

Community

Posted by Avrohom - 06 May 2016 23:07

I'm (semi) new here.

I've been struggling for years. It's not just lust-it's a lot more, but lust is closely connected, perhaps even central, and there are definitely common denominators and links.

I'm a Bachur, and i've been in therapy for a long while. I've somewhat tried the 12 step phone conferences, and then live SA meetings, but i never put myself in fully for long enough.

As i've been getting older, more and more i feel like my whole life is on pause due to these issues, most prominently lust. My parents get shiduchim suggestions, but they right away turn it down. At the same time as i'd badly like to entertain them, i can't. This year different things came together to give me the push to make big improvements, and i was very hopeful, and even when i'd slip up, it didn't feel like it's the end.

More recently that changed, as the time passes and the realization that once the zman ends it will be problematic if i drag longer, messing up meant more. I've lost a lot of hope. At the same time i've regressed. Sometimes (often-over the last few days) i just want to quit it all, and just do whatever i feel like. This doesn't make me feel good, or fulfilled, but it feels like at least i won't be torn apart. So, while i know that for some reason, i should take steps to take care of this, i don't really have what to motivate me. And often when i did get motivated, it only lasted for a bit.

So, i realized that i've got to get involved, and that i needed too find people to share with (although i already had some it wasn't constant, and required my choice a lot of times, which i often didn't make). So i spoke to a roommate, but he could be sympathetic, sometimes give me a little push, and listen when i mess up, it doesn't feel the same. So i came here.

I've been looking around for a couple of days (i've been on the site some times before, but never really looked around), and find a lot of the things confusing. I'm not sure if i'm just ready to throw myself into doing the actions necessary. And there may be some things, which will be hard for me. At the end of the day, i never really figured out what it means to give myself over to Hashem.

So i turn here, hoping to find people, who will just give me the support i need, the advice, and sometimes the push when it's needed.

Thank you.

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Re: Community

Posted by Avrohom - 09 May 2016 05:27

The concept of one day at a time, is one that I've long struggled with. Sometimes that's when I'm doing better, sometimes when I'm doing worse. Always the issue is, that my biggest motivation is often longer term then "today".

I will definitely look around for those posts.

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Re: Community

Posted by Yosef Hatzadik - 09 May 2016 05:58

I can't take a shower today to wash off tomorrow's dirt. All I can afford to focus on today is, today.

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Re: Community

Posted by Yosef Hatzadik - 09 May 2016 06:00

I can't bite off more than I can chew.

At times, if I were to commit to **never again** look at porn, I will fail. Because I enjoy porn too much to just give up on never having it again. But I can definitely manage without porn or other Lust TODAY....

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Re: Community

Posted by Avrohom - 09 May 2016 07:46

My problem is, that often when i'm only thinking about "today", i don't have a motivation to hold back "today".

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Re: Community

Posted by markz - 09 May 2016 10:41

Avrohom as you may understand from my story, I'm a fun loving fellow that will often speak my mind before my mind tells me not to

Now I have a question which may seem irrelevant but is not, since these things helped in my sobriety

Are you busy?

Do you exercise?

Do you have a full time job?

Part time?

Alternatively; are you learning in yeshiva full time 60min/hr?

Your Truck is waiting for you

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Re: Community

Posted by cordnoy - 09 May 2016 12:29

I have just one question for you: do you wanna live life to its fullest?

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Re: Community

Posted by Yesod - 09 May 2016 13:48

I also have just one question, are you in need of a vacuum cleaner.....

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Re: Community

Posted by Avrohom - 09 May 2016 17:45

You guys are quite astute. As i mentioned in my first post, there are other issues which are closely linked, and it's sort of cyclical. I'm pretty sure you guys touched on a bunch of them (although i'm not 100% sure what Yesod means).

Just going to say to cordnoy, yes, but that feels like a long term project.

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Re: Community

Posted by Avrohom - 09 May 2016 17:53

as you may understand from my story

I actually just read your story, and i'm going to have to read that full thread. While i don't have Asperger's (i think), certain things you wrote are familiar.

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Re: Community

Posted by cordnoy - 09 May 2016 21:09

[Avrohom wrote on 09 May 2016 17:45:](#)

You guys are quite astute. As i mentioned in my first post, there are other issues which are closely linked, and it's sort of cyclical. I'm pretty sure you guys touched on a bunch of them (although i'm not 100% sure what Yesod means).

Just going to say to cordnoy, yes, but that feels like a long term project.

Mr Avrohom,

You couldn't be farther from the truth.

Really.

Living life to its fullest is a short term project. It simply involves the present.

It is not long term at all; I hardly ever think about tomorrow.

B'hatzlachah

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Re: Community

Posted by Avrohom - 10 May 2016 04:26

The thing is, that to a certain extent living life at it's fullest in a short term way for me, doesn't necessarily imply good things. "Living life at it's fullest" to me, means enjoying myself fully, and when i think short term, that's mostly physical etc. This is not always the case, but for the most part it is. Maybe (probably?) i've got the idea of "living life to its fullest wrong". I don't know.

Edit:

Even as i was writing this, i was feeling conflicted. And that's grown stronger in the few minutes since. While i want to enjoy myself, and often when doing the right thing, the enjoyment isn't there right away, with any strength, or at all, doing **just** what's pleasurable (particularly if it's wrong) feels disgusting. Sort of no happiness either way. So what i've resorted to doing is, to just shut down the thoughts from my mind that tell me it's not good, this way at least i enjoy something.

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Re: Community

Posted by Yesod - 10 May 2016 05:11

Great point Avraham.

Along those lines.

I can identify how often the whole concept of one day at a time, or living in the moment smacks of superficiality.

It's like anything in the present is a short term value and hence of low worth.

On the other hand not being fully immersed in the moment is also something that is not right.

(Similar to - Im lo achshav aymasay)

I guess the idea is to realize that all our moments effect and play in to our complete destiny, yet then Zoom back in and give the present our all. (In context of our long term mission).

Analogy.

We have a map to give us overall direction, yet when we actually start driving we focus on only the stretch of road ahead, to look at the Map at that time would be hazardous. We need only review it from time to time to remind us of our route and to give context, substance and satisfaction to our current movement.

Whatever

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Re: Community

Posted by Avrohom - 10 May 2016 08:15

It's not so much that it's superficial, as that my short term priorities are in certain ways a lot more messed up, then my long term ones. And there's a part of me screaming right now, how can i write this? No matter what i want to be a good yid, and that if i truly had bitachon etc that's what i'd do.

So maybe the problem isn't my short term priorities, but worry about future.

Whatever it is, somehow, when i feel like there's some future hope, it helps me. Conversely when i don't have that, it could create problems if the worthiness of that particular moment doesn't carry full weight-which it often does.

I also want to add, that (and i know this is not one day at a time) sometimes when i want to do good stuff/not do bad stuff, i think that maybe for a moment i'll be okay, but at a later time when i fall in different ways, it will cause the pain to be much greater.

I'm not sure if i'm being clear, or if i'm just confusing myself. But anyway.

Truth is, that some of this, is stuff i was thinking in the past week or so-particularly when things were bad (and it's left it's mark); even though as i write some of it, it feels stupid(?).

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Re: Community

Posted by stillgoing - 10 May 2016 15:09

Avrohom, I can relate very much to what you are saying. I don't believe (and perhaps others will disagree) that odaat (One Day At A Time) means completely ignore the rest of your life. That's why I like Yesod's map example. We need to have long term plans, and I think long term goals, but each and every day when we are living our lives and we are faced with temptation, it doesn't always help to say "oy, if I act out now I'll break my streak" (sometimes it does help, which is why the 90 day chart is a good idea), but sometimes we'll say "long term smong term, I want this junk NOW." That's where it helps to say odaat. Will I be clean tomorrow, who knows, next year - too long to think about, can I make this day count as an absolute win over my animalistic dirty lust - YES! Today I Can Do It! And Today I Will!

Warning: Spoiler!

Hatzlacha

Sg.

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