

introducing myself

Posted by ayidel - 05 Jan 2018 10:07

hi my name is ayidel i'm married for 10 years and have a couple of children i don't think i am an addict

but rather would have falls at more spread out times so it took me a while to figure out that i might need help

but i thank hashem i found this site signed on and ready to really hanker down thanks for everything

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Re: introducing myself

Posted by HakolMilimala - 23 Feb 2018 00:26

[gibbor120 wrote on 22 Feb 2018 20:48:](#)

It sounds like your therapist was trying to help you avoid getting in "that mood" in the first place. He was getting closer to the root of the problem. Sounds wise to me.

Oh a thousand percent!

That was the point that I was trying to make, that I'd thought we'd talk about breaking free from "that mood," yet my therapist directed the conversation in a place which very likely might be more beneficial.

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Re: introducing myself

Posted by ayidel - 23 Feb 2018 09:11

Its certainly a much less risky zone to deal with if you take a step back and try to take care not to even get into the mood that later causes a fall there you are two steps away from the fall and in more control so it sounds great to me

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Re: introducing myself

Posted by Hashem Help Me - 23 Feb 2018 12:18

If someone knows that stress, boredom, loneliness, etc cause them to possibly act out, train yourself that way before the urge even comes to deal with the issue at hand. For many, exercise works very well to restore emotional balance - removing the danger of acting out. For others, a simple walk around the corner, a phone call to a friend - whether in "real life" or GYE, a good book, or writing down ten things Hashem did for them that day does the trick. The chevra that have developed pre-urge strategies all report that they are doing much better and are finding that they are having much less urges.

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Re: introducing myself

Posted by ayidel - 27 Feb 2018 14:30

It seems to be a common argument around here about the 12 steps if they are according to the torah or not

one of those steps is about giving up total control to hashem knowing that i cannot do it myself and only HE can do it for me those against it claim that its our y"h and our responsibility to take charge alone there seems to be a gemorah that can be proof contrary to this point

The gemarah yomah 69: brings the story that the sages prayed for 30 days that the y"h of idol worship be eradicated after that time they where given their request and the y"h was given over to them and done away with

This seems to be queer for if they still had the ability to fight it why cancel it and if they didn't have the ability to fight why didn't hashem cancel it with out their request the answer i heard (don't recall who said it but it was someone big) was that at times hashem will put us in situations where we don't have the ability with our own strengths to fight it but he demands from us to turn to him and request his help and that is our tafkid at such a time to turn to him and ask for his help

According to above we can add that the next gemorah which speaks about the y"h of lust and the sages wanted to cancel that also, seems to point that there is times\people in which

will not be able to mannage on their own and only by turning to hashem will they succeed

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Re: introducing myself

Posted by ayidel - 07 Mar 2018 16:26

I know dov says the charts are not the real thing but it really gave me the push i needed

i was going to browse things that i shouldn't and it was getting tough to resist the urge

what did it in the end was the thought of all the effort to reach so far just to lose it for a short gratification so for now thanks again for GYE and thanks for the chart

Any good word would be appreciated as i still fear the desire will return

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Re: introducing myself

Posted by Hashem Help Me - 08 Mar 2018 07:45

Whatever works for you should be continued. One thing that really worked for me was getting to speak to people who were successful. My being accountable to them, and having their advice and outstretched arms was and is invaluable.

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Re: introducing myself

Posted by Josephsbrother - 08 Mar 2018 12:47

[HakolMilimala wrote on 22 Feb 2018 00:37:](#)

[ayidel wrote on 17 Feb 2018 19:02:](#)

[HakolMilimala wrote on 16 Feb 2018 21:35:](#)

So with your amazing accomplishment I just want you to keep one thing in mind, that even though it feels liberating, there's going to be a day when your mind starts asking you for an escape, so you have to stay grounded. Take me seriously.

You bet i take you seriously and its my greatest fear seeing some who have managged to reach such high numbers only to fall afterwards i don't know when and where it will come and meanwhile i am trying to get ready for that by reading from those who have been there and had that fall and thats why i greatly appreciate your input about a plan and would like to hear more details as to how that works

It's funny because I sat down with my therapist this week and I told him that I relapsed. I thought we'd talk about breaking free from a triggering mood, but we ended up talking about why I got triggered last week, that maybe I was putting an unhealthy amount of pressure on myself to perform in yeshiva and that I have a very black and white, all or nothing look at my success and productivity, so if everything's not perfectly white I can go black pretty fast. So we talked about not going black. But to be honest I'm still not sure how I can break free from that mood. In my past experience, usually that mood has led to bad places, and if it hasn't, it certainly isn't because I've made a conscious effort to break free from it.

So what can we do when we're in that mood?

i can only repeat what I hear around here which I do think will work if you're committed to do: commit to speak to a recovery partner, get yourself out of isolation quickly: go hang out with your friend/wife, relaxation, focus on positivity, and smile at someone. Do something selfless maybe.

This is a bit theoretical for me because I'm still new to the idea of being able to control my triggers. What do you think though?

When the journey before us appears to have no solution, always keep our Infinite friend with us, talk to our ONE, every battle has already been won here, listen even for 1 minute to five, in silence, even if nothing comes, that is five minutes of victory you did not have. I have special times when the power of the Almighty especially come to me, whatever that time and places are when you know you have heavenly help, go there, be there, come out inspired from there, battles are easily won, when you know you are on the winning side. I take a long breath, and think this breath is given me, as a spark of life, it is for my good, and family good, I find the best water available, I drink a full cup, O Master of righteousness I hope all day to drink with you, let this be our today covenant, I will drink a least 8 cups, and often up to 1 gallon of water in a day, and when I go to the bathroom, I think this is the only substance of water I pour out of my body, outside my love pour out for my wife, and deeds of kindness for my family, etc. The day has time to breath and drink, and during it, I often breath and drink, I will find a purpose of motive in these simple acts to move me forward in right, and not in shame.

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Re: introducing myself

Posted by ayidel - 08 Mar 2018 14:05

[Hashem Help Me wrote on 08 Mar 2018 07:45:](#)

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How does the being accountable work

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Re: introducing myself

Posted by Hakolhevel - 09 Mar 2018 05:54

[ayidel wrote on 07 Mar 2018 16:26:](#)

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i was going to browse things that i shouldn't and it was getting tough to resist the urge

what did it in the end was the thought of all the effort to reach so far just to lose it for a short gratification so for now thanks again for HYE and thanks for the chart

Any good word would be appreciated as i still fear the desire will return

Dov does not say charts are not real, just most likely not a good long term solution, because what happens when you are past your made up goal of so many days.

So my understanding is this, I do use the chart as motivation to keep me sober, mostly because without being sober I don't think clearly. I hope that during this time I work on myself to make the changes necessary for lasting success, one day at a time.

Hatzlacha.

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Re: introducing myself

Posted by ieeyc - 09 Mar 2018 07:53

[ayidel wrote on 07 Mar 2018 16:26:](#)

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i agree to hashem help me, whatever works for you ,thats the way , chazak!

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Re: introducing myself

Posted by ayidel - 09 Mar 2018 08:55

[Hakolhevel wrote on 09 Mar 2018 05:54:](#)

[ayidel wrote on 07 Mar 2018 16:26:](#)

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Hatzlacha.

Your idea is great and what i've tried to do but i do recall dov saying that its just a gimmick but i probably

have not heard him enough to really know

By the way is there a place that you can hear all his recording as i just got to it by finding links in other threads

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Re: introducing myself

Posted by lifebound - 09 Mar 2018 09:19

@ayidel: guardyoureyes.com/tools/shiurim

there's Dov's Recovery Talks and Dov's 12-Step Workshop

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Re: introducing myself

Posted by Hashem Help Me - 09 Mar 2018 12:23

[ayidel wrote on 08 Mar 2018 14:05:](#)

[Hashem Help Me wrote on 08 Mar 2018 07:45:](#)

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How does the being accountable work

We call each other every day to report what is going on. Knowing that i will have to do so is a big deterrent, but also keeps me focused. After a while it develops into daily texts and a call once in a while...

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[Hashem Help Me wrote on 09 Mar 2018 12:23:](#)

[ayidel wrote on 08 Mar 2018 14:05:](#)

[Hashem Help Me wrote on 08 Mar 2018 07:45:](#)

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Being accountable can give you someone almost holding your hand throughout the day. Even when you are in isolation, and would potentially act out, you know that you're buddy who cares about you is going to know about this, and you don't want to disappoint. This can remove that isolated feeling. The goal is recovery.

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