

Yossi's Journey

Posted by Yossi.L. - 07 Sep 2011 03:22

Today is day 15 of my current cycle of cleanliness, may this cycle be the everlasting cycle! I always find that the beginning of my cycles are much easier to maintain cleanliness as opposed to a couple of months in. I feel like once I've driven my number of clean days up, i tend to lose the same intense focus as in the beginning. I pray that this cycle will be different. Any tips would be appreciated. Fighting on!

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Re: Yossi's Journey

Posted by Yossi.L. - 06 Oct 2011 19:15

I have just reached my 7th day clean(when i say '7th' day rather than '1 week' it makes it feel longer). I feel really good about my cleanliness now. I went through a couple of days that in the past wouldve been stressful and led me to inevitably fall, but in the present, i handled it with ease. It used to be that any "responsibility" that required of me something was quite stressful. It is quite clear to me that my addiction is the most daunting and prevailing issue that lies within me. It is the route by which i am discovering my inner essence. "Yossi's journey" how fitting a title; my journey to discover myself.

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Re: Yossi's Journey

Posted by Yossi.L. - 06 Oct 2011 19:22

I'm just wondering; I was recently thinking about the first thing that started my sexual addiction. And i remembered that it was a radio show by O&A yimach shemum. Did anybody have a similar experience? If yes; does the knowledge of where it started have any bearings on the recovery, or help you in any way?

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Re: Yossi's Journey

Posted by Yossi.L. - 06 Oct 2011 19:33

I read the most beautiful,powerful, vort of the new year from Rabbi Jonathan Sacks and I'd like

to share it with everyone: It says in the famous Shir Hamaalos Mimakim etc..."key imcha haselichos, Lman teevuray": *But with you there is forgiveness, that you may be held in awe* Who inspires deeper fear: One who rejects us, or One who refuses to reject us? One who rejects us makes no more demands on us. We go our separate ways. But one who refuses to reject us, never losing faith in us, and refusing to let go- that is the one we fear, not because we fear him, but because ultimately we fear ourselves. We fear greatness. We fear the effort it demands. There are times we would rather be left alone. That is one of the sources of disbelief. It is easy to live in a universe that makes no demands on us. God's forgiveness makes demands on us, for God believes in us more than we believe in ourselves.

POWERFUL

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Re: Yossi's Journey

Posted by gibbor120 - 06 Oct 2011 19:36

I asked a similar question on my thread. Didn't get too many responses.

www.guardyoureyes.org/forum/index.php?topic=4337.msg120841#msg120841

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Re: Yossi's Journey

Posted by ZemirosShabbos - 06 Oct 2011 19:52

Yossi, thanks for sharing that great insight from Rabbi Sacks, it's so true and it explains the posuk very well

thank you

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Re: Yossi's Journey

Posted by obormottel - 06 Oct 2011 19:54

I think it is important to know the reasons that brought us here, that's the whole theory of sicko-therapy, no?, to make you understand what effect your past had on your future and try to undo the negative effects. That article you're quoting from, I read the whole thing, he rebuffs there the claim that it's not necessary. In the end he says:

"In conclusion, to be successful in overcoming addictions to sexual acting out, it is important to understand the psychological factors that can transform a "normal" yetzer hara into an addiction.¹⁷ Even more importantly, is the role such an understanding could play in prevention. When children are raised to be emotionally healthy they are spared from dealing with yetzer haras beyond the normal range. "

I agree 100%

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Re: Yossi's Journey

Posted by gibbor120 - 06 Oct 2011 20:07

OM, which article are you quoting?

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Re: Yossi's Journey

Posted by obormottel - 06 Oct 2011 20:19

oh, I'm sorry I was sure it's your submission.

Here:

<http://www.guardyoureyes.org/forum/index.php?topic=4503.msg120785#msg120785>

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Re: Yossi's Journey

Posted by gibbor120 - 06 Oct 2011 20:28

oh, I read it, but forgot that line. Here's a Dov quote from the Oct 4th email. (emphasis mine)

I believe the 12-step people (and the RMB"M in shmoneh p'rakim), that my addiction is not my real problem. It is only a symptom of my real problem, which is a misconnection with G-d and my fellow man. And I also follow the experience of the 12-step people that all progress in my recovery will depend on my focusing on the 'Solution' instead of on the 'Problem'. **(Of course, my addictive behavior history must be my total focus in the very beginning of my recovery so that I get clear that I need to live a different way if I expect to get better and not to be fooled any longer that I can beat it.)** Learning to live differently takes tefillah, time, and effort.

So he seems to think that focusing on the past is simply a way to internalize that we need help. *Not* part of the recovery per se.

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Re: Yossi's Journey

Posted by mechazek - 06 Oct 2011 21:39

yossi thanks for sharing great stuff.I to find that when someone needs me to be there for them emotionally it makes me feel vunurable.can you help me deal with this?

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Re: Yossi's Journey

Posted by Yossi.L. - 07 Oct 2011 12:10

Gibbor: It seems to me that Dov is saying that understanding the innate deficiencies that led to your addiction is important(your disconnection from god). However, the exact details of what led you to addictive behavior is not of essence. Is that the way you understand it?

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Re: Yossi's Journey

Posted by gibbor120 - 07 Oct 2011 13:40

Basically, so you realize that you need help and are motivated to get it. That's the way I read it.

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Re: Yossi's Journey

Posted by Yossi.L. - 09 Oct 2011 16:13

Mechazek,

When people need you to "be there" for them emotionally, that's exactly what they need; you to "be there" for them emotionally.

What they don't want is one of 2 things: 1) For you to feel the self centered need to "solve" their problems instantaneously with your magical powers, and keep offering them "the solution" to their problems. Or 2) For you to be too scared that you won't have the perfect solution and therefore recede out of the reality of the situation. Thereby causing you to be completely introverted and not "there" for them quite literally.

What they do want is for you to be completely "there", and more importantly: for "them". Stop trying to solve,fix,or remove their problem. Start focusing on completely listening,understanding, and feeling them.

Your vulnerability comes from a self centered fear that you might not be able to be their savior. And it's exactly that fear that will lead you to exactly that result.

I know this vulnerability all too well.

Yossi

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Re: Yossi's Journey

Posted by Yossi.L. - 09 Oct 2011 16:21

Reading my previous post I realized the way I matter of factly told you what your vulnerability is, without even thinking twice. Wow while posting about having the "solution" and not "being there" I was guilty of exactly that. Inspiring.

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