

Starting anew. again.

Posted by shmiraShachaim - 08 Feb 2016 19:28

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Hi everyone. I have introduced myself in the past but I decided to open a new account because I haven't been on top of my GYE game and after falling a couple times after a long streak I decided to start afresh. No point explaining more so I'll get down to what I have been going through: I go by Chaim and I'm 23. I started a rollercoaster of depravity and *teshuvah* about four years ago which began with lusting and masturbating, and progressed to pornography. During this period I dealt with being diagnosed with OCD, ADD and depression, and my mother passing away. As is common with addicts, my image completely clashed with my activities and thoughts. I was viewed as a masmid, bal medos, tzadik, etc. but I had this storm going on inside me going on without anyone noticing it besides poor lonely me. True, I might of lacked self-esteem and overly cared about what people thought about me and feigned who I was somewhat, but I didn't view myself as a *complete* fake because I *did* care about growing and coming close to Hashem. Instead I saw myself as a very confused and depressed person. With a few therapists under my belt and signing up on GYE, I have been working on myself by attaining a better understating of my addiction and attempting to address my diagnoses and circumstances which are interrelated with each other and my addiction. B"H, I have gained clarity through GYE in the nature of my addiction and the means of going about it. I was able to stay clean for a month and a half and I felt it was time to start dating. I felt clear headed going out with my first date. I haven't done more than having the occasional fleeting sexual thoughts in a while and as far as I can tell I didn't view her as a sex object. I didn't fantasize about her and I'm pretty sure I was evaluating it with my usual methodical and even OCD thinking and I really truly believe it's a neis that I am engaged to her. She is sweet, pure, and has a very similar outlook and goals that I do. I was clean for a while but I was still working on a TaPHSIC shvuah. I was able to think it through and write it down, but I acted out before I actually said it. I acted out once after that by paying my "small" kinas. I am so scared. What has gotten into me? I need to prepare for marriage and not hurt this girl whom I committed to take care of in a loving and healthy way. Please Hashem help me on this never ending journey!!

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Re: Starting anew. again.

Posted by Markz - 12 Jul 2016 01:25

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We're thankful you're part of the family

What book was that?

I quote Rabbi Twersky at the Shabbos table. He's brilliant. Have you read all his writings? What you mentioned was good, but it's not the entire gamut, so keep on reading!!

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Re: Starting anew. again.

Posted by shmiraShachaim - 12 Jul 2016 01:43

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Thanks Markz (btw a "Markk" just joined GYE.. Don't yell at him for infringement, be nice.)

the book is "the enemy within", and no this is the first one. Looking forward to more though.

Also looking forward to the entire gamut! Hopefully I'll make it!

So you give your haskama for the Rebbe's mashal to addiction?

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Re: Starting anew. again.

Posted by Markz - 12 Jul 2016 01:49

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The 3 weeks are almost here and the Sfas Emes said the same about someone that can't cry about the churban, that "he should cry about the fact that he can't cry"

And Markk is probably my 2nd Marxist cousin from the KKK tribe

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Re: Starting anew. again.

Posted by shmiraShachaim - 12 Jul 2016 03:07

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Please for forgiving me for being a little slow. The sefas Emes is gishmak, but what relevance?

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Re: Starting anew. again.

Posted by Markz - 12 Jul 2016 03:17

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You wrote

He's quotes the Rebbe of Kotzk who said that we should conceptualize that the yetzer hara is holding an axe over us , threatening to severe our head. One chassid asked him, "what if I can't visualize that?" The Rebbe from Kotzk answered, "that indicates that your head has already been severed."

We can cry to Hashem to take over the challenge from our incapable hands. Someone that can't visualize a challenge has even more about what to cry about

I replied to that point on the same lines

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Re: Starting anew. again.

Posted by shmishachaim - 13 Jul 2016 03:00

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Crazy day. Haven't been feeling well. Exhausted. Head not on straight but B'H on enough- at least for now, not to fall. Please say tehillel for Shmira ben Avraham Avinu. Thank you

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Re: Starting anew. again.

Posted by Markz - 13 Jul 2016 03:48

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You realize your initials are SAA?

Interesting... Maybe checkout SAA

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Re: Starting anew. again.

Posted by shmiraShachaim - 13 Jul 2016 18:28

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You realize your initials are SAA?

Interesting... Maybe checkout SAAWhat does SAA stand for?

also, are there any R Twerskie books in particular that you enjoyed?

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Re: Starting anew. again.

Posted by shmiraShachaim - 13 Jul 2016 18:29

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[Markz wrote:](#)

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Re: Starting anew. again.

Posted by shmiraShachaim - 13 Jul 2016 18:32

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Stayed home today. Feeling a little better but still not %100. Trying to catch up from all the running around and being sick yesterday.

maybe this is a sign I should just take deep breaths and think about life and what I should be doing to keep the life I B'H have been able to retain recently.

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Re: Starting anew. again.

Posted by shmirashachaim - 14 Jul 2016 00:41

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Haven't been thinking about life or anything for that matter besides that my head started hurting and still sick. Can't really think so clearly. Am I a sicko? I have been getting these fleeting thoughts about certain female figures from the past during mincha. I am still astonished by my human pathetic brain. Here I am, happily married . Davening. And still...

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Re: Starting anew. again.

Posted by Markz - 14 Jul 2016 01:11

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[shmirashachaim wrote:](#)

[Markz wrote:](#)

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Interesting... Maybe checkout SAA

What does SAA stand for?

also, are there any R Twerskie books in particular that you enjoyed?

SAA is an anonymous group of recovering guys that will be very happy to have you join and you don't even have to tell them your father's name is Abraham

Rabbi Twersky on the Parsha is what I share over sometimes at the tisch, it's really awesome

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Re: Starting anew. again.

Posted by shmishachaim - 14 Jul 2016 18:43

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[Markz wrote:](#)

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haha.. Probably one of the dumbest questions I have asked, being on GYE for so long:laughing:

Oh yah, And I guess I lied about it being my first R Twersky book. I have the parshah one too and have been looking at it.

Last week I used it as a springboard for getting into addiction (thought would be a good idea). By the Friday night meal by the in-laws, we were discussing how it can be possible that the yidden messed up so many times in the midbar (not the first time the question has been asked). So we talked about it. Shabbas mornings I pulled R Twersk's book on the parsha off the shelf, and read his take on why Hashem said to have korach's pans melted and used as the cover for the mizbeach. R Twersky talked about the passak's reasoning for this: to "learn from history", and brought out the difficulty of doing so from the alcoholics he treated, where no matter how many times they drank and got messed up from it, they would do it again, and again, and again.

I took out from there a new outlook on how klal yisroel acted in the midbar; a simple yet powerful one. When one asks:how can the Bnei Yisroel consistently make the same mistakes over and over again, we can point to the phenomenon in ourselves. R Twersky said everyone

has this middah, but it's especially noticeable in addicts. No matter how many times the act turns sour, we do it again. I think it's more than just saying "we can't understand what Klal Yosroel went through in that generation, and therefore can't judge", rather it's that we *do* understand them at a certain level by looking at ourselves and how our brains (and especially the messed up one of he addict) work.

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Re: Starting anew. again.

Posted by shmiraShachaim - 15 Jul 2016 01:25

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Been home all day again. Inaction could be as bad as too much action. How spoiled am I to want just in the middle? Lesson is what ever is thrown my way that's what I do.

Also, I pushed off the inappropriate material I needed to do a little while ago. I can't push it off any longer. Struggling.

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