

Home of Gibbor120

Posted by gibbor120 - 18 Aug 2011 21:06

Hi,

I introduced myself, not long ago, [Here](#). But I have grown since then, and have outgrown my small house in the "Introduce Yourself" part of town. I am a Jr. Member and soon will be a "Full Member" IY"H, so I decided I needed to build a new house in a new neighborhood. I looked around at different neighborhoods and saw some spectacular houses in "Wall of Honor". I see that [Zemmy](#) and [Bards](#) have built here among others, so I decided to plant myself here as well. I will hopefully build some walls of honor myself, and continue to make great friends along the way.

I plan to use this as my main posting thread. So please come in and make a l'chayim, or enjoy some chocolate babke and fresh brewed coffee, or just stop by to say hello.

It's a privilege to dwell among such chashuve yidden!

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Re: Home of Gibbor120

Posted by obormottel - 24 Jan 2012 23:00

thanks for that!

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Re: Home of Gibbor120

Posted by ZemirosShabbos - 25 Jan 2012 20:53

thats a beautiful vort Gibbor, thanks for sharing!

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Re: Home of Gibbor120

Posted by gibbor120 - 26 Jan 2012 19:39

I'm adding a quote from Elyah and my response on the topic of self-esteem:

[Eye.nonymous wrote on 26 Jan 2012 19:12:](#)

50. Openness.

Inside and outside need to be the same.

How is this different than "rigorous honesty" mentioned above? I think the answer is as follows:

"Rigorous honesty" means not to withhold my dark secrets from my program buddies and from my sponsor. Now, besides that, addicts tend to suffer from schizophrenia--on one hand we're an honored and respected member of our shul and community (and believing that we are), but on the other hand we're sitting around looking at p*rn and m*sturbating and feeling like dirt (and also believing that we are). This confuses us and causes a lot of angst.

Yet, there's a more subtle form of schizophrenia I think addicts suffer from, if my own experience is at all typical. We tend to be grandious; in other words, we blow our perception of ourselves and of reality out of proportion. We can't just learn Torah for a seder or two each day; we immediately imagine ourselves to be the next Gadol HaDor in the making. We can't just work and earn a respectable living and be happy with that; we immediately imagine ourselves to be the world's best at whatever we are doing. We cannot accept ourselves for who we are; we cannot accept--or perhaps even perceive, our actual limitations. We are paranoid to reveal any weaknesses to others (because even though we may have weaknesses, we don't really want to believe that we do, and we certainly don't want anyone else to believe that we do). So, we believe ourselves to be much more than we really are. And, we portray ourselves to be much more than we really are.

Imagining ourselves to be what we are not--more than what we are, ironically, I think is a major source of low self-esteem. We NEVER accomplish what we IMAGINE we are supposed to; we can't, because it's not realistically within our capabilities. Yet, we don't admit this, so we are forever disappointed and depressed.

But when we can be honest with ourselves ABOUT ourselves, and then when we can be OPEN with other people about who we REALLY are, when we can accept our limitations, when we can see our TRUE capabilities honestly and live life accordingly, then FEAR that other people will discover our faults DISAPPEARS. ANGER at ourselves for not amounting to MORE and MORE disappears.

This ANGER and FEAR about such a crucial point--our identity, is a huge source of that Restlessness, Irritability, and Discontent (RID) which causes us so much pain and drives us so often to our pain-killer drug of choice, to acting out. When we rid ourselves of THIS RID, we can be happy in our own skin. And, this happens to be very good for our recovery.

--Elyah

[gibbor120 wrote on 26 Jan 2012 19:37:](#)

BLESS YOU ELYAH! I think you may have just uncovered a riddle for me. Dr Sorotzkin talks about people with low self-esteem needing to have a feeling of grandiosity as a counter balance. The lower the self-esteem, the higher the feeling of grandiosity.

He illustrates this by telling about a patient that had the lowest self-esteem he has ever seen. One day the patient reveals that he sometimes feels he is higher than G-d himself. The patient expected the Dr to be surprised. Little did he know that the Dr was not surprised in the least and was actually expecting the patient to say something like that!

What I haven't quite understood is the play between feelings of low self worth and feelings of

grandiosity. Maybe I still don't. But something you said struck a chord. You said that our grandiose feelings lead to our low self-esteem. If we believe we are greater than we actually are, we feel low when we fall short (which is inevitable due to our unrealistic standards).

I think it may actually be a circle. Feelings of inferiority are unbearable to us, so we start imagining that we are greater than we actually are, which leads to failure since we are not in reality on the level that we "imagine". That failure leads to feeling even lower, which makes us imagine that we are yet higher.... and the circle continues... until the bubble bursts and we are forced to confront the fact that we are quite ordinary.

Once we accept that REALITY - we begin to accept ourselves - our plain ordinary lowly selves. Living with reality, and accepting ourselves as we are, is the key to proper self-esteem imho.

Am I making any sense?

The basic idea is that if we can accept the **truth** about ourselves - we have the key to self-esteem. Maybe that's why admitting the truth about ourselves to someone safe - is the key to recovery? It just ain't real until we can openly admit it. As long as it's safely locked in our own heads, it just isn't real.

So *really* it's simply a matter of **truth** vs **fantasy**.

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Re: Home of Gibbor120

Posted by gibbor120 - 26 Jan 2012 20:57

Rabbi Frand has a nice piece this week about why we need others in order to grow.

www.torah.org/learning/ravfrand/5772/bo.html

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Re: Home of Gibbor120

Posted by obormottel - 26 Jan 2012 23:46

Gibbor,

the exchange with Elya was great, thanks for making it easily accessible.

I never saw it this way, but it is the Truth: whenever I start a new (job, project, learning cycle) my end goal always is to excell to the point of being THE greatest at it. But it is not ambition (which would have been healthy), because it is unrealistic and untrue. And how disappointed do I get, when I don't excell so greatly, even though I may meet with a certain measure of success.

And if I can't find an area where I can imagine being greater than others, than I need to invent something where I can be Numero Uno. If I can't be the best talmid chochom, then by golly I'll be the best drinker of vodka. And if I can't be the best chazan, you can count on me to be the loudest while singing niggunim. And if I'm not the best at what I do professionally, then I'll be the most obnoxious professional in my field. Doesn't really matter what, so long as people associate me with "most, best, ...est".

And of course when I fail even at that, I always have my secret pleasure to be "best" in: I truly am the best masturbator and porn-viewer that I ever known.

So thanks so much for shedding a light on this cockroach in my soul. That should chase him back in the far corner...just for today.

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Re: Home of Gibbor120

Posted by Yosef Hatzadik - 27 Jan 2012 06:01

[gibbor120 wrote on 05 Jan 2012 15:25:](#)

YOOZ DIDN'T EXPECT **ME** TO POP IN HERE TOO!!!! RIGHT??

HEH !! HEH !!

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Re: Home of Gibbor120

Posted by gibbor120 - 27 Jan 2012 13:45

[obormottel wrote on 26 Jan 2012 23:46:](#)

So thanks so much for shedding a light on this cockroach in my soul. That should chase him back in the far corner...just for today.

The best way to chase away a cockroach is to turn on the light (read: *Admit the truth*).
Hmmm.... Maybe I'll change my motto.

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Re: Home of Gibbor120

Posted by gibbor120 - 01 Feb 2012 17:45

Ahhh, there's no place like home. I haven't been here in a while, but a good buddy convinced me to post a recent email conversation we had. It is somewhat edited.

gibbor120:

Well I posted about some of my step 4 stuff on one of the private sections for phone call stuff. One of the things I posted about was some of my jealousies. I'd like to share some of it with you.

[I detailed some jealousies, including one specific one about how my wife is so popular and has so many friends.]

After doing the 4th step, I definitely feel less jealous especially since I do have more friends because of GYE. I am also more willing to discuss my weaknesses. Before GYE, I would not dream of saying I have low self-esteem or that I am jealous of my wife. That would be utterly humiliating for me. The funny thing is the more I am able to admit it - the freer I am of it. I thought that admitting some of my fears/weaknesses to my wife was very scary for me. When I did, I was shocked that it did not diminish my value in her eyes.

I think it just goes with being a perfectionist. Low self-esteem makes me try and be perfect, or at the very least portray a perfect image. I think when my wife found out about my problem and I had to admit the embarrassing truth, I became more able to admit other embarrassing things about myself. Although that did not happen until after I found GYE. All dov's posts about admitting the truth about ourselves to others, really had an impact on me. I think it is the foundation of recovery. I really thought it was good to keep all my negative thoughts to myself and not share them. That may be true for some, but it is not true for me. It's much healthier for me to let my thoughts out.

Since doing my 4th step I don't feel the jealousy quite as much. I can't say that I am free of it, but it doesn't eat me up the way it used to. I am much more able to see that Hashem has a plan for all of us and gives us the tools we need for our mission. My mission is different and I have the tools I need.

ZS:

- i wonder if your wife's friends (or my wife's friends for that matter) are all people who she considers really good friends. i suspect they are merely friends with whom she'll get a ride with, discuss shopping, clothing, cooking, school stuff and other relatively low-level issues. i would not be surprised if she has only a few really good close friends with whom she would discuss

heavy issues. same for my wife. she has many friends but her really really close friends are probably 2 as far as i can see.

- admitting weaknesses paradox. very intriguing phenomina. i wonder what would happen if Jack the Ripper came along and admitted that he murdered 30 people in the last couple years... i know that is an extreme extrapolation but it illustrates the point. admitting weaknesses is not blanche carte to say "oh well i knocked over 2 old ladies on the way to work and did not wait to see if they need help cause i am weak and sometimes irresponsible". so how far does it go? i dunno if i am being clear on this idea

gibbor120:

Yes, I have been trying to call people just to say hi as you know. I think that is good even if it's not the "deep stuff". It keeps relationships going and when I really need to talk, I have a network so to speak.

Yes, my wife also has 2 friends that she really considers her "best friends" who she can discuss anything with.

As far as your Jack the Ripper piont. Allow me to do some thinking "out loud" (read- rambling). These ideas may be only half baked.

I think something dov has said a couple of times may be a good tzu shtell (see, I know some). He was talking about when people share their first step inventory. He said that he sometimes gets the feeling that the person is simply 'bragging' about the shmutzy stuff he's done.

I think it depends on the person's attitude. Admitting is about hachnooh. It's about facing reality, which is really quite sobering. In our minds, we rationalize and never quite see ourselves clearly. Somehow spelling out the facts to someone else helps us see the reality of who we are/what we've done and FACE it. Admitting the truth about ourselves is not supposed to excuse the behavior, it's supposed to make us face it and take responsibility for it.

There are really 3 ways we can look at our bad deeds. 1- rationalize them and not deal with

them at all. 2- get down on ourselves and feel like we are worthless. 3- Accept responsibility for what we've done and face it. Your Jack the Ripper case - seem to be "1" - some form of rationalization. "I can't help it".

So what does "face it" mean. This is where some sort of action appears to be in order, but admitting it seems to help even if we don't do anything about it.

All I can say is, that my experience has been so far that whatever I have been able to admit, I have become freer of as a result. Even though I may not have done any action at all. It seems that admitting itself is an action somehow. Maybe it allows me to see how silly and childish it is and therefore I can let go of it more. As long as it is in my head, I can rationalize it (reaction #1). Once I spell it out - it just seems plain silly. On the other hand spelling it out seems to allow me to "accept" it (meaning I don't get depressed over it - reaction #2).

I'm not sure I really understand it, but it doesn't really matter. It seems to work, at least for me (and millions of other people). Maybe there's something in the big book that addresses it.

Dov has also quoted someone (R Elimelech maybe) to say that everyone should have a friend that they can tell anything to, even their most embarrassing secrets. I think you showed me something to that effect in a sefer about yehuda and his "adulamite" friend.

Sorry for another megillah. I hope I made some sense.

ZS:

very good analysis of the Ripper you got there. and also a very important point about the need (or lack of need) to "understand" how this idea works. as long as it works that is the main thing. very well put. i think you should consider posting it as well so others can benefit as well.

gibbor120:

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Re: Home of Gibbor120

Posted by gibbor120 - 01 Feb 2012 21:18

VERY WORTH READING! I JUST TYPED IT FROM A SEFER I JUST BOUGHT!

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To summarize in English to the best of my ability (if you can read the hebrew, don't be lazy!):

I heard from a wise man that one of the pleasures of this world is friendship. Many times a person is lacking this pleasure. One of the reasons for this is that a person looks at himself in a negative light and views himself as very low - lacking anything positive. Since he feels that way, he is afraid to make friends lest they uncover his true self (which he views as very lowly). Therefore he doesn't make friends and lacks that pleasure.

But, since he still wants that pleasure, that desire pushes him to connect in a hidden way

through forbidden gazing. In this way he feels connected to people. And he fills, as it were, in an imaginary way his desire for friendship (even though this relationship is totally imaginary and has no reality whatsoever).

Therefore, the first thing he must fix is to elevate his value by looking at himself in a positive light, and in this way he will remove his fear to make friends and he won't need to look for pleasure in forbidden pastures.

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Re: Home of Gibbor120

Posted by obormottel - 01 Feb 2012 21:59

Good stuff. The last line about building self-esteem as a prerequisite to connecting to other people I don't agree with because it may never happen. What I'm saying is one shouldn't wait to make friends until he starts seeing himself in a positive light.

But connecting to other people as a way of self-guarding from istaklus ro'o (viewing inappropriate stuff) - that is gold.

Thanks for posting it.

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Re: Home of Gibbor120

Posted by Gevura Shebyesod - 01 Feb 2012 22:05

Wow that really hits home hard for me. Where is it from?

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Re: Home of Gibbor120

Posted by gibbor120 - 01 Feb 2012 22:11

OM, I was actually thinking the same thing, but I wanted to quote the sefer exactly. I have to come out of my comfort zone to make friends first. I'm still not sure about the self-esteem thing although I posted about it recently.

I think the main thing is getting out of our own head, connecting to others, doing for others, and not worrying about our selves. I think the self-esteem comes indirectly. I don't think that "thinking positive thoughts" about ourselves really helps much. It just keeps us inside our own head.

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Re: Home of Gibbor120

Posted by gibbor120 - 01 Feb 2012 22:17

[Gevura ShebYesod wrote on 01 Feb 2012 22:05:](#)

Wow that really hits home hard for me. Where is it from?

It hit home for me too! That's why I posted it. It's called ??? ??? and it's on shmiras aynayim. It was an impulse buy, I thought I might find some good stuff in it. So far I have found a couple of gems! Another good sefer is ??? ????. I posted about it several months ago - when I probably

. see here

www.guardyoureyes.org/forum/index.php?topic=4313.msg114761#msg114761 .

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Re: Home of Gibbor120

Posted by gibbor120 - 02 Feb 2012 17:42

Line from Arutz Sheva

Ya'alón explained that with complex issues like the Israeli-Palestinian Authority conflict,

sometimes we need to realize that "there are some things that we can't solve, it has to be managed."

I thought it was appropriate for addiction as well.

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