

From 0 to 90 (and more)

Posted by DivreiChaim - 02 Jan 2013 16:42

Dear Chevre,

after some success with SLAA I lost contact with myself and had some falls. After Elul I was not able to get up and only had sobriety for some weeks. Today is day one I want to make a commitment to write a few times a week. This is a continuation of my former posts. [The journey to freedom](#)

As I was very sick "chaim" was added to my name. As the gemore in R"H says regarding the change of the name and the change of the mazel.

Have a clean day

Chaim

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Re: From 0 to 90 (and more)

Posted by Divrei Chaim - 03 Jan 2013 14:05

Sholem taire Yidden,

yesterday I had a fall with hz"I but B"H now I am again here and I'll make additional gedorim. I work in a company and I was today alone, I spent too much time in the internet reading kosher news (at least I thought so in the beginning). Then somehow I read a triggering article and acted out shortly afterwards.

There is some progress that I see. Two years ago I went to my relatives in an eastern European capital. When I came to the Hotel in the evening I saw a lady before the entrance of the hotel and I asked what she wanted as I could not get in and she looked like asking something. Only afterwards did I realize that she was a zoine and she asked whether I was interested. Back then really I was interested even though I did not say this she saw it and began to tell me many

details. I felt a burning strong desire to just go with her but then I realized that I would regret this few minutes of aveiro my whole life. In the night aftwerards I had many falls as I felt that I lost a "precious chance".

This experience was one of the reasons why I decided to guard my eyes (I wished my motivation was iras shomaim but really I saw what my happen and I am afraid of it).

A longer time ago on parashas Shmois I had my first shidduch and we met a few times. At the end we decided that we won't meet again. But I was astonished about the shidduch system -- meeting the first two times in the hotel lobby and only afterwards in the coffee shop. It works very good and it helps so much to appreciate what is really important. The first two times I had the chance to concentrate on her personality and her character. And even though at the photo that was shown to me she did not look attractive after the two meetings I discarded the photo as being sheker.

There is a lot to do till I can reconsider going back to "the parshe".

Shovavim: There is a famous minhag brought down in the sefer 'kizzur shl"o' to recite a posuk pertaining to one's name after the end of the shone essre. The reason is so as not to forget one's name after 120 years in this world. Ober woz iz pshat? Well, if you do not remember your name you cannot get into gan eden because you need a valid passport to get in. Or maybe not? I heard that name refers to the spiritual name, the name on high, the essence, the real I, who we really are. This refers especially to struggles in inyonei kedusho. And those who remain loyal to their name -- ashreihem vetov lohem.

Have a clean day.

Chaim

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Re: From 0 to 90 (and more)

Posted by Divrei Chaim - 06 Jan 2013 15:31

As nobody is writing here I just want to comment that I had a very nice shabbes and everything

is OK.

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Re: From 0 to 90 (and more)
Posted by reallygettingthere - 07 Jan 2013 10:12

Baruch Hashem keep it up

Eli

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Re: From 0 to 90 (and more)
Posted by Divrei Chaim - 07 Jan 2013 13:46

Sholem,

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Re: From 0 to 90 (and more)
Posted by Divrei Chaim - 09 Jan 2013 22:05

Hi everybody,

yesterday I was faced with a nisayon. First of all I did not sleep well this night. And my davening was not very good, in a rush. It is really unfair, that keveyachol HKB"H has to suffer when I am tired, in a bad mood and so on. Really, I am here losing.

So I had an interview for a new job, that should include less sitting in front of the computer. The Y"H tried to use my nervosity to have small physical let-out and then you'll feel much better, ad

kan loшон haY"H. Bechasdei Hashem, this day the GYE chizuk email had a story on chatching oneself when being about to have a fall. I was saved. At the end I got the job.

In the evening I felt a urgent need to talk to HKB"H and to thank him again for the miracle of saving me. I opened tehillim randomly, at kapitel 25 -- chatos neurai lo sizkor. Well, this is the story.

Thank you for all the chizuk I got since I am back here, I appreciate it.

Have a clean day.

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Re: From 0 to 90 (and more)
Posted by Divrei Chaim - 11 Jan 2013 14:41

I had diarrhea and after the x-

hameivin yovin.

Already beforehand I had all types of hirhurim zinunim and was not successful averting with the hesach hadaas.

Anyways, so today I start again and anew.

What shall I do for the future? When I am tired and sick I am more likely to fall, nothing new for me.

Have a wonderful shabbes.

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Re: From 0 to 90 (and more)
Posted by Divrei Chaim - 21 Jan 2013 17:20

Shulem, I joined those who left mitzraim. Today is day three - bo bigematria kenegeed three makes against the y"h.

Seid gebensht.

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Re: From 0 to 90 (and more)

Posted by needtoquit - 22 Jan 2013 08:13

[Divrei Chaim wrote:](#)

Shulem, I joined those who left mitzraim. Today is day three - bo bigematria kenegeed three makes against the y"h.

Seid gebensht.

the Y"H.) clean and successful against

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Re: From 0 to 90 (and more)

Posted by Divrei Chaim - 25 Jan 2013 14:45

Today is day seven. And erev shabbes shiro. I am in a mood to sing.

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Re: From 0 to 90 (and more)

Posted by chaimcharlie - 27 Jan 2013 01:28

Nice, DC. Recovery is great, no? I was just thinking that perhaps the only thing in the world more pleasurable and sweet than porn and all the good stuff - is the happiness and serenity of recovery. I wish I could say that after over 3 months clean I now realize how it's all just a bluff with no real enjoyment and I will never even want to masturbate again - but that would be a big, fat lie, and I like beautiful, skinny girl shaped objects, not big, fat ones (did that make any sense?)

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The sweetness of serenity
Posted by Divrei Chaim - 27 Jan 2013 18:53

Hi chaimcharlie,

yes you are so right. Serenity is sweet but it takes lots of effort and the sweetness is calm. It is not fiery fake sweetness like p* and hz"l, but when I come into the situation of p* and hz"l, r"l I cannot distinguish false and true. Paranthetically I may add that the Seforno explains that since the chet of odom horishon the false tastes (sometimes) sweet and the real (and good) bitter.

B"H I had a very nice shabbes and could really enjoy the peires.

today is day 9.

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The sweetness of sheker and the bitterness of emes
Posted by Divrei Chaim - 01 Feb 2013 03:20

Hi, how are you?

today is orleyom arba ossor. Yad bigematria -- I should really say over a Rambam here and now

But the Sferno explains that eating from the "tree to know good and evil" really caused that evil

tastes sweet and good bitter. Now my note, evil (ra) can be read as Er (the sin of Er, i.e. masturbation).

but
and allergy as stated in the big book. But I utilized this Sforno bederech
hadrush.

Today I really felt, that it would be so sweet just to, be mz"l and I had a lot of stress and needed
Even though I was not successful at my
work but at the end of the day I felt that HKB"H did not forsake me (as He in fact never does but
my distorted thinking makes me believe that I am on my own and therefore I have to solve my
And it is known to me that Moreinu Dov stated at many places that it is not about an aveiro
problems, immediately...).

about **insanity**

And it may sound strange, but I enjoy eating bread more or rather benching afterwards as I can

Apart from this: Thank you Tatte. And thank you GYE chaverim.

And yes I think it will remain always that masturbation feels sweet and promises to bring me
some resort, but then the last days felt so goooooood
closer, to kill any pain but once I start discussing with the Y"H it is like a small victory for him --
the only way is not to come in the situation to wrestle with the menuval (see Tanya).

Recently I had an embarrassing realization, but it is true. Would I speak to my friend the way I
sometimes daven to HKB"H or would I speak that way to the woman that the Ribboynoy shel
oylom has in store for me it would cause major problems unfortunately my relationship with the

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Re: From 0 to 90 (and more)

Posted by Divrei Chaim - 03 Feb 2013 22:07
really say besimcho "veal bris'cho shechosamto bivsoreinu".

Dear chaverim,

how are you? I had a nice shabbes though I did not feel so well. But I cannot change it -- as I
This is davke now when I have to finish my thesis soon.

Now litterally the most important thing in life is not to act out, to stay in recovery. Today is day
16 and I need to remind me that it is the last week of shovavim even though some hold
shovavim-tat.

Now, I do not now feel the joy of recovery I just feel the joy of having only a mild feaver and not
am again having to go the hospital as I had to go last year, OK, this too will pass as they say in AA. I
spent most of the day sleeping today having much time and not being able to concentrate too
well on anything productive usually a dangerous time for me as certain activities do not require
much concentration vehameivin yovin.

I will cary on writing and writing and writing (beli neder) ad bias
hagoel.

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Re: From 0 to 90 (and more)
Posted by Gevura Shebyesod - 03 Feb 2013 22:47

Refua Sheleima and KOMT!

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Even though nobody is replying