

Yaakov's Ladder

Posted by Pidaini - 08 Mar 2013 17:33

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Starting my log a little late, i'm BH holding by today, which is number 53 of all the todays, but Bein Hazmanim is coming and i need to keep in check, and might not have time for all the chatting that usually helps me clear my mind (thanks guys!!).

i've been using AlexEliezers advice, that he gave me right when i first posted, of bulletproof Shemiras Einayim, or trying at least, and BH got to Today. but it's all changing now, it's not the same streets that i walk down every day, know exactly where to go so not to look, the dangerous places where i have to be careful etc.

now i'm entering the lions den, going to the airport, the airport itself, a few hours on the plane, etc. it's really scaring me!!

anyone have any ideas?

also been struggling with dreams, i know it shouldn't affect me, but it does, because it makes me realize that my mind isn't clean during the day, which leads to the next question how to keep my mind clean?

Wishing all you a Great Shabbos and it's Parshas Hachodesh so may we all be zoche to renew ourselves!!

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Re: Yaakov's Ladder

Posted by tehillimzugger - 20 Jan 2014 16:38

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According to Zlata Yenta you SHOULD go back [and stop listening to her music].

Haywire

Bona-fide

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Re: Yaakov's Ladder

Posted by Pidaini - 22 Jan 2014 10:51

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NO, I am not travelling, I haven't found a job, I haven't gotten a life, My wife has not found out.

So where are my daily posts?

The answer is that I am too busy working for VCF, finding loopholes in their filter so that they can fix them. I was successful in my work, and found a nice loophole, which I have informed Gurad about.

BUT, since then I have also been very busy watching youtube, and craving for a different "you" website.

Posting to others, giving them tips on how to stay clean or better yet how to stay sober, while licking all the booze is sort of hypocritical, (I think), **AND** it might actually cause me to really want to let go of the female excitement, therefore I have been avoiding this site.

Now, I have been worrying a lot of how I would tell the oilam if I fell, and believe it or not, that together with having to face the OINK group afterwards, has kept me white-knucking for a few days now.

I called another friend yesterday to open up to him, to show my real self to someone else besides my really good friend (since i found that he knows me already and I need to broaden my network of real friends that I will open up to completely). Hopefully I will be honest at the OINK meeting today as well.

I can't tell how this is going to end, it will be one of two ways, that's for sure. Either with a fall or without.....time will tell.....

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Re: Yaakov's Ladder

Posted by chesky - 22 Jan 2014 13:01

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Thanks for sharing and your honesty.

I identify with your post right down the line. I have been there countless times, and so have you I am sure.

And what can I say to you? That going without it feels like hell, and that it is much simpler just to do it and "enjoy" it. So firstly, that is true, but try and remember the last time you fell, how you felt about it, what you went through afterwards. Read the countless posts here, of guys who fall and how they feel about it afterwards.

Your last line struck me:

[Pidaini wrote:](#)

I can't tell how this is going to end, it will be one of two ways, that's for sure. Either with a fall or without.....time will tell.....

Sorry to say this to you, but if you leave it to time to tell, the result is pretty certain, and yes, if you are like me, then I would be able to tell how it is going to end, ***if i don't take any action!***

In your situation I would have two options: either to keep white-knuckling and hope for the best (or the worst), OR accept that I am an addict, that playing with lust is going to be very painful and costly and that I cannot afford it at any price.

Now that is almost impossible, because the temptation is so powerful that we have NO choice.

But we are very fortunate, because today we do have a choice. We can turn to HaShem, tell Him what we are going through and ask Him to help us, to restore our sanity, to hold our hand

and to help us find in Him what we are looking for in lust.

Easier said than done, but it IS possible.

May HaShem grant us a sober and sane day.

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Re: Yaakov's Ladder

Posted by tehillimzugger - 22 Jan 2014 13:06

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Wow. Thanks for the honesty. Honesty, Integrity, Reality. Wow.

And was it a different "you" site you were craving? I thought it was a different "tube" site [with easy "url"s.....] But with regard to giving others advice and all that, I'll do something I didn't do for a while:

[Matisyahu wrote:](#)

They say I inspire, but I'm still looking for my fire

These lies have got me tired

I'm free falling, I'm done stalling

I'm done crawling up this mountain top

I won't stop till I manifest my (c)[D]rop

The top is close

I'm sky scraping

They stay chasing

All I got is my life

All I got I got I got

Crossroads, one million miles

I'm kicking up dirt when I fly by

**Warning: Spoiler!**

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Re: Yaakov's Ladder

Posted by tehillimzugger - 22 Jan 2014 13:06

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[attachment:1]C:\fakepath\01 - Crossroads (feat. J. Ralph).mp3[/attachment]

**Warning: Spoiler!**

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Re: Yaakov's Ladder

Posted by chesky - 22 Jan 2014 13:23

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Just saw this in today's chizuk email:

VNBDI: I need help

Dov: So do I. What's the deal, chaver?

VNBDI: I spent a lot of time on the internet, now I'm home and am going crazy obsessed. I can't imagine why the guy with that pretty wife I looked at before is not the luckiest guy in the world.

Dov: First of all, we pay a price for what we ingest. This is an important uncomfortable truth we all need to accept, eventually. There is no escape from paying some real (sometimes very heavy) price for feeding the addiction. Sometimes it is the scenes and images that we craved and replayed for pleasure, but are now stuck replaying them in our heads like mental vomit, even though we do not want them any more because they are getting in the way of what we really need to accomplish to function and be useful; sometimes the price is the hiding and lying that we carry home with us - it separates us from those around us and makes us also feel less than, too... Whatever it is, you are now stuck - at least for a while. They will eventually leach out of your brain and the shame and internal isolation will abate. But it hurts for a while.

Second, the obsession is part of the disease. I am just curious, in a friendly sort of way: do you accept that you are just like an alcoholic in this obsession thing? They obsess about getting drunk... do you feel the same?

VNBDI: Yes, by now I think I do accept it very much.

It's very, very painful, I can't imagine living any longer without that skinny women...

I think I have come to accept step one, realizing I am getting nowhere after all these years.

Is it bad that the only part of the fellowship I feel is really helping me is the reaching out to others for help? It always seems to weaken the obsession. Even now, what I thought a few minutes ago was inevitable acting out, it seems like I may manage just because I found the guts to IM you.

Dov: The reaching out to others for help is (I think) ALWAYS the ONLY part of the program that really "works", in the beginning. It takes time to develop any real integrity - integrity means the inner ability to have some accountability to YOURSELF. That self-accountability was worn down and pulverized every time we snuck away to watch porn and violate everything we know is wrong for us and destructive to our trust and relationships. So basically, our addictive behavior has been ripping out our inner integrity for years. It is time to have G-d restore it to us. To get it back, it takes one thing: Sharing with other real live people. So a phone group is good, a real person is better - in person, and hence the minhag of meetings for addicts, etc.



VNBDI: Well, I really appreciate your weakening my obsession tonight. I feel guilty using you without being able to return the favor.

Dov: When have you ever returned the favor to Hashem after using Him? I am in good company. Nobody can really 'return the favor', and giving is its own reward. Schar Mitzvah - mitvzah!

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Re: Yaakov's Ladder

Posted by Pidaini - 22 Jan 2014 14:23

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Thanks Guys!!

Chesky, no need to be sorry, as you see I'm not kidding myself here, I know what the stakes are.

The real issue at hand at the moment is what Dov wrote in the chat that you brought down, the pain of dealing with the consequences of my latest expeditions, easiest way out is to just go along with them, If I have a thought about a woman, then fantasize about it, enjoy the thought.

On the other hand, as I wrote, I am reaching out, in person, by phone, chats, and Dov writes that's the only way. I think it's been helping.

I guess there is only that link missing.....accepting that I will need to deal with the consequences.....

So here it goes....

Chevra.....The mighty eagle is trying to take off, once again!!!

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Re: Yaakov's Ladder

Posted by misgaber41 - 22 Jan 2014 22:24

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Hatzlocha Raba and a safe trip!

and try to avoid emergency landing

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Re: Yaakov's Ladder

Posted by Pidaini - 26 Jan 2014 16:40

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Don't know where I am holding exactly.

Say tefilas haderech (printed in the siddur after krish)

One thing I have noticed, realized, is that if I want to stop this, I need to give up lusting everywhere!! (I've probably written this before, but I'm feeling it again) That "everywhere" includes on the street (duh, that's a simple one), and with wife. Now that's where it gets tricky and I don't thin kthis needs to go in to the BB forum because it's just another manifestation of lusting.

I wrote this somewhere else, but I am realizing just how deep and just how thin the line is, yet there is a clear line. I do know when I am doing something, ANYTHING, for lust, and when I am doing it for her. That's where it gets all fuzzy, because I can be doing the same exact thing in two seperate situations, one of them will be an entirely giving action, and the other, a completely selfish lustfull action.

If I want to really get out of this mess I have to give up doing those actions at the times when

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they are lust times. I have to be able to do it when it's not lust, and not do it when it is lust!! (was that repetative?) I have to not do it even though my savvy sexaholic mind tells me that this action is not a negative one, as I did it yesterday lovingly, not with lust.

It's another step back, another step away from the ring, I can't get that close, it's too dangerous for me.

(btw, this is the first time that I'm on the computer, since last post, and I haven't used the  
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Re: Yaakov's Ladder

Posted by misgaber41 - 26 Jan 2014 23:47

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Dear Pidaini

first of al congrads on not visiting youtube

loophole to go onto youtube

As a follower of your thread I find it amazing (and comforting)that even you the big eagle also find yourself in tough moments.

it brought to mind what chazal tell us that when we say Krishma ??? ????? there is a ??? to say it out loud, ????? ????? ?? ????? ????? and the reason behind it is explained in seforim that there is this concept of ?????? ?? ????? through saying it you will come to beleave it.

so the best advise I would give you will be GO BACK AND READ THE PRACTICAL POSTS PIDAINI WROTE and try to see what could work for you;) to help you pull up!

and in the same time say out loud LETS GO YAAKOV YOU COULD DO IT ?????? ?? ?????!

looking forward to the coming posts

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Re: Yaakov's Ladder

Posted by kilochalu - 27 Jan 2014 04:36

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[Pidaini wrote:](#)

(btw, this is the first time that I'm on the computer, since last post, and I haven't used the  
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loophole to go onto youtube

that's really gevaldig! but what could be even better?

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Re: Yaakov's Ladder

Posted by MendelZ - 28 Jan 2014 01:11

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Hi

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Re: Yaakov's Ladder

Posted by kilochalu - 28 Jan 2014 04:03

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altz beseder?

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Re: Yaakov's Ladder

Posted by Pidaini - 28 Jan 2014 08:34

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(I was in middle of posting last night and interenet explorer closed down)

Here's the story,

Sinday night, went to bed at around 11:30, couldn't fall asleep....12:30.....got out of bed to go watch Iron Man, but as I walked out, I thought to myself "you could say Tehillim now, it's a little more productive than watching Iron Man". So I sat down to say some Tehillim. All the while I was itching to finish and get to the movie, not only that, but I had decided that this time when the dating add popped up, I would enter the site.

I finished 20 chapters, and went to watch. At about 2 am I finished Iron Man and went to.....youtube! I saw things there that I wasn't expecting to see (youtube has really become bad) but even though I wasn't expecting it, I had still seen it. I went into bed trying to fall asleep again, Stan woke up, then my sister left at around 2:45, and since I couldn't fall asleep I decided that I would fall. I had enough of fighting, it was time to just get past this rut.

I started thinking about what I had written that the thing that helped me most recently was Talking to Hashem, so I gave it a try. What basically came out was amazing, I wasn't ready to believe that Hashem could take care of the obsession just like porn could!! I thought about that a little, and then got up to go fall.

I then remembered how some of my friends had expressed their disappointment in themselves that they didn't reach out before falling, so I went to gmail before going to \*\*\*tube. I emailed cordnoy "I'm doing terrible.....30 sec to fall". Since I was already on gmail, waiting for cordnoy to respond, I sent MendelZ an SMS to come onto chat. We started chatting, and right when we did, I knew that I wouldn't be falling that night. I didn't know how long that would last, but I knew that that night wouldn't be the BIG fall.

Since then I've started opening up more and stopped isolating as much. I still have not completely stopped watching movies, although it is taking up much less time.

I'm certainly not out of the pit yet, but I think I've gotten a grip (didn't I say that already in the past three weeks?!)

Have to run to shacharis, so that was the short version. Thanks everybody for being there!!

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