

One Day at a Time

Posted by serenity - 07 Oct 2016 21:06

It's worthwhile to listen to the entire recording of Dov's pre Yomtovim talk that can be found here:

guardyoureyes.com/GYEFiles/MP3s/Dov/Dov%20-%20surviving%20the%20Yomim%20Noraim.mp3

It's pretty long and worth every second to me. There was one part I wanted to share about here and it can be found at the 77:10 point. Dov spends a few minutes talking about what "One Day at a Time" means to him. As is often the case with Dov, his explanation was nothing like what I would expect on that topic. He essentially explains that what he does "One Day at a Time" is his step 3 avodah and he beautifully explains that and ties it in to his Rosh Hashanah bakashos. If you have time to listen to the end that would be nice, but if you don't skip to the last few minutes for a beautiful bracha for a recovering addict. Please come back here and share your experience with that portion of the recording and how you think that approach might fit into your life.

I did write out the basic points in those 1st few minutes at 77:10, but I think it's worthwhile to listen to it. If for some reason you can't listen to it maybe somebody will volunteer to wrote it out.

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Re: One Day at a Time

Posted by serenity - 07 Oct 2016 21:36

I'd like to open with a share inspired by Dov's share . I can't act out regardless of the halachic implications. Even if acting out by masturbatring was somehow muttar I can't do it. Just as an alcoholic can't drink any alcohol even though it's muttar, I can't act out. When it comes to arba kosos an alcoholic can't have them over wine. Even if you would tell him it's a mitsvah minhamuvchar to have the arba kosos over red wine, he still can't do it. The reason is because he is an addict and even one drink can spell destruction for him. He is powerless over alcohol and can't drink it even when it's a mitzvah to do so. The same would be if acting out sexually was somehow a mitsvah, I couldn't do it because for me it is a progressively destruction disease.

Dov points out that we hear people on this site constantly saying you have to admit you are

powerless. That is not at all true. If you are an addict and you are in fact powerless over lust, alcohol, gambling, food etc, the 1st step is to admit you are powerless (in a 12-step recovery program which no one is saying is even the best solution for any given addict). The step is about honesty. It's an honest appraisal of the mitzius of your situation. It's not like it's a mitzvah in the Torah when we are obligated to have a certain belief. If you are powerless then it would be helpful to be honest and admit it, if you are in fact not powerless over lust than there would no reason to admit that you are and doing so would be dishonest.

Huum, that share isn't obviously related in any way to the part I suggested people listen to. Well I know how in my mind it ended up being related but lets not get bogged down in that. The point I'd like to focus my shares on is turning my will and life over to the care of God as

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Re: One Day at a Time
Posted by serenity - 10 Oct 2016 02:23

Hi Cords! Gmar Chasima Tovah! I was going through my original thread and I came across the following comments of ours and I wanted to share on them based on my thoughts inspired Dov's call. Here are our comments:

[cordnoy wrote on 15 Apr 2015 11:14:](#)

I understand him. So pls listen to the recording and not me

[serenity wrote:](#)

On another note, today I was working on step 4. The AA Big Book (BB) asks me to look at where my faulty character lead me to be angry at a person. The BB suggests I look at my mistakes, Where was I: selfish, dishonest, self-seeking and frightened? In other words just looking at my own behavior I can find why I'm angry and resentful at a person, idea or institution. What comes it is that I'm a selfish, dishonest, self-seeking and/or fearful person; maybe more one than the other. So let me ask you something, is it any wonder I seek escape in the form of lust and fantasy (or in some other form.) What person who is selfish, dishonest, self-seeking and/or frightened wouldn't seek escape? That's why we need to get to the route cause of our anger and resentments to become emotionally sober people. This is probably elementary to many people here. For me it took, many many hours of step work and 20 months in 12-step programs (20 months AA and 6 months SA)to understand. Not that I needed to understand it in order to do it and I'm sure more understanding will come, but it's nice to be able to see how it makes sense.

Why did I write this out here, lomed? When you spoke about looking at women at weddings, I started to think about what to say about that. I mean I don't think anyone will say the 90 chart was violated, but it's lustful behavior. Do we address and quash the lustful behavior? Is that always our focus? Are we obsessed with lust, even when we are recovering? Did I lust, didn't I lust? Did I look 2 seconds or 4 seconds? etc etc. Maybe we can use opportunities like this, not to dwell on if they were a technical violation, but to look at ourselves honestly and say what's causing our lust?

For me in the example of the women at the wedding, maybe I would ask myself. What's lacking in my life, that I have this need to look at this woman? What am I escaping from? Where am I discontent with what I have? I might answer that, I'm afraid my life isn't going so well. I think I could have done better for myself. I'm afraid this world is it, and I'm missing out on the pleasures. I'm afraid that when I'm old, I'll regret how I lived life. Then maybe I will ask Hashem to show me his will and surrender myself to His plan. Maybe I'll be comforted to know that He is with me and has a plan for me. Maybe that will assuage my fears. Maybe I'm still overwhelmed and afraid and I need look more at my relationship with God. Maybe I need to pray. Maybe a review of steps 2 and 3 is in order. Maybe I need to sit down and work on step four and list my fears, so I can see how much fear effects my decisions. I guess that's one way my experience could go. How do you think it might go for you?

Hatzlacha!

What happens if one is not necessarily lackin' in life, or at least, not in his present actual situation? what happens when you get that feelin' of rush and desire upon leavin' a very successful meetin'? There was no discontent; only a euphoria of sorts. There was no need to escape....what is the 'explanation' then?

Thanks

(Disclaimer: This was my understanding and what I took out of it. I obviously don't speak for Dov.)

The idea of Rosh Hashanah is to be mamlich Hashem. And Dov mentioned a vort from the

Kotzker that the idea isn't to be mamlich Hashem onto others but to me mamlich Hashem into my own life. Dov brought out that of course he says the tefilos and bakashos for himself but his main intent is to be mamlich Hashem into his life. This thought process is not about bringing the mitsvos into my life and not doing aveiros. It's about accepting the life that Hashem has laid out for me. It's about turning my life over to his care. This is the avodah that Dov says he practices one day at a time and it is the third step. When I accept the care and protection of a kind and loving God and place myself in his care, it goes without saying that I'm going to his mitsvos and not masturbate. I imagine myself as a child and perhaps I have a fever and my father is holding me in his arms. Although I'm sick and suffering, I'm comforted by the fact that I'm being held by my father. So even if life doesn't always go the way I want it to, I try to take comfort that the God of my understanding is taking care of me. And when I'm successful all the more so. When I'm being held by my Father and by my King, I'm not likely to sin against him. That is the avodah Dov is saying he hopes to do one day at a time.

Please listen to the tape though.

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Re: One Day at a Time

Posted by Bigmoish - 10 Oct 2016 15:09

[serenity wrote on 10 Oct 2016 02:23:](#)

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On Rosh Hashanah I saw this thought almost verbatim in R' Schwab's sefer "Mayan Bais Hashoevah." It's on Parshas Behaalos'cha and the entire vort (there was even more good stuff after that little piece) seemed to be talking specifically to my addict brain.

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GYE - Guard Your Eyes

Generated: 7 April, 2025, 05:16

Re: One Day at a Time

Posted by serenity - 10 Oct 2016 16:09

This is the call-in number to Dov's talk.
641-715-3813

PIN: 651874Reference 7#

1 rewind

2 forward

5 pause

. Hit 2 - 154 times

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Re: One Day at a Time

Posted by Markz - 10 Oct 2016 17:10

Another classic

Thanks!

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Re: One Day at a Time

Posted by eslaasos - 10 Oct 2016 19:40

It's a lot of forwarding to get to the 77:10 spot
[Bigmoish wrote on 10 Oct 2016 15:09:](#)

[serenity wrote on 10 Oct 2016 02:23:](#)

(Disclaimer: This was my understanding and what I took out of it. I obviously don't speak for Dov.)

The idea of Rosh Hashanah is to be mamlich Hashem. And Dov mentioned a vort from the Kotzker that the idea isn't to be mamlich Hashem onto others but to me mamlich Hashem into my own life. Dov brought out that of course he says the tefilos and bakashos for himself but his main intent is to be mamlich Hashem into his life.

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Thank you, I'd like to see the other good stuff. Can you give us a more specific reference?

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Re: One Day at a Time
Posted by Bigmoish - 11 Oct 2016 14:43

Mayan Beis Hashoeiva, Parshas Behaaloscha, 10:10.
pages 313-315

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Re: One Day at a Time
Posted by Markz - 20 Oct 2016 05:03

This was yesterday's chizuk image of the day

I think there was a Typo

Its supposed to say

"It's called today"

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Re: One Day at a Time

Posted by cordnoy - 20 Oct 2016 12:38

Are you in the care of the God of your understanding?

Does the God of your understanding love you?

Is the God of your understanding watching over you?

Is he/He protecting you?

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Re: One Day at a Time

Posted by Gevura Shebyesod - 21 Oct 2016 02:46

[Markz wrote on 20 Oct 2016 05:03:](#)

This was yesterday's chizuk image of the day

I think there was a Typo

Its supposed to say

"It's called today"

Maybe it depends what time of day you're reading it.

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Re: One Day at a Time

Posted by Markz - 21 Oct 2016 02:53

For Gevura who needs his Jellybeans spelled out for him, here goes

Theres an image in the GYE archives that goes like this

https://guardyoureyes.com/media/kunena/attachments/12506/image_2016-10-20.jpeg

It's a serious typo. Plain and simple

Guys like to push off recovery to tomorrow. The weather is always better, our mind will be sharper. Etc etc.

Now, how many

Warning: Spoiler!

Would you like

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Re: One Day at a Time

Posted by Gevura Shebyesod - 21 Oct 2016 03:14

One is too many, and a thousand is never enough.

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Re: One Day at a Time

Posted by Markz - 21 Oct 2016 03:23

For Gevura who needs his Jellybeans spelled out for him, here goes

T

TY

TYP

TYPO

For Gevura who needs his Jellybeans **spilled** out for him, here goes

I'm sure you can't wait for simchas torah - international daddy candy collection day

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Re: One Day at a Time

Posted by Gevura Shebyesod - 21 Oct 2016 03:41

) I'm reading that picture now just before i go to bed for the night. Today is done, warts and all. Tomorrow is a new beginning. Where's the typo?

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Seriously (is that allowed around here?)