

we all want to be good

Posted by laagvokeles - 15 Dec 2010 16:18

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hey i am new here bla bla bla.... and my english is not the best

bekitzer i ``officially`` seat and learn.....but in my free time i wach films and porn.....

Oh yes i allready cutted (geshniten, chotachi) the wires that provide internet, i took out the possibility of wlan of my laptop, NOTHING HELPS in the long run.....

I dont understand how dos a jewish frum person "relax"? i mean bederech heter.... how? by reading a book? by eatting steake? by waching a concert of lipa? come on!.....

I am not eaven talking about porn! waht about waching films....? thats also included in the "veloi sosuru"! there is also in normal films not tzniesdige woman....., but with what else can we relax?

I have more than 2 children and i am after my 30 years and i study.... i am ven very good at it... very deep... and i enjoy it very very much i can seat in koilel 13 and and sometimes 15 hours!!! true! i can also seat as a regular koilel yungerman 8 hours, nothing really makes a diffrence, after a month and a half sometimes less, i get a "lust atack and sometimes i can struggle for hours sometimes for a day BUT NOT MORE!!!

oH RIBOINOI SHEL OILOM WHAT ALLSE CAN I SAY

what allse there is here to say ill say at a diffrent ocasion

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Re: we all want to be good

Posted by ur-a-jew - 19 May 2011 19:02

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[ben durdayah wrote on 19 May 2011 17:58:](#)

Actually, stopping is the first step in teshuvah -Azivas HaCheit!

I know, but the problem with viewing it in that way, is that we then mistake the times when we are overcome with guilt and stop looking at porn (for some limited amount of time, until we forget about the guilt) as actually having done teshuva, when in reality it really has little to do

with teshuva.

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Re: we all want to be good

Posted by laagvokeles - 19 May 2011 19:31

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[ur-a-jew wrote on 19 May 2011 19:02:](#)

[ben durdayah wrote on 19 May 2011 17:58:](#)

Actually, stopping is the first step in teshuvah -Azivas HaCheit!

I know, but the problem with viewing it in that way, is that we then mistake the times when we are overcome with guilt and stop looking at porn (for some limited amount of time, until we forget about the guilt) as actually having done teshuva, when in reality it really has little to do with teshuva.

why do u think its not teshuva?

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Re: we all want to be good

Posted by ZemirosShabbos - 19 May 2011 19:40

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if someone eats until he is stuffed and cannot possibly think of eating any more right now, do we say he is now fasting?

after we view the porn or act out we are overcome with guilt. sometimes that guilt will stop us from doing anything bad for an hour, a day, a week or more (or less). the trick is to abstain from acting out when we feel we want/need it most, not when we are repulsed by it because of guilt.

thank you UAJ for bringing out this idea.

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Re: we all want to be good

Posted by laagvokeles - 19 May 2011 19:43

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a tshuva can also start from a nice musar derasha even u did not masturbate for a week

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Re: we all want to be good

Posted by ZemirosShabbos - 19 May 2011 19:56

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the basic idea of teshuvah would be to implement some measure to ensure to the degree possible that you won't commit the act again, regardless of how long it's been since it was last done.

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Re: we all want to be good

Posted by laagvokeles - 19 May 2011 20:18

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100 %

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Re: we all want to be good

Posted by ben durdayah - 19 May 2011 20:31

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The rebbe's concise guide to Teshuva:

[bardichev wrote on 30 Apr 2009 20:40:](#)

B"H I am trying to hold on> Thank you for all the encouragement. I will try to keep on posting  
Be"H.I know that I am still in my process of TESHUVAH and I hope to always be in the process.

I can really identify with so many of our HEILIGE brothers (AND SISTERS) that are new to the forum and there are probably many more that are either too shy or too scared to take the first step.

HERE GOES: (if anyone disagrees please add your perspective my views are not halacha limoshe misinay)

#### Step 1

**AZIVAS HACHET.** You must BREAK FREE. If you found this forum OBVIOUSLY you are looking for help (IF YOU ARE HERE JUST TO READ YENEMS TZOORIS PLEASE GET LOST .ON THIS SITE YOU FIND ONLY HONEST PEOPLE THAT ARE BEARING THEIR HEART AND SOUL IN AWE THEY CAN'T ANY WHERE ELSE .**THIS IS NOT ENTERTAINMENT**)

It really is difficult to break free because that is your ABOUT FACE from the evil Y"H.

There are many tips on breaking free on this site .Remember you came here to get help.

Obviously you are looking for something that makes you FEEL better than your addiction.

Of course you will feel a lot of pain of course you will feel the temptation to sneak a peek or just check out to see if you still have aY"H.Yes you still have aY"H don't tease it just ignore him. Use all your creativity to avoid your Y"H.

#### Step 2

**KABALLA AL HA-ASID** accept a new path

Notice I skipped charata and viddiy (I am sure some people will argue with me. This is not a shiur in hilchos TESHUVA this is a thought in hilchos PIKUACH NEFESH).

YOU MUST DO THINGS IN A PRO-ACTIVE WAY. Find ways how to change your bad habits remember you are fighting an ADDICTION you are fighting a way of life that you with great skill and creativity hid from the world from your closest friends and family. You are fighting the strongest force in the world the EVIL MENUVAL THE Y"H.

Tell him that you are shoving him out of the driver's seat and now you are IN CONTROL.

TRY TRY TRY to remain focused on how good you are doing. Good I am clean for an hour BETTER 2 hours a day 2 days a FULL WEEK WOW!!!

DON'T LOOK BACK don't try to figure out how I ended up in this addiction why is there a milchemes hayetzer. Not now just run for your life

Do things that will give you joy. If you are married, put all your energy back into your family. You will see how good it feels. Use your energy to be more active take a break from your computer, Clean your office, visit a Jewish bookstore, call an old friend.

USE THIS FORUM IT IS THE BEST PLACE TO BE.THERE IS REAL KEDUSHA HERE!!

BE BESIMCHA YES BESIMCHA!! SAY TO YOURSELF A ZILLION TIMES A DAY I AM A TZADDIK!!!!

LOOK AROUND people do change. Look at the 90 day wall of honor become inspired. These are HEROES regular people that are fighting Y"H tooth and nail. YOU ARE NOT ALONE.DONT look back (I'm repeating myself) just say that was in the past NOW I'm a great happy husband brother son father chavrusa employee etc.

**Believe IN YOURSELF. It takes more time and energy and talent to feed and hide your addiction.**

I realize this post might be a drop too long sorry.

MY HOPE IS THAT WE SHOULD ALL GIVE EACH OTHER THE CHIZUK WE NEED TO BE TRULY HAPPY AND HONEST AN HOLY.

Humbled and happy

bardichev

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Re: we all want to be good  
Posted by laagvokeles - 19 May 2011 21:55

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hey durddya no offense, but you want me to read a ultra old post and also so long?

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Re: we all want to be good  
Posted by Dov - 19 May 2011 22:03

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[ben durdayah wrote on 19 May 2011 17:58:](#)

Actually, stopping is the first step in teshuvah -Azivas HaCheit!

no nerves :

Nice. And I sincerely believe that all the program including the 3rd, 4th, and 11th steps, are essentially only 'chilukei azivas hacheit', no more, and *the entire program exists **inside** what yiddishkeit calls azivas hacheit*. All the rest of the toras hateshuvah begins *after* the program, and that may take years for some of us who have a major azivas hacheit problem, and obviously continues concurrently *with* recovery for the rest of most people's lives....or at least it is with me and almost everyone I know in recovery so far.

Thanks, as I never though of it as clearly before your comment.

If this is minimizing or cheapening the program for anyone, too bad. Spending a lifetime on one middah avodah is typical of all baalei mussar, so here we are. No thoughts of grandeur need deter us and ruin us - they always have in the past. No more grandeur and madreigas for me, thank-you. I'll be content being the little shnook in the corner with Hashem.

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Re: we all want to be good

Posted by ben durdayah - 19 May 2011 22:23

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Sorry dov, I actually wanted to say this:

"Azivas Hacheit B'poe'al is actually step 0 of the twelve steps (ayain White Book page 64)."

I defer to your knowledge and experience when you say that b'etzem all of the twelve steps are within azivas hacheit.

I sincerely concur with you, and hope to find myself (a shnook) in a corner with the RBSO for the rest of my life. If I "only" manage azivas hacheit -dayeinu. B"h He's got enough corners for all of us.

But I wanted to offer laag something that he might actually accept, so I referred to stopping in the context of the "Teshuva Process" instead.

Did I blur the clarity that you gained from my original post?

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Re: we all want to be good

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Posted by Me3 - 19 May 2011 22:25

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I don't really agree with that. Saying my life has become unmanageable largely falls under the category of charata.

And you certainly are trying to have "kaballa al ha'asid" in there (Even if it's only a kaballa for today, that's still asid)

No?

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Re: we all want to be good

Posted by laagvokeles - 19 May 2011 22:36

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even if u go back to porn after a hour, it could still be you did teshuva, go-d knows if u were serious or not..... ai you fell...? ???? ???? ???

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Re: we all want to be good

Posted by ur-a-jew - 19 May 2011 22:47

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[laagvokeles wrote on 19 May 2011 22:36:](#)

even if u go back to porn after a hour, it could still be you did teshuva, go-d knows if u were serious or not..... ai you fell...? ???? ???? ???

"It could still be," but not likely if you took no measures to insure that you would not do it again.

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Re: we all want to be good

Posted by ben durdayah - 19 May 2011 22:47

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I think that what rebbe reb b. (aka dov) meant was that the 12 steps are a system meant to help keep a person stopped -azivas hacheit.

What does the realization that our lives have become unmanageable have to do with charatah? Charatah is sincere regret over the past. When I say that my life has become unmanageable is that tantamount to saying that I regret the wrongs that I have done in the past? Or that in the present I realize that my life is simply unmanageable -i.e. the way that I have been trying to do things just does not work, and it is therefore pointless and downright frustrating to continue doing things this way. Or as one of the gedolim of this forum put on his signature, "Insanity is doing the same thing over and over again, and expecting different results..."

But why am I rambling? I'm sure that the authority on this subject will find enough time to get on his tricycle and pedal over for a few minutes in order to explain himself...

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