

Yedid's Count

Posted by yedid\_nefesh - 15 May 2012 14:22

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Hey people, i have been on GYE for a few years i am now in my late teens finishing off school. I unfortunately havent been to consistent in the foorums so after last nights fall i have decided to start a hopefully daily log of my journey. Anyways hopefully this log will help me focus more on my struggle and with Siyata Dishmaya really help out. I in the past years i have avoided the guidebooks and attitudes thinking not for me but the last few weeks of reading the emails have helped me realise its something that is vital if i want to make progress.

Im reading one attitude from the guide book daily and trying to personalise and absorb each attitude. Todays one is acknowledging that I am addicted which has obviously been tough as im sure most people have experienced that process by now but once again it is necessary if i will want to take the attitudes to heart. Also it is important to recognise when i am the most vulnerable so after llast nights fall i can safely add tha wanting to "chill out" to the list of dangerous times. Now Im not saying its bad to chill out but chilling has to be planned and definately not just surfing.

K got to go and will with Siyata Dishmaya continue this log just mainly ranting on.

TizkeH Lemitzvot

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Re: Yedid's Count

Posted by yedid\_nefesh - 12 Jun 2012 17:51

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Ok Baruch Hashem tonight is night 3. Since monday morning things were very weak - I wasnt guardong my eyes and not learning well. Baruch Hashem at mincha this afternoon. I had a change in mindset to get back on track and keep going - it wasnt some sort of flash of inspiration but basically it feels so good now to be on track.

So I asked a question recently 2 days ago about focusing on struggle verse not making a big deal about it - havent got a answer yet but thank you to imgonnawin nevertheless.. ANYways

Tizkeh Lmitzvot

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Re: Yedid's Count

Posted by Machshovo Tova - 12 Jun 2012 18:35

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[yedid\\_nefesh wrote on 10 Jun 2012 19:19:](#)

So heres my question i pose to you guys: I read tonight attitude 15 which is basically about not fighting the YH head on but rather walking aorund him and avoiding confrontation with him altogether by putting up fences. BUt surely the more we are involved on this forum and the more we try to become determined to be clean and the more seriously we take this addiction the more we will think about the struggle and then we are back to step one by countering the YH head on?. Please will someone explain to me how to resolve these two concepts.

When R' Yaakov Kaminetzky zt"l was staying in camp Torah Vodaas, a waiter asked him, "What would the Rosh Yeshiva like for breakfast? Cereal or eggs?" To which he replied, "I don't see what's the stirah (contradiction)." (i.e. why does it need to be either/or?)

Same here. I don't see the stirah. Aderaba! The more we are involved on this forum and the more we try to become determined to be clean and the more seriously we take this addiction, the more we will think about the struggle - and therefore, the more we will put up fences to avoid fighting the YH head on. The head on fight will only come if we are not vigilant and proactive in staying away from lustful sights and lustful thoughts. But if we are constantly on guard, we'll eventually find it a second instinct to just casually brush those thoughts and feelings aside as soon as they show up.

Maybe (or surely) different people have different perspectives, but I'm sharing what works for me.

Hatzlacha

MT

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Re: Yedid's Count

Posted by alexeliezer - 12 Jun 2012 18:39

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[yedid\\_nefesh wrote on 10 Jun 2012 19:19:](#)

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Taking this Y"H head-on means looking at women, sitting at a computer when no one's around, picking up a mainstream magazine and saying I'll just read the articles, I'll just look at her but I won't take it any further, I'll sit here and resist the urge to surf.

Avoiding this Y"H is an active process. It means actively guarding my eyes in the street by closing them when necessary, turning away, crossing the street. It means shutting down the computer, getting up and walking away when I feel the urge to surf. It means not picking up the newspaper or magazine in the first place. It means davening at the first inkling of a lustful thought or desire. It means connecting with fellow strugglers here or in meetings.

This kind of active avoidance, active sobriety, is not the same as "countering the YH head-on." We're not staring down lust, but we are far from passive in our recovery strategy.

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Re: Yedid's Count  
Posted by ImGonnaWin - 13 Jun 2012 18:55

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Yedid, how are you doing now?

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Re: Yedid's Count  
Posted by yedid\_nefesh - 14 Jun 2012 20:09

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Hey all, yesand yes thanks for the answers - they were insightful and something I need to keep in mind. So today is Baruch Hashem day 5 - the last few days have been up and down but no p\* just pure timewasting (which no one can afford). So i was doing some schoolwork tonight and listening to the radio tonight at the same time ( not the station for a Ben Torah to put it nicely) and the emptiness of it inspired me - to try tonight go on GYE and learn some Torah BeH later

and to of course ditch the radio. Weirdly enuf the desire to m\* is nowhere in sigt but the desire to see women is still strong. ANd definately need to get on track with my learning and stick to schedule.. Thats my ramblings for tonight and heres a question:

Everytime when I read through the forums and email I feel inspired and all but its all just to overwhelming. There so many invaluable pieces of Torah, Mussar advice and its all to much to absorb. It brings to mind the saying of the Gemara "tafasta meruba lo tafasta" - basically if you grab to much you get nothing. SHowd I rather read a couple of pieces and try absorb them or should I just read everything. Too much inspiration can be damaging. How do I find a balance? Thanks and have a great night/day.

Tizkeh Lemitzvot!!!!!!!!!!!!

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Re: Yedid's Count

Posted by Machshovo Tova - 14 Jun 2012 20:37

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There is a Gemara (Shabbos 63a) 'ligmor inash vehodor lisbor'. I think this can be applied to your question as follows: You can first read alot, just to get fired up with enthusiasm; and then you can focus on one or two thoughts that seem to influence you most.

Hatzlacha

MT

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Re: Yedid's Count

Posted by alexeliezer - 14 Jun 2012 20:59

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I like MT's eitza.

It's important to have a basic game plan you're going to follow (shmiras eynayim, avoidance,

etc). Put the work into honing your basic program. Walk away from here with inspiration and motivation. If an eitzza clicks, by all means apply it. But never lose sight of the basics of sobriety -- complete abstinence from the drug.

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Re: Yedid's Count  
Posted by yedid\_nefesh - 17 Jun 2012 17:28

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Thanks Machshovo Tova - I think that should be my approach to dealing with all the chizuk. ANYway Baruch Hashem tonight is day 8. I cant say the weekend has been great but I broke the cycle that I got myself into for the last two weeks which is falling on Motzei Shabbos and missing Shacharit because of it. So this week is very busy and stressful for me - hopefully it will be only for the best by distracting me. Also in less than a week Im gong on a short vacation which is one of my big weak points. BUt Im going back to the place where i was MZ"L for the first time 3 years ago and if I remember correctly it was about the week of parshas korach. So yes, it will be interesting and I need a lot of Siyata Dishmaya.

Tizkeh Lemitzvot

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Re: Yedid's Count  
Posted by yedid\_nefesh - 18 Jun 2012 17:47

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Baruch Hashem day nine today. I learnt last night from the GYE attitudes that often our addiction may be linked to a serious character fall. I think that in my case it may procrastination. You see I get my school work done on time most of the time but I still leave things to the last minute which often causes unnecessary stress. So Im going to try be more productive and BH this afternoon I was more productive than I usualy would have been on a monday afternoon. With siyata dishmaya that should continue tonight. Anyways

Tizkeh Lemitzvot

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Re: Yedid's Count  
Posted by E-Tek - 18 Jun 2012 18:49

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This particular character flaw, I can relate to big time.

I actually found that my fight got MUCH easier by focusing my taphsic on my responsibilities... with a small knas, say, \$5. (Ex. off the computer 15 minutes before the seder, or pay \$5.)

It's still a work in progress, but hey, that's the point.

Hatzlacha!

Meir

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Re: Yedid's Count

Posted by yedid\_nefesh - 19 Jun 2012 17:45

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Hey all tonight is Baruch Hashem day 10! So last nite I did look at p\* for about 25 minutes( i dont consider that arestart tom my count) and I dont want to go into how it happened. But anyways this morning I thought about the saying "today is the first day of the rest of your life" and it is actually a ridiculously powerful ideas. it has BH been an awesome day with good shemirat einyayim - hardly any time wasting - now if I can only get into a cycle like this one my life would be at another level. One day at a time one day at a time with Siyata Dishmaya. Anyway Iv been consistently reading a lot of emails the past few days and I think some of the ideas and chizuk are atually going into me.

Tizkeh Lemitzvot!!!

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Re: Yedid's Count

Posted by yedid\_nefesh - 24 Jun 2012 21:27

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Night 15 Baruch Hashem!

The weekend was shocking but night 15!

Hashem sent me chizuk tonight.

It rocks to be clean even though the weekend was shocking -but BH no internet so yeah!

Tizkeh Lemitzvot"!!!!!!!!!!!!!!?!?!!!!?!!!!!!!!!!!!!!!

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Re: Yedid's Count  
Posted by yedid\_nefesh - 27 Jun 2012 13:07

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I fell on monday night so its back to square one. Looking back , it was probably the result of having a weekend lacking ruchniyus. Anyway it was a multippel fall and its taken some time to get over it.I havent gotten depressed about it because it was a 15 day streak which is a fine achievement for me at the moment. So im really for now focusing on getting into a good cyycle of sticking to my Torah learning times set as well as being active with forums and emails.

Anyway today has seen some suces Baruch Hashem. This morning I got out of the cycle of letting my eyes go for my one teacher which has been a thorn in my side for the last two weeks and thereafter I felt really good. The yetzer hora must have got quite irritated - he steered me into a place I would never have normally been in and I did for a couple of minutes let go of my eyes but Baruch Hashem Im back now. So

Tizkeh Lemitzvot

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Re: Yedid's Count  
Posted by E-Tek - 28 Jun 2012 01:16

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[yedid\\_nefesh wrote on 27 Jun 2012 13:07:](#)

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Tizkeh Lemitzvot

Half a sentence removed, two sentences emphasized.

You are NEVER back to square one- just received a setback is all.

Hatzlacha in all your endeavors!

Meir

P.S. Reb Mottel is going to ask what you will do different this time. I'm giving you a heads up so you'll know what to answer him.

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