

Hello from Blind Beggar

Posted by Blind Beggar - 28 Aug 2010 21:19

Hello Tzaddikim! I just found this site last week. I think it is going to make my Rosh Hashono and Yom Kippur. I think the newness of the 90 day chart will get me 40 clean days to Shemini Atzeres but I am afraid of what will happen next. Does anyone have any suggestions?

I have read enough of the forum to see that you are all tzaddikim and all serving Hashem every day clean and again after every fall.

The holy Baal Shem Tov taught that the yetzer horo is more interested in the post-sin depression than in the sin itself.

Blind Beggar who wants to have eyes only for Hashem.

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Re: Hello from Blind Beggar

Posted by 1daat - 27 Dec 2011 21:03

Funny, but I actually do not remember ever staying till the end of any of them! So I wouldn't know.

Now *that's* a crack-up. How true!

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Re: Hello from Blind Beggar

Posted by Blind Beggar - 29 Dec 2011 19:54

If you get this message:User 'Shmiras ???? ??????? ????' has blocked your personal message.

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Re: Hello from Blind Beggar
Posted by Dov - 30 Dec 2011 02:13

Thanks for explaining that, it is amazing how easily I can get a bit insulted or sad, like when a message like that would pop up in response to a PM to someone. Instead of realizing that it is just a 'form letter', the first place my heart would go is to assume that it was directed just at me!

Gevalt, He's not through with me yet...got a lot of work still to be done.

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Re: Hello from Blind Beggar
Posted by Blind Beggar - 30 Dec 2011 06:52

SARAH IS LEAVING THE COMPANY. NO MORE SARAH. NO MORE FASHION
REPORTS.Only about 10 trigger women left to deal with.One day at a time.

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Re: Hello from Blind Beggar
Posted by ZemiroShabbos - 30 Dec 2011 15:48

[Blind Beggar wrote on 30 Dec 2011 06:52:](#)

NO MORE FASHION REPORTS.

the mavinim say that whenever a decision is made by the powers that be to eliminate a despotic

dictator or terrorist, the question of who will succeed him needs to be accounted for. sometimes the original guy was a better option than his successor (somewhat like Mubarak).

I wish Sarah the very best and chas veshalom do not mean to compare her to any unsavory characters. but there are lots of women in the world and they aren't going away (thank G-d).

wishing you hatzlocha and harchavas hada'as in your current situation and that we all learn how to live and function today, with all the Sarah's and anyone else we may see as a trigger in our lives.

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Re: Hello from Blind Beggar
Posted by Blind Beggar - 01 Jan 2012 10:33

[Blind Beggar wrote on 17 Dec 2011 17:09:](#)

I really don't care about other people much. They can get stuck in traffic of yelled at by their husbands as far as I am concerned so it is insincere if I pray for them.

There is a very tznuah non-triggering girl sitting next to me and she is in great distress about something. I feel the tears almost coming out of my eyes and I was able to daven for her sincerely.

I am not such a monster after all.

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Re: Hello from Blind Beggar

Posted by Dov - 01 Jan 2012 13:45

No, you are not. And I daresay that your requirement for demanding sincerity is a bit weak. Funny. I have seen atheists become men who have a G-d - simply by following their sponsor's instructions to just "*pray anyhow, even though you do not believe in G-d!*".

But "oh, no, I've *gotta* be sincere..." - coming from a person who is accepting using women's images against their will to feed his sexual fantasies - that's OK?

Yeah, so one may say that,

1- "Wadayamean!? It's *not* against their will. If you saw how they dress you'd know that they **want** me to imaging them naked and use them!"

Then I simply ask you to speak to them and plainly tell any one of them that you are imagining her wearing no clothes and that you are fantasizing about her in bed with you....see how that goes.

That "they are asking for it" is a subtle and convenient lie we tell ourselves, plain and poshut. A lie. Yes, they *are* wrong for dressing that way - but **their** intention is not **our** way of interpreting it. The same excuse is common among religious fundamentalists the world over: "She *asked* to be raped by dressing that way". A lie. She did *not* really want it to go **that** far. Why is it so OK for us to have our cake and eat it too - yet when *other* people do things like that, we demand they pay the consequences and take away their right to play the game of *acting* naughty without being *treated* that way. It's like saying all mountain climbers (yes, it's an idiotic thing to do to risk one's life climbing mountains because they are there) deserve to die (just as idiotic). That is not what "damo beroishoi" means - and anyhow, that is only for the beis din shel ma'aloh, never for us to take action on. They *don't* **want** to die!

Just like we guys have wanted so many times to look at porn, or even to touch ourselves - but without **actually** spilling zera. And so many times we got to that point of no return with shock and disappointment: "Hey! I wanted to stop a second ago! Iv'e been cheated! Ayyy!" I have certainly been there many times.

C'mon. Why the double standard? If I can be a little dishonest for my lust escapades, then I feel it's OK for me to be a little dishonest for recovery. If you must, "L'olam y'hei odom **orum** byir'ah."

and when people say,

2- What? I don't **"accept"** my using women - I am *fighting* it in me tooth and nail!"

To that, I remember that when I habitually do something it *proves* that for all practical purposes, I condone it in my heart. That is what na'aseh lo k'heter means. Yes - morally, *intellectually* I may fight it within myself, cry, etc. But if I tend to do it, if I do desire it deeply, then it **is** part of me. Sorry. Not a good part of me...but I gotta face that and ask G-d to remove it, cuz I don't want it any more. And incidentally, when guys say, "I have asked Him to take it away so many times, and He hasn't!" It hurts to say it, but the truth plainly is that they are not really ready for Him to remove it. Or they are - and then they take back the luxury if playing (and fighting) with it. Yes, it is a luxury. A luxury that I cannot afford. But we all think we can play both sides of the fence at some point. Growing up is very, very hard...at least it is for me.

Hmm...Maybe people praying for *me* should be discouraged! After all, the unvarnished. whole truth about our lust problem - especially at our worst moments is - so ugly that maybe only the greatest tzaddikim could be sincere loving us - and praying for us? Hmmm...can **they**?

Yes, they can - and if they can't, then I beg them to read the first part of this email and pray for me and you, anyhow.

Maybe it is time we went a bit 'above' seichel sometimes, for our *own* recovery. But it is scary to let go of even *that*, no?

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Re: Hello from Blind Beggar
Posted by 1daat - 06 Jan 2012 22:20

Just checking in to say hi. Good Shabbos.

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Re: Hello from Blind Beggar

Posted by Blind Beggar - 09 Jan 2012 14:18

I find that I do not really lust heavily after the women at work so much. Instead, there is a constant background commentary in my head which sounds like two immature teenaged boys walking through a crowded shopping mall in the summer, each one noticing something to comment on about every girl they see.

Does anyone relate to this?

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Re: Hello from Blind Beggar

Posted by Dov - 09 Jan 2012 15:26

I have a piece of paper in my wallet. It is well-worn and in front of my credit card so it is seen frequently.

It reads:

Hashem, please help me:

- 1) admit why and for exactly what purpose I am going wherever I am going before I go there,
- 2) to think periodically "am I staying true to me purpose now, in what I am doing?"

3) admit gratitude for having the opportunity to do whatever it is that I am busy with and ask You for Your help to do a decent job at it.

This is simple, relaxing, not intense at all - if it is, then it is just the same drivel I always used to strain myself with: trying to be frum or *good* enough to *deserve* His protection and care.

That doesn't work cuz, guess what I discovered?:

I will never, *ever* be **deserving** of His protection and care. Yup. Never. And I find it hard to believe that anyone I know can ever be good enough to deserve it - and probably never has, either. Thinking that I *could*, is just plain gayvoh, and docheik raglei Shechinah. We love to pretend we will deserve it a bit, if we only try *hard* enough or do just teshuvah *well* enough...but we always eventually fail. Then deep in our hearts we blame G-d Himself, though we turn it on us, of course. More pain, so eventually, more lusting! Especially for us perfectionistic (that is: *prideful*) addicts. All our lives we have abused yiddishkeit to make it turn us into resho'im in our own demanding eyes. And it was not frumkeit, nor yir'ash Shomayim all along - it was just gayvoh and immature expectation.

So I use my card and say the words. That way the teenage committee in my head eventually shuts up, cuz I am actually more busy doing what I am doing than doing what we all do best: **stray thinking**.

A mentor advised me to keep my brain on a short leash, once. My sponsor and program buddies reminded me to stop thinking so much a hundred or so times, over the years. Now I do both those things, still. After a year or two of gentle work at this, we are shocked to discover we have changed a bit and really stray-think a lot less.

The relaxation is palpable. Life is much easier and more comfortable this way.

Someone asked the Kotzker (I think): "Rebbe, what should I be ready to give my *life* for?" He answered, "Whatever you are busy doing right now, this very minute."

No tricks, gimmicks, just repeated and unnatural work at proper focus. It is worth a year or two of 'work' to have a much better life. And the best part is we are working basically for ourselves, not another person!

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Re: Hello from Blind Beggar

Posted by blackbigday - 09 Jan 2012 21:13

[Blind Beggar wrote on 09 Jan 2012 14:18:](#)

I find that I do not really lust heavily after the women at work so much. Instead, there is a constant background commentary in my head which sounds like two immature teenaged boys walking through a crowded shopping mall in the summer, each one noticing something to comment on about every girl they see.

Does anyone relate to this?

Totally. At one point I was so far gone that I would see a woman and say a number- that was how many seconds or minutes it would take for that woman to wreck my marriage. I was at a point of full recognition of how perverted I had become, and had no ability to stop.

I'm not giving those numbers out anymore, most of the time.

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Re: Hello from Blind Beggar

Posted by JackAbbey - 16 Jan 2012 11:58

amazing how you have come such a long way

wish you a full healthy recovery in every aspect of your life

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Re: Hello from Blind Beggar

Posted by Blind Beggar - 16 Jan 2012 14:09

Ten months clean by the definition of SA and half a year on the GYE Chart.

I've come a long way, boruch Hashem, but I need to be on guard constantly from the monster who objectifies every female and loves the pleasure of masturbation and never, ever gives up.

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Re: Hello from Blind Beggar

Posted by yechidah - 16 Jan 2012 16:08

mazal tov on your long clean stretch

keep up the great work!!

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