

Navigating the ocean of my life

Posted by amevakesh - 17 Apr 2024 10:21

For the past 267 days, there have been sunny skies, calm winds, the boat's been steady, with nary a thought to the pirates that lurk beyond the horizon.

However, clouds are gathering, waves are getting choppiier, and worst of all, a cry from the barrelman in the crow nest, "Pirates ahead"!!! I've been warned.

As they get closer, thoughts are swirling through my mind. I hear their evil whisperings in my head. "You thought you were off our radar, not so fast." Will they succeed in overtaking the ship I've put so much effort in constructing?

They're faster, sneakier, and more cunning then I, and I know that once they come too close, I'm doomed. But, I have an itch that needs to be scratched, a void that has to be filled, and I'm having a difficult time doing so.

But one thing I've learned here at GYE. There's safety in numbers. So I'm sending out a call to my fellow mates, can anyone help me out in how to overcome these Bein Hazmanim pirates?

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Re: Navigating the ocean of my life

Posted by Hashem Help Me - 17 Jan 2025 05:09

You have my vote!! Great idea!! Call the GYE office and get to work implementing it!!

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Re: Navigating the ocean of my life

Posted by parev - 17 Jan 2025 09:13

Lets take action with our own hands -

If we all would send this to the gye admin it would be have a greater impression- i did and you all can do to!

Please see this post - a very important idea - it can be tweaked, but the jist is grreat and important

<https://gye.nu/forum/2-What-Works-for-Me/411978-Navigating-the-ocean-of-my-life?limit=15&start=195#429344>

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Re: Navigating the ocean of my life
Posted by simchastorah - 20 Jan 2025 12:10

Great idea. Does anyone know if there is movement from GYE on this?

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Re: Navigating the ocean of my life
Posted by parev - 20 Jan 2025 13:00

Reply from Chaim [GYE]

I agree. I'll review it with management - thanks!!

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Re: Navigating the ocean of my life
Posted by amevakesh - 26 Jan 2025 12:54

Something that's been on my mind over the last few weeks, as a result of talking to a few of my friends.

A guy makes a decision, enough is enough. He begins the hard work, F2F, SA, TBOTG,

posting, reaching out, or whatever works for him. As time passes, he realizes that the overwhelming urges are beginning to subside somewhat in frequency and intensity. At the same time, his bedroom life is improving dramatically, his wife notices his efforts, and Shalom Bayis reaches new levels. Lust is going down, love is on the rise. As his journey makes more progress and he gains clarity and confidence, he begins to taste the exhilarating taste of freedom. He's on top of the world, and is filled with a heady sense of ????? ??????. With confidence and ease, he clears hurdle after hurdle, ably overcoming challenges that were previously insurmountable. By any account, sounds like a success story, and it definitely is.

Our hero is filled with a sense of purpose, and wants to share what worked for him with the whole world. If I could climb out of the depths of where I was, so can anyone. So he shares his journey, placing great emphasis on how easy and manageable life has become in an effort to demonstrate how he subdued his YH.

I don't know how to put this, but there is something a little bit off with this attitude. I wouldn't have written anything about it, but no less than 3 guys I spoke to recently were hurt by the well meaning comments that were shared in such a manner.

When a guy trumpets his success by sharing how his urges are gone, it shouldn't be done with a sense of pride, rather with a sense of humility and gratitude to 'Y for the gift of freedom. There are many guys out there that are managing to stay clean, but are doing so despite the fact that they aren't feeling liberated from their YH. Are these guys not making progress, are they doing something wrong? Is it always a case of, "If your feelings of lust aren't going down, you must not be fighting correctly. Fight smarter not harder."? I think not. The essence of progress in this journey isn't measured by how much the urges dissipate or how much your bedroom life has improved. Those are benefits, and a gift that 'Y sometimes gives to those that put in effort. For some the gift comes as soon as they put in the effort, for others it may take a bit longer, and for others certain gifts that generally come with recovery may never come. Does this mean that progress hasn't been made?

To me, real progress is measured by how much falling has become a non - option to the individual. Not by how much he's not struggling or by how he feels on any given day. These might be indicative of progress, because it's a gift that is usually given to those that are working on themselves, but it's not the progress itself. A guy can be in the clutches of lust and still be making amazing progress. When a guy changes his mindset, from P&M being a bad choice to not being a choice at all, that's real progress. He might be struggling mightily, but if he can maintain this outlook, hopefully over time he'll be gifted with the gifts that others received.

This doesn't mean, if he falls he hasn't progressed. Setbacks happen, in any journey, but as long as he's moving in the right direction, to a mindset where sin is no longer an option he's making progress. To the extent that he's incorporated it in to his mind, that's the barometer of his progress.

The ????" when he depicts what ????? ???? is, writes that when there's a scenario of the same woman in the same setting "???? ???? ??????" that he committed his original ?????, and he refrains from doing it, that's the ultimate ??? ?????. I'm assuming that the ??? he's referring to here, is lust not love. Yet we see that even though this guy hasn't made any progress in terms of how much he's lusting, he's still a ??? ????? ?????.

I don't in any way mean that people should stop sharing there feelings of how their urges are subsiding, that's not only okay, it's encouraged. There's nothing wrong with sharing your successes with your friends here, we're happy for you and hope it continues. Additionally, it can be a huge Chizzuk and motivation to those that are beginning their journey, to know that usually gifts of sobriety and real love follows hard work. All I'm asking is when you share, do so with sensitivity, from a perspective of gratitude and humility, that you've been gifted with something special, as your efforts have been rewarded in a way that some people have yet to experience.

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Re: Navigating the ocean of my life
Posted by BenHashemBH - 26 Jan 2025 13:47

[amevakesh wrote on 26 Jan 2025 12:54:](#)

Something that's been on my mind over the last few weeks, as a result of talking to a few of my friends.

Beautiful and caring words from the heart, as always Amevakesh.

Thank you.

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Re: Navigating the ocean of my life

Posted by livingagain - 26 Jan 2025 15:07

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Re: Navigating the ocean of my life

Posted by jewizard21 - 26 Jan 2025 15:34

@livingagain please don't just tell people that they're feelings are wrong. They're feelings are natural that they see others success and it can make them feel like they're maybe doing something wrong or just feel like "why does it seem so easy for that guy?"

It's part of the problem of being online is that we only see people's success or failure but almost never what got them to that point. Was he having a really tuff day and after fighting of the urge many times he eventually fell? Or maybe he even got back up and kept going. Either way we tend to focus on the success and failure, even though the fight is what really matters.

I believe this post was meant to bring to light the fact that the stage each one of us are at isn't the main point it's the fact that we are all making progress together. So to both the people that are saying how much better life gets and the people who feel down from those posts remember that we are all in this together, One Day At A Time!

As said before progress is the key. A guy that is at the point that going back is a no-option is just at a different level than the guy that is now only masturbating x times a week instead of what he used to. But both of these people are still making progress. If you keep on going, then no matter what your streak is, your just like the next guy. As a chizuk we should all remember that with progress life gets easier and better.

Keep on Trucking, One Day At A Time!!

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Re: Navigating the ocean of my life

Posted by livingagain - 26 Jan 2025 15:48

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Re: Navigating the ocean of my life

Posted by simchastorah - 26 Jan 2025 15:56

I understood amevakesh's point a bit differently, though it's certainly true that progress is always progress.

Correct me if I'm wrong amevakesh, but it seemed to me that you were differentiating between 1) success in establishing acting out as off-limits, and 2) finding that one's urges are diminished and other benefitis. And that while achieving #1 is very much in one's power through hard work etc, #2 is a gift from Hashem.

Therefore one should be sensitive in the way that he talks about #2, because the next guy may have struggled with all his might and achieved #1, but found that he has not been *gifted* with a let up of urges etc.

If this were a forum about getting better at basketball, and the guys who were 6 and a half feet tall were talking about how ever since they learnt basic dunking technique it's just so easy, it might be a little insensitive to the rest of us who may eventually manage to make a shot but will never dunk, both of us for reasons outside of our control.

amevakes's post was written with daykanus and more nuance than this one. So if what I'm writing makes his post sound a little different than how you first heard it I recommend going back and reading his post again.

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Re: Navigating the ocean of my life

Posted by amevakesh - 26 Jan 2025 16:55

Simchastorah, you nailed it! What took me a whole long Megillah to write, you did in a few short sentences. Thank you!

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Re: Navigating the ocean of my life
Posted by BenHashemBH - 26 Jan 2025 17:01

I would make a distinction between posting about yourself--on your own thread (which also needs sensitivity) and posting to another person with the magical answers. That's what I thought Amevakesh was referring to with "well meaning comments" ie it was in response to someone.

Kol Tov

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Re: Navigating the ocean of my life
Posted by livingagain - 26 Jan 2025 19:48

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Re: Navigating the ocean of my life
Posted by BenHashemBH - 26 Jan 2025 20:21

[livingagain wrote on 26 Jan 2025 19:48:](#)

There's nothing in @amevakesh's comments below which reflects your sentiment about posting a reply in disagreement on someone else's thread. What makes this forum so invaluable is that it allows for the dialogue to flesh out the relevant issues. Nothing is meant to be taken personal and everything is letoeles.

I merely expressed a different perspective from my vantage point. Not necessarily a magical answer, but something to be considered. Personally I have no objection to someone posting an

opposing opinion on my thread and accept it as part of the free exchange of ideas. Suggesting that there is no basis for hurt feelings was merely inviting introspection and behavior modification. It was made with the best of intentions and merely expresses my understanding of the torah perspective. I may indeed be wrong, but not for expressing my opinion

My Brother, I'm sorry if it seemed otherwise. My comment was not specifically in response to your post. It wasn't about opposition either. Was just considering that it may come across differently when it is written about me for me or for someone else.

Kol Tov

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