excruciating day I have finally began to understand how powerless I am. I cannot break free on my own accord, but only by the will of G-d. I feel like John Nash in the movie "A Beautiful Mind." He had a mental illness, schizophrenia, and ultimately the only way to overcome it was to NOT fight it. By fighting it he was giving reality to his delusions. Instead he had to ignore the delusions to the best of his ability. I think it is the same with lust. In a way it is just a delusion. I need to ignore it, not fight it.

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Re: My story and experience

Posted by LearningNoahide - 10 Oct 2015 09:57

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Actually you are very right by saying that. It is the same thing. Do you think it would be better to say that I should change HOW I fight, but not IF I fight??? Like using distraction as a weapon, rather than self-talk??? What you said makes a lot of sense and I thank you for helping me redefine my understanding.

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Re: My story and experience

Posted by LearningNoahide - 10 Oct 2015 21:35

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Thank you for helping me articulate this. This process of critiquing, clarifying and articulating what I mean ultimately determines how well I understand the topic.

By self talk (self talk is not the word for it) I meant trying to talk yourself out of it, or in a better sense, argue or engage with the yetzer hara.

But you are right, sometimes the Yezer Hara is too strong to ignore, and too smart to argue with. Sometimes I can't win. Instead of surrendering to the Yetzer Hara, I should surrender to G-d. I should just say, "G-d, I can't fight this anymore take over from here."

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Re: My story and experience

Posted by cordnoy - 12 Oct 2015 10:23

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What was the movie about?

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Re: My story and experience

Posted by LearningNoahide - 13 Oct 2015 05:30

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The movie was about John Nash, the famous mathematician. Awesome movie. I won't spoil it for you.

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