

Letter to and from R' Twerski

Posted by Dr.Watson - 26 Aug 2013 18:56

I read the chizzuk email today and the part where Jack outlines some benefits of staying clean. This prompted me to read his 90 day time-line, towards the end of which (day 64) there was an interesting exchange between himself and R' Twerski, through GYE. This is all available on the site, but I just wanted to share this because I found it amazing:

Q. We posed the following question to Rabbi Avraham J. Twerski:

Dear Rabbi Twerski,

Yesterday Jack wrote me the following:

I'm DEPRESSED - i feel like I lost my BEST FRIEND!! The porn made me happy. There's nothing that can replace that for me. I am empty inside now. I spoke to Elya last night, and he listened to me. There's nothing that makes me as happy as those images on the screen, and now that i gave that up, i don't know where to turn for happiness. I'm having a rough time of it.
jack

I know that the Rav has much experience in this area, and if the Rav has a few minutes to give him some pointers, it could prove invaluable to saving him now and also help provide direction to us as well.

Thank you very much!

A: written by fax, so I've attached it as a file

=====

====

Re: Letter to and from R' Twerski

Posted by Dr.Watson - 26 Aug 2013 18:57

www.guardureyes.com/GUE/Images/RabbiTwerski.gif

=====

====

Re: Letter to and from R' Twerski

Posted by Dr.Watson - 26 Aug 2013 19:00

Second letter to and from R' Twerski:

Dear Rabbi Twerski,

Jack wrote me again today about the "void" he feels since stopping the addiction (see please below). I told him again what the Rav explained before, that true happiness is achieved when we fulfill what we were created for, and I even sent him this article that the Rav once wrote in Hamodia. But maybe the Rav can offer some more insight into his question. Thanks so much.

Here are Jack's words:

"Sensual pleasures fill a void. But torah, which is spiritual in nature, cannot possibly fill a missing emotional hole. How do we use torah to fill in a hole that was caused by something emotional, in my case parents who really did a lot of damage to me emotionally? Also, the mitzvos were specifically NOT given not the purposes of deriving benefit - lav leihonus nitnu. Since the they are spiritual, the ONLY possible reward we can have from them is in olam haba - there is no schar for mitzvos in this world because there CAN'T be.

If you can help me fill the void in this matter, then maybe it will help me with overeating also. You see, i eat (sometimes) till I'm sick and cant do anything productive - all i want to do is sleep. If i can fill the void, i can also stop eating to the point of sickness, and start to progress in areas

that i really want to progress in. i could have been a big talmid chacham if i wasn't sleepy all the time from over-eating. you see, my parents did a 'wonderful' job with me".

Dear Jack,

In order to have both physical and emotional health, we require proper nutrition. If we lack certain essential vitamins and/or minerals, we develop "deficiency syndromes". Lack of iron and B vitamins may cause depression.

If a child was raised by abusive parents, who, in addition to being unkind to the child, deprived him of proper nutrition, he may be very depressed as an adult. A physician who examines the person may diagnose the nutritional deficiencies and prescribe the missing vitamins and minerals. The person may say, "How are those going to remove the pain of the abuse?" The answer is that the vitamins and minerals will remedy the deficiencies, and he will have to get therapy to deal with the consequences of the abuse.

Human beings are more than just intelligent animals. Indeed, we come into the world essentially as animals and we are to develop ourselves into the spiritual beings we were meant to be. If we lack spirituality, that creates a void. If we lack spirituality and also had abusive parents, we must fulfill ourselves spiritually and get therapy for the consequences of abuse. A lack of either will not solve our emotional problems. Of course, if a person numbs oneself with chemicals, one will not be aware of any void, because one will have no feeling at all.

Yes, we come into the world as animals, and we are to rise above the animal level. Animals are motivated only by their desires. No sense of duty, no sense of responsibility, no sense trying to improve oneself. Many people never rise above an animal level, and are nothing more than intelligent animals who use their intellect to gain gratification.

It is terribly unfortunate that some people descend to below animal levels. Animals have a sex drive and they gratify it, but they do not make an industry out of sex. They do not have perversions. They do not ruin children with pedophilic molestation. They do not exploit others' drives for their own profit.

If we fail to become that which we were meant to be, i.e., spiritual beings, we will feel a void. We would feel that void even if we had the most loving and caring parents in the world. If we fill that spiritual void, we may nevertheless suffer from emotional trauma or deprivation in childhood. The two are separate and should not be confused.

Think seriously about who you are and what you can make of yourself. Sexual gratification may give you momentary pleasure, but does nothing to make you into a better person.

If we are unhappy, we may blame our parents, but blaming someone for our misery is just an excuse so that we don't feel we must do anything to make changes in ourselves. It is true that we may be what our parents made of us, but if we stay that way, it is our own decision to do so.

=====

Re: Letter to and from R' Twerski
Posted by Dr.Watson - 26 Aug 2013 19:00

After being clean for a year, we wished Jack Mazal Tov and he replied:

Yes, it's hard for me to believe that's it's a full year. I went through torture, if you remember. But it was worth it, boy was it worth it. It would have been much much easier not to do anything about it, but I grabbed on to you guys and I never let go. And I don't plan on ever letting go.

I have to remember that I can fall any time at the drop of a hat. So far I haven't, but I know I have to be on my guard every second. Just this morning I thought about what would be born from my actions if I would stumble, and it stopped me. I AM an addict and I have to watch it.

And by the way, Rabbi Twerski says that someone can become an addict to anything, such as

alcohol, as long as it fills a void. Remember the 'void' that I cried about last year and you wrote to Rabbi Twerski twice for me (see here and here)? Well, B"H I don't feel that void anymore. Don't ask me why, because I won't be able to tell you, but I just don't feel it anymore, thank G-d!

=====

Re: Letter to and from R' Twerski
Posted by Dr.Watson - 26 Aug 2013 19:08

After being clean for a year, we wished Jack Mazal Tov and he replied:

Yes, it's hard for me to believe that's it's a full year. I went through torture, if you remember. But it was worth it, boy was it worth it. It would have been much much easier not to do anything about it, but I grabbed on to you guys and I never let go. And I don't plan on ever letting go.

I have to remember that I can fall any time at the drop of a hat. So far I haven't, but I know I have to be on my guard every second. Just this morning I thought about what would be born from my actions if I would stumble, and it stopped me. I AM an addict and I have to watch it.

And by the way, Rabbi Twerski says that someone can become an addict to anything, such as alcohol, as long as it fills a void. Remember the 'void' that I cried about last year and you wrote to Rabbi Twerski twice for me (see here and here)? Well, B"H I don't feel that void anymore. Don't ask me why, because I won't be able to tell you, but I just don't feel it anymore, thank G-d!

=====