

**HELP ME**

Posted by Fb2016fbt - 26 Feb 2016 05:48

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Hey I'm 23 and I was suggested writing my own thread and then that would help me get my self out of the wreck that I am!!!

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Re: HELP ME

Posted by realsimcha - 27 Mar 2016 03:08

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[cordnoy wrote on 25 Mar 2016 18:46:](#)

[realsimcha wrote on 25 Mar 2016 17:42:](#)

[cordnoy wrote on 25 Mar 2016 17:07:](#)

[Fb2016fbt wrote on 25 Mar 2016 12:31:](#)

[cordnoy wrote on 25 Mar 2016 06:00:](#)

[Sasha 2 wrote on 24 Mar 2016 21:10:](#)

[shmirashachaim wrote on 24 Mar 2016 17:19:](#)

fake, i obsess over what others think about me and my image. I felt that letting go of this helped me with my addiction because addiction has a lot to do with sheker, and becoming more emestik helps.

I'm not sure I get that, can you please explain why addiction has to do with sheker?

Sobriety is all about honesty. Period.

Plz elaborate cordnoy

I always do.....Monday thru Thursday from 1:20 and on.

Step one is opening up to someone real, something that not everyone here does.

The point of "here" is to allow (a) people who may not be clinical addicts to use the forums and other tools to improve their lives. and (b) even for addicts, to be a gateway for people into that world of "real people". Many of the "real people" that I know in SA got there through this site. Either way, dont be so down on the people "here" while you are "here". Everyone is on a journey. Including you. There are many roads as you wrote not so long ago: about 48 methods etc etc. So go easy. This site means different things to different people. Unless you are convinced that what worked for you - for now - is the only god given truth and everything else is bs

If you read my posts, you will know what I think. We were talkin' here about honesty. I stated

what I think (the honest truth), nothin' more, nothin' less, and regardin' what works for me, GYE was one of the important factors.

Listen, first of all I do read your posts. They are smart, sharp and inspiring. You have been a source of inspiration to me. I one time spent who knws how long reading your entire thread because I was so intrigued by the emes of your journey. I was also particularly inspired by the humility that you entered this site with [something i still have to learn from]. And I know and appreciate that you are [brutally?] honest. I am just concerned that people that are using this site as is should not feel that its not kidai because Cords says that the first - first!! - step is to talk to real person. And yes, I felt a little sensitive about it myself. I have real people that I speak to. But I am not comfortable reaching out without anonymity to the oilam on this site. And I felt - and maybe I am too sensitive - that your post was a backhanded way of telling me - and people like me - that our journey is simply not honest. Trust me. You have no idea how honest I have had to get.

In any event, I am sorry for writing sharply. It was my honesty. But maybe some kaas crept in as well and thats on me. I hope we can keep interacting.

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Re: HELP ME

Posted by cordnoy - 27 Mar 2016 03:53

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no problem at all.

on your account, i added two words to my original post.

i did not mean that step one in recovery is openin' up to another, for people are naturally scared of that.

the thread was discussin' honesty (in sobriety or recovery), and there I feel it is necessary to speak to another (anyone). One cannot be honest with himself, for we are da same guy who got us into the trouble in the first place. Now there are levels in that as well. some post on the forum and they say that they are sayin' their true feelin's; perhaps; I would be skeptical. Others do email. Some even go as far as speakin' on the phone, which is a higher degree, but once again, from experience, and from what i have heard from others, people do not break thru (in honesty and recovery, especially from addicted states) unless they truly open up to another.

Sorry for the length.

Thanks again.

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Re: HELP ME

Posted by cordnoy - 27 Mar 2016 03:56

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and by the way, regardin' your journey, I wasn't 100% sure from your last post, but speakin' to others does not have to be from this site; agreed completely. Some might even tell you that it's preferable that they shouldn't be from this site.

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Re: HELP ME

Posted by Fb2016fbt - 27 Mar 2016 04:12

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I'm having trouble understanding the pshat in why opening up with someone helps you stop. Is it a guilt feeling you have and now that you're ashamed you will stop doing it?

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Re: HELP ME

Posted by cordnoy - 27 Mar 2016 04:15

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[Fb2016fbt wrote on 27 Mar 2016 04:12:](#)

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no; but do me a favor please; if youre interested in findin' out the answer, read the white book.

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Re: HELP ME

Posted by OTR - 27 Mar 2016 05:48

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[Fb2016fbt wrote on 27 Mar 2016 04:12:](#)

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Guilt does not stop a person from acting out. If utilized healthily by a healthy person, a simple sense of regret and guilt can help them realize they want to change course and change their behavior. But ffor me, and I think many addicts on tbe site, guilt can be toxic.

I find talking with others helpful becauseit makes me realize I'm not the only one, helps me get different insights and ideas on what to do and helps me clarify what I'm thinking or feeling. That's mostly what the benefit ois for me

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Re: HELP ME

Posted by cordnoy - 27 Mar 2016 11:30

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[OTR wrote on 27 Mar 2016 05:48:](#)

[Fb2016fbt wrote on 27 Mar 2016 04:12:](#)

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Those are all good and it may be what works for you. Your first two things that you benefit can be done by simply listening to others. I don't think the third item is the key to "opening up." But again, keep working what is working for you.

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Re: HELP ME

Posted by shmiraShachaim - 27 Mar 2016 17:29

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[shmiraShachaim wrote on 24 Mar 2016 17:19:](#)

Hey fb... little late to your thread but glad i got to it eventually. I feel your pain. I feel it so much because i was there as well. I know the feeling of going through Yeshiva on the outside on a high but in the inside low. I was considered one of the top of my shiur for a while, and viewed as a baal midos, tzaddik, masmid, lamdin, and add on a few more. I really wanted kervas Hashem, and i had a real yearning for limod hatorah, and mussur and everything else, and i didnt know what to do with this deep dark secret. It killed me and confused me for years. So much confusion and depression. I felt lost and many times burnt out of yiddishkeit and burnt out from living. My davening and emunah was hurt like crazy and just sat in went through life in lostness and confusion I am hurting now thinking what you may be going through.

I don't have much advise to give because I am still working on myself and still struggling, but i'll throw in my two cents:

Besides my struggle with addiction, i have many struggles in life. One of them is the struggle of kavod. I like kovad. simple. eventhough my avodas Hashem isn't a complete fake, i obsess over what others think about me and my image. I felt that letting go of this helped me with my addiction because addiction has a lot to do with sheker, and becoming more emestik helps.

You seem like a very good bachar, so i felt this might be relevant to you. If not at least i was able to post on your forum! Hatzlacha and keep in mind that you can and will get better!

It might not be conventional to quote myself, but I wanted to continue on my two cents for a while on on Kovod and emes. I was going to write about being honest with myself was a huge step for me as RS said- about being honest what state I'm in etc. and I was going to say how my addiction feeds on me lying to myself in other ways as well. For example There were many times that I would tell myself i could do a particular activity even though that activity can easily lead me to inappropriate material because there is nothing wrong with it. I know I'm only doing it so that I can just "slip" into whatever I'm lusting for but I tell myself this anyways. I

simultaneously tell myself i'm doing something for innocent reasons and for not innocent reasons. Also, sheker places a role in the many ways my mind tells me that acting out will solve the many problems I have in life. No matter how many times I tell myself and no matter how obvious it is that this is not so, when im lusting this is what my mind tells me. The working of my mind when it comes to lusting is the epitome of sheker

Now, I wanted to say the connection of kavod to addiction I have found by me: First of all, I found that being more emestic in general helped me to be more emestic with my addiction. Training my brain to be emestic with other people affected my ability to be more emestic with myself regarding my addiction and the chasronos I have that led to my addiction. When I obsessed with my kovad and did things with alternative motives and stressed what others thought of me, I trained my brain to not be yasher, which affected my ability to be yusher with myself as well. Second of all, there is only so much I can put my focus on. Being so focused on what others thought about me took away my ability to focus on what I think of me. My being outer focused of thinking what others think took away my ability to be inner focused to figure out how to deal with this addiction and why I have this addiction. Furthermore, for technical reasons my worry about what others thought of me got in the way of what I needed to do to help staying sober. For example, I never left Yeshiva to do anything recreational. I learnt most of the day and maybe schmoozed a little by meals. I found that relaxing more helped replace the "excitement" of acting out with healthier "excitement". The daily grind of each day made me restless until I acted out. Incorporating healthy activities helped me. However until then I refused any offer of friends to do anything because of my "shtarkness" and therefor let my need for relaxation fall to lust. Again, I wasn't doing this completely to hold up a fake image. I held of myself of being "shtark". But I struggled with this even when I knew I needed to get out and do healthier things because of my image and convinced myself to continue being "shtark" and I'll prevail. I was not only lying to others but to myself as well. Hope I wasn't too confusing and I realize much of this probably only pertains to me, but in any case love to share about myself and connecting... I am still a newbie and desperately need it!

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Re: HELP ME

Posted by Fb2016fbt - 28 Mar 2016 23:14

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I definitely can relate to that somewhat, definitely not as extreme about my self image, but I do care about that, I mean opening up with another person is really embarrassing so I'm not ready for that yet. I don't understand step 3 about turning our lives and will over to HaShem as we understand it. This is as opposed to what?

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Re: HELP ME

Posted by Workingguy - 29 Mar 2016 00:07

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[Fb2016fbt wrote on 28 Mar 2016 23:14:](#)

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As opposed to continuing to try to run your own life- there are two issues with that according to the 12 steps.

One is that if you're life is unmanageable and that only a higher power can restore you to sanity, hen you have to let HIM run the show and stop trying to run it yourself.

The second problem is that according to the 12 steps a major issue of addicts is self-will run amok- they try to control their lives and when it becomes unmanageable they end up acting out, so to make life manageable they have to take their self will out of it.

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Re: HELP ME

Posted by OTR - 29 Mar 2016 00:37

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[Fb2016fbt wrote on 28 Mar 2016 23:14:](#)

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As opposed to our own will which is what we who are afflicted with addiction tend to try impose on the world.

Ps- Opening up to others is the first step toward recovery from addiction (if one is addicted). It's



not easy, and not always pleasant, but it does seem to work.

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Re: HELP ME

Posted by Shlomo24 - 29 Mar 2016 04:18

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[OTR wrote on 29 Mar 2016 00:37:](#)

[Fb2016fbt wrote on 28 Mar 2016 23:14:](#)

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Ps- Opening up to others is the first step toward recovery from addiction (if one is addicted). It's not easy, and not always pleasant, but it does seem to work.

Opening up helped me get out of my head and into reality. Although one has to be very careful about to whom they open up to.

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Re: HELP ME

Posted by Sasha 2 - 29 Mar 2016 14:35

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There are people that you can open up to anonymously, like I've done, he didn't ask me one personal question and it was the first time I have ever seen him in my life and the 2nd to last too! (I went to say bye as well) although I keep in touch by email.

It changed my entire recovery, It's not like I don't understand how you feel because it took me a whole year to finally do it!

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Re: HELP ME

Posted by Yesod - 29 Mar 2016 14:40

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Interesting, how'd you arrange that?

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