

Tov veyoshor Hashem al kein yoreh chata'im baderech!

Posted by Yosef Hatzadik - 18 Feb 2010 17:44

---

Rabbeinu Yonah explains this posuk, (as heard from Rabbi Mattisyahu Salamon Shlit"a) that hashem leads people who were *nichshal* in a chet on the proper way, *ze hu mah sheshalech nevi'im* to teach us the proper way.

*BORUCH HASHEM!* We were zoche to be directed to this eida kedosha, a truly holy gathering of people who are Hashem's ONLY freinds in this lowly world. [i]Bemokom shebalei teshuva omdim ein tzadikim gemurim yecholim la'amod!/[i]] We may not be like the tzadikim of previos generations, but in the dark, dirty, dingy, discusting, and degrading society we were put into, {in his infinite wisdom... we belive we are lucky to be in this generation, otherwise we wouldn't be here! HE doesn't make any mistakes!} we can accomplish even more than the amolige tzadikim did! WE CAN BRING THE GEULA! After all, a small 4 watt nightlite bulb will make all the difference whether you bump into the walls or not in if you put it in a room which is otherwise in total darkness; whereas a million candlepower searchlight does little good when used in bright daylight. As CHAZA"L say: *Shraga betihara mai ahanye*.

This forum is for personal intoductions, well... an "anonymous introduction" is quite a difficult feat to pull off. Just kidding, I understand the purpose, to start our connection with others and give/get chizuk.

This writer is a yungerman who has been looking at re'ios assurios even before he knew that he shouldn't be looking at them. He was doing the ma'aseh before he knew that it is an aveira, r"l. At 14 I happened to see the last chapters in the Sefer *Kitzur Shulchan Oruch* and discovered the rotzon Hashem (after double checking with my Rebbe that I understood what I read. I am married now with a few children, Boruch Hashem, and have been struggling with the yetzer horah since then.

Since I do consider myself somewhat of an oved hashem, after all I am jewish too, the last couple of months I generally managed to withhold from looking at the worst, but I did indulge in looking, searching, and staring at pics which my filter did let through as they are not classified as dirt in the lowest sense of the word, but were enough to be meorer the ta'avos in my heart. They were against the rotzon Hashem. The proof is that yetzer horah was pushing me to do it, and even more so, the results of these pics were often tumah ma'asim.

Brov rachamov vechasodov, I was zoche to be directed to this great and holy site by a Rabbi

who knows about my struggles (I am forever indebted to him for this refferral!) and with much siyata dishmaya and the chizuk I recived from this site, I was zoche to have a higher level of shmiras einayim for the last 29 days that I haven't had since before I was a Bar Mitzvah!

Yasher Ko'ach to all the good jews who set up this site, to all those that post on this site, to all those that help fund this site, and to all those dear friends of Hakodosh Boruch Hu who value true kosher SIGHT!!!

=====

=====

Re: Tov veyoshor Hashem al kein yoreh chata'im baderech!  
Posted by Elya K - 24 Feb 2010 20:30

---

No, its meant to test your nerves to see how long you can go without breaking your keyboard.

This has been an ongoing problem on the board for people who write long posts.

Yes, the board, the internet, email, Iphones, can all become addictive. The same way

you create a balance, you do it here. Set aside a 1/2 hour a day and that's it. Or whatever.

But spending hours on the computer is not good for you or anyone. The same addictive chemicals

are activated and it just forces you to want to waste time and eventually fall, C'V.

Elya

=====

=====

Re: Tov veyoshor Hashem al kein yoreh chata'im baderech!  
Posted by imtrying25 - 24 Feb 2010 21:37

---

Many of us have had this posting problem. try changing to google chrome. ever since ive changed over i have never had this problem since.

=====

=====

Re: Tov veyoshor Hashem al kein yoreh chata'im baderech!  
Posted by Dov - 25 Feb 2010 00:47

---

What? I never have this problem, SE. I just write, write, and keep on writing until I see "GEUYAERSDEYYEOYUERSE", or pass out.....MAMB, man.

=====

Re: Tov veyoshor Hashem al kein yoreh chata'im baderech!  
Posted by shemirateinayim - 25 Feb 2010 03:10

---

Read the thread I started in 'Break Free', you are merely replacing your addictive compulsions with GYE. The US government saw fit to do the same with morphine addicts. Morphine is costly, and proves addictive to those suffering from extensive pain. So the US Gov. developed HEROIN. A sister drug, to serve as a cheaper substitute. But all those former soldiers wounded in battle went from being addicted to morphine, to being heroin junkies.

At the end of the day, I DO personally advise using a sister drug, a kosher one, and even better if it involves harbatzas hatorah!! However it does nothing for the cure (and may have side effects -- no guilt). Read the recent posts from tomim here <http://rehab-my-site.com/guardureyes/forum/index.php?topic=1857.0>.

Start the 12 steps and apply it to all the various representations of your addiction.

=====

Re: Tov veyoshor Hashem al kein yoreh chata'im baderech!  
Posted by me - 25 Feb 2010 10:22

---

I will try to answer for you:

"Your addiction to lust, and Your addiction to GYE.....is the same addiction.....sort of."

Didn't Yosef Hatzadik answer Pharoh like this with his dreams?

Someone, (like ourselves) experiencing addictive type behaviors, must not think that it is limited to only one thing...lusting.

Addiction is a symptom of a deeper problem that one is somewhat "out of control". We have difficulty in our lives placing G'vulot on what we do. If we can't maintain our G'vulot, then we will wonder off into a place of lusting. If we cannot use G'vulot to "keep" us in a good place, then we go "out of control". So, now you are addicted to GYE. Your dreams are all one dream.

You must, (no matter how difficult it will be), make up a g'vul on how much time you will spend on posting, and do this before you begin. And, if you wish to really help yourself, then it must be Y'harog, V'al Ya'avov.

We here have all left our protective fences, and borders years ago, and now it manifests itself wherever we go. We pashut have lost our restrictions in life.

=====

Re: Tov veyoshor Hashem al kein yoreh chata'im baderech!  
Posted by Yosef Hatzadik - 25 Feb 2010 17:31

---

Fantastic, what you guys are telling me is that I have cut out a large part of my life. Can I just choose to breath for half an hour, twice a day? Just kidding. I understand you all. So from now

=====

Re: Tov veyoshor Hashem al kein yoreh chata'im baderech!  
Posted by silentbattle - 25 Feb 2010 21:05

---

Me, is that really a good idea? Sometimes, even if posting takes up a lot of time, it can help ensure that we don't use the time to do other things...

Make sure that you give yourself enough time posting that you feel connected, have time to post and open up, and relate to others.

I hope to continue hearing your wisdom, Reb Yosef!

=====

Re: Tov veyoshor Hashem al kein yoreh chata'im baderech!  
Posted by shemirateinayim - 25 Feb 2010 23:07

---

SB I will answer that for you. I use GYE as a "sister drug" for the "whitewash" feeling I get from p---. Although this does not substitute a lot of the adrenaline rush, and se--- arousal that p--- provides. The distraction of trying to read all the new posts, and spending the time to type an answer, is a great alternative.

But by using a "sister drug" even if it's torah umitzvot, and at worse a chessed to the tzibbur.... the addiction is merely being fed. We have to break the pattern, and find the cure. Not substitute our drug. I elaborated on this elsewhere today.

\*just a thought, are we truly 90 days clean, if we use the forum as our crutch?\*

the chizuk is a great idea, and the guidance too, but if we abuse the distraction, we are merely settling for a less potent drug, but our mindset and neurological patterns remain intact. where is our next fix? GYE

=====

Re: Tov veyoshor Hashem al kein yoreh chata'im baderech!  
Posted by Dov - 25 Feb 2010 23:50

---

[shemirateinayim wrote on 25 Feb 2010 03:10:](#)

Start the 12 steps and apply it to all the various representations of your addiction.  
Just to throw in my two cents: There are many who say "I tried/did/worked the 12 steps", and they mean they read a book, answered the questions, did some writing assignments and followed the program to the end....

But they did it all alone.

Just a little plug for "the program" as I know it:

Working the steps in the context of daily life was and is absolutely essential for me. Real tools for real daily living (without our mish'gas) is what we need here, not just 'medicine'. "guump! I swallowed it - it's done!" is a recipe for more disappointment. And we all have had enough of that! It must take time and be real, and it's worth the trouble. We are worth the trouble.

To actually **do** this - for me and others I know who are doing it - requires a real live chevra, or at least: a real live friend who is also doing it. I couldn't work the steps alone (I tried for two years) and I can't seem to successfully *use* them alone today, either.

Just my experience. Besides, it's really an amazing adventure! Why hog it all to ourselves?

Hatzlocha whatever y'all do!

=====

Re: Tov veyoshor Hashem al kein yoreh chata'im baderech!  
Posted by silentbattle - 26 Feb 2010 07:48

---

SE - here's the problem - when someone is starting off, opening up about this issue is essential, and most people don't have a lot of ways to do that, other than GYE. By the same token, we can feel open and real and comfortable here, which is something that, at least until we start to catch our balance again, we *don't* feel in real life - because we're desperately hiding a major part of ourselves.

Would you say that someone who spends a lot of time with the people who care about him, is

addicted to friendship? Especially when he needs that friendship most?

=====  
=====

Re: Tov veyoshor Hashem al kein yoreh chata'im baderech!

Posted by shemirateinayim - 26 Feb 2010 13:35

---

sharp point, and although there is a globally recognised concept of spending too much time with freinds, and neglecting responsibilities....that requires a different approach (learning responsibility). Although I wouldn't be surprised of the 90 days worked for that too.

=====  
=====

Re: Tov veyoshor Hashem al kein yoreh chata'im baderech!

Posted by silentbattle - 26 Feb 2010 20:04

---

Agreed - and I know that I've had to balance going on GYE. ANd yes, everyone needs to find their own balance, in their own time - but at the beginning, I would think that itm ight be better to err on the side of caution, and spend too much time here.

People who are alcoholics go into detox, and can spend says, or weeks (I think) of their life just to get a start on being clean. Being clean is worth the time. After we have some distance, we can start balancing it.

That's my opinion. (and don't you dare disagree! :D :D)

=====  
=====

Re: Tov veyoshor Hashem al kein yoreh chata'im baderech!

Posted by shemirateinayim - 28 Feb 2010 08:19

---

i WHOLELY AGREE

use GYE to fill the void, as you work on the 12

Shouldn't we add this as a preface to the steps....finding a temporary substitute, of a "safer" nature??

=====

Re: Tov veyoshor Hashem al kein yoreh chata'im baderech!  
Posted by silentbattle - 01 Mar 2010 15:16

---

I don't think it's exactly a substitute - but I think that even the SA meetings can be extremely time consuming (especially when you factor in travel), and beginners can sometimes go every day...but it's worth it - it gives us that feeling of connection, of opening up, etc.

=====

So, I think that it IS the preface to the 12 steps.