

Lost everything, hit bottom

Posted by anonymous.lost.everything - 30 Sep 2021 20:41

Hello. Depression and addiction to masturbation. I got divorced and I can't even see my kids because I have been a basket case, my ex wife does not trust me with my kids. Recently I had to call a crisis hotline and then went to an ER to make sure I would not end my life. That day I decided that I must change and signed up for sexaholics anonymous. I have been dealing with this for decades and I am satisfied that SA is necessary for someone with my particular problems.

I hope to receive and give some love and support here, and make some friends.

After a lifetime building, I lost everything, but I also found everything I needed, to be honest.

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Re: Lost everything, hit bottom

Posted by anonymous.lost.everything - 31 Oct 2021 00:24

I had a very hard time this week. I got sick as a result of doing something for my kids, even while most of them don't care to see me and my ex wife prevents me from seeing them.

My therapist keeps asking me what I want to do with my life. The only things I really want is to do well in SA and be happy with Hashem, and be there for my kids to the extent that I can. I told him my spiritual bags are packed otherwise, that's exactly what I think.

I don't see any hope other than sanity. I do not wish for simcha because I don't want to be happy when I can't help raise my kids.

How's that for therapeutic resistance.

At the same time when I read the Big Book I see lots of promise of actual happiness if I take it

seriously. "Expect Miracles."

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Re: Lost everything, hit bottom

Posted by anonymous.lost.everything - 31 Oct 2021 02:52

I have to try to surrender self-pity.

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Re: Lost everything, hit bottom

Posted by anonymous.lost.everything - 31 Oct 2021 04:05

My mood just dropped by what feels like an order of magnitude in like 10 minutes. I think it's the lust making me depressed to the point of being afraid I'll kill myself so that I'll try to get turned on.

On that hypothesis I said "Hashem, I surrender the depression" and I felt a bit better afterwards.

I sent a text to my sponsor but it's late.

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Re: Lost everything, hit bottom

Posted by anonymous.lost.everything - 31 Oct 2021 04:48

I decided to try learning gemara even though I'm sick, and my mood went from severely depressed to ... basically happy. I'm just blown away by the mood change.

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Re: Lost everything, hit bottom

Posted by ARF - 31 Oct 2021 10:53

Wow, you just made my day! I'm going through depression, addiction and more. I never thought i could get happy even if i would stop porn...

Stay strong and sober

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Re: Lost everything, hit bottom

Posted by anonymous.lost.everything - 31 Oct 2021 11:32

[ARF wrote on 31 Oct 2021 10:53:](#)

Wow, you just made my day! I'm going through depression, addiction and more. I never thought i could get happy even if i would stop porn...

Stay strong and sober

Amen. Everyone is unique though.

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Re: Lost everything, hit bottom

Posted by anonymous.lost.everything - 01 Nov 2021 17:30

While I'm heartbroken that I cannot take care of my kids, I'm starting to think that my Higher Power brought me to this point, taking away from me everything that lifts my mood while guiding me in a miracuolous way to learn gemara properly, in order to wean me off the need to serve my kids and get me accustomed to pride myself and delight in learning gemara.

I won't make history learning gemara, but the attitude itself is worth something spiritually speaking.

I'm getting an inkling of why it was necessary and what it was like for the Jews to become

slaves in mitzraim. We know they had a yeshiva there from the very beginning.

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Re: Lost everything, hit bottom

Posted by anonymous.lost.everything - 02 Nov 2021 12:26

I think the reason why the only way the 12-step program can work is by constantly talking about God is because that ephemeral pleasure that accompanies lust, anger, self-pity, resentment, arrogance, judgement, etc. is the idea that I am God myself. The addiction is the ability to think that in the back of my head and to suspend disbelief. So the only thing stronger than an idol is God himself.

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Re: Lost everything, hit bottom

Posted by DavidT - 02 Nov 2021 16:45

[anonymous.lost.everything wrote on 02 Nov 2021 12:26:](#)

I think the reason why the only way the 12-step program can work is by constantly talking about God is because that ephemeral pleasure that accompanies lust, anger, self-pity, resentment, arrogance, judgement, etc. is the idea that I am God myself. The addiction is the ability to think that in the back of my head and to suspend disbelief. So the only thing stronger than an idol is God himself.

This is the core of the 12-Step program, bringing Hashem into our lives. And when we do that, He helps even the lowest of the low, and He does for us what we can't do ourselves. As it says: ??? ?' ????? ???? ???? ??????...

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Re: Lost everything, hit bottom

Posted by anonymous.lost.everything - 02 Nov 2021 17:54

I'm doing the surrendering, but it only works because my Higher Power is there to surrender too, obviously. It's *me* choosing not to lust, but the reason I want to choose that is because the

fellowship makes the sober life worthwhile. So I stop resisting.

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Re: Lost everything, hit bottom

Posted by wilnevergiveup - 02 Nov 2021 18:26

[anonymous.lost.everything wrote on 02 Nov 2021 12:26:](#)

I think the reason why the only way the 12-step program can work is by constantly talking about God is because that ephemeral pleasure that accompanies lust, anger, self-pity, resentment, arrogance, judgement, etc. is the idea that I am God myself. The addiction is the ability to think that in the back of my head and to suspend disbelief. So the only thing stronger than an idol is God himself.

Rabbi Twerski often writes a story about an atheist addict who could not bring himself to join AA. After a couple of years in AA he related that he still doesn't believe in G-d but at least he knows now that he isn't G-D.

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Re: Lost everything, hit bottom

Posted by anonymous.lost.everything - 02 Nov 2021 18:46

Right. I wonder how Hashem viewed that guy.

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Re: Lost everything, hit bottom

Posted by Shmuel - 02 Nov 2021 21:44

[anonymous.lost.everything wrote on 02 Nov 2021 18:46:](#)

Right. I wonder how Hashem viewed that guy.

Im sure he views him the same way he does the everyone else. Lovingly.

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Re: Lost everything, hit bottom

Posted by anonymous.lost.everything - 02 Nov 2021 22:47

[Shmuel wrote on 02 Nov 2021 21:44:](#)

[anonymous.lost.everything wrote on 02 Nov 2021 18:46:](#)

Right. I wonder how Hashem viewed that guy.

Im sure he views him the same way he does the everyone else. Lovingly.

Yes but there's tough love too.

It says it in the chumash that if we say that Hashem hates us then He will, that's why we have tisha b'av. There's an interaction there. His attitude depends on ours.

So I was wondering if He related to the alkie differently because the alkie didn't believe God

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