

Hisbodedus

Posted by thatmoishguy - 03 Jan 2016 18:51

Hey what's up everybody. I never struggled as much as many of you with porn and masurbation etc... Although I'm a recovering drug addict who is working the Twelve Steps and there are actually many parallels between drug and sex addiction. So what worked for me regarding my drug addiction was to be in an intensive program that focused exclusively on the twelve steps and if you have a problem which is as extreme as that then I would absolutely recommend that as a necessity. However upon leaving rehab and making huge strides in my recovery thanks to Hashem's help, I was still bothered by the fact that every few weeks or so I would slip up with some porn. My solution which I discovered, which is really an extension of my 11th step, is to practice hisbodedus regularly. Anybody who has come across Rebbe Nachman's teachings surely feels like he's speaking specifically for your situation, and I was personally encouraged many times by his teachings. So upon heeding his advice to practice regular hisbodedus even if many times I don't have time for a full hour, I noticed a definite improvement in my self control and it has been over 3 months since I masturbated or looked at pornography and I don't miss it either. And I think many people who don't have such serious problems and perhaps even those that do can be helped by this practice.

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Re: Hisbodedus

Posted by markz - 03 Jan 2016 19:06

WELCOME!!

Great to have you join us - Sounds great!

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Re: Hisbodedus

Posted by Shlomo24 - 03 Jan 2016 19:44

Ya i have found hisbodedus to be one of the key reasons for my sobriety. I need spirituality and god, if i don't have them i will not be sober for very long. being that my higher power is hashem (for some people it's not) i can utilize certain parts of yiddishkeit for recovery. hisbodedus is one main tool for me. i was talking to someone from SA about it and he was put off because he has resentments towards religion, i was like "fine, it's not hisbodedus, it's a step 11". exactly as you said.

hatzlacha raba.

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