

Yaakov's Ladder

Posted by Pidaini - 08 Mar 2013 17:33

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 ussually 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 cordnoy - 12 Mar 2014 20:09

if you'd like a chavrusah in the white book, i'm game.

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Re: Yaakov's Ladder

Posted by Pidaini - 13 Mar 2014 09:01

As a few friends have warned me, I am having some urges to continue the fall. Nothing terrible, just some urges, no promises....

Plan for this morning is to go rest, help get Zlatah Yentah to gan. Go to Beis medrash read some BB, learn for a bit.

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Re: Yaakov's Ladder

Posted by Pidaini - 13 Mar 2014 16:50

BH, done.

Not without some desires when I was on the computer before leaving to Beis Medrash but I decided to listen to another friends advice, and read through my own thread as an outsider.

I started, and I am amazed, there are so many things that I learned that I could really review. Some things that people told me that I actually see now!!

I hope to bring them down later.

Thanks again everyone for your support!!!

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Re: Yaakov's Ladder

Posted by Pidaini - 13 Mar 2014 19:14

[Then, Pidaini wrote:](#)

I guess what i am asking is how do i change the motivation from "not hitting rock bottom" to "hitting high heavens"?

[In response, Skeptical wrote:](#)

I would say that the way to do that is to be aware of how your life has changed for the good since you've started being clean and strive for more of that.

[Now, Pidaini wrote:](#)

Now I **want** to work them, I have felt real life, experienced living in the moment, and very much want to be there again. I know that the 12 steps can help me get there, and I'm ready to work them, with commitment to them.

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Re: Yaakov's Ladder

Posted by yehoshua - 13 Mar 2014 20:14

Pidaini,

i am shocked about your fall. I don't even know you, but that eagle you use and those words you wrote in my thread make me see you as a tree, that can't be moved. And in fact, I still feel that way. Only now you appear more human, more brother like to me.

Sorry that I wrote this, no harm intended. Just feels like a big brother became a twin. But I am sorry about another thing...

I didn't know that u were close to a fall and even if I did, I feel helpless, I wouldn't know how to help u. This feels like loneliness, emptiness.

This is probably not helping.

Well u are up. Baruch Hashem and thank u.

And I need to work on self pity.

This would be a good time to sing a song like Hava nagila and then plant some veggies and then have a shower and then walk by the sea side with ones family.

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Re: Yaakov's Ladder

Posted by Pidaini - 14 Mar 2014 16:44

[Pidaini wrote:](#)

I am ly'H, Bli Neder, starting a new count. A count for days free of playing online games. It takes away from my life, or actually, it takes away my life!!! It sounds a little funny, but I think I may be addicted to it.

So it's the same rule,

One moment at a time, meaning, I have plenty of things to do (I even wrote myself a note of things so that when I think "why not, what else should i do?" I should find things easily) I just have to make the right choice to do what is important and lasting.

First Day

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?' ???? ?? ????"?

BH that count is still going swell, which makes me wonder, why when I quit watching movies did it not last?

One possibility might be that I didn't do *anything* to make that concrete. One of the big triggers that I have is when I go to the bathroom (is there a "bathroom forum"?) and I'm gonna be there for a few minutes anyway, and GYE is slow, and no new emails, and nobody up for chat. Or when I'm just in the mood for a "kosher" unwinding.

When I wrote last time that there were no more movies I thought to myself "ok, when I want to watch a movie, I'll just do something else" that's extremely vague, not concrete at all.

Since what I did with the games worked, and I've even told others to try it, I am going to try it again.

So the productive activities I can do in the bathroom

1. GYE
2. Chat with friends on Gmail
3. Read the Big Book (BB)
4. Meditation (focusing on breathing, a mindfulness exercise, from [Avi T's workshop](#))
5. Take care of things that people asked me to do for them
6. Listen to Avi T's workshop and other recordings on these issues

Any one of those things are **much** more productive than watching any movie, ever.

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Re: Yaakov's Ladder

Posted by cordnoy - 14 Mar 2014 17:46

Perhaps make a time limit.....unless there are issues we don't know about

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Re: Yaakov's Ladder

Posted by Pidaini - 14 Mar 2014 18:05

I always had a time limit, when I used to watch porn at night I also had a time limit....{1:15 am}
"just for 5 min".....{1:30} "it's not that late, another 10 can't do anything" {2:30} "oish, a whole
night almost, let's just finish up".....

It's very similar in the bathroom (although if I was in there for more than an hour I think my wife
would call hatzalah) and with movies in general. But when I'm doing productive things I usually
don't have a problem stopping (am I the only one like that?)

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Re: Yaakov's Ladder

Posted by cordnoy - 14 Mar 2014 18:11

that's a good point, and at the same time, you can PLAN before entering the bathroom to keep
the visit to 3 minutes. You will not even begin to surf. no phones or laptops in the be"hak!

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Re: Yaakov's Ladder

Posted by kilochalu - 16 Mar 2014 03:38

plan is not a 4 letter word?

sorry,

Of course it is dependent on how practical and doable and concrete it is

and many other variables.

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Re: Yaakov's Ladder

Posted by Pidaini - 19 Mar 2014 09:58

[Pidaini wrote:](#)

sorry just had an epiphany,

I mentioned before that I don't know why seeing someone real makes a difference, and I just thought of a p'shat.

As mentioned, Rabbi Akiva Tatz observes that the opportune time for the YH to wage war is when a person is in doubt about where he is in life, and what exactly he is about. For some reason there are times when we are around other people (namely my in-laws, even though they do not do anything to provoke such nonsense) we get a sudden pressure of what we are supposed to be and what we aren't. it makes an emotional vacuum, that needs to be satiated.

So TZ comes over. He knows me, he knows who I am where I am holding right now, both my struggles and my feats, and he shows me that I am perfectly fine just where I am, that shuts the vacuum takes away the instability, and sets me back on my feet.

and on the same note

[Pidaini wrote:](#)

One moment at a time, **for me** (please put that in very frequently), means not thinking about the past (fairly easy) nor about the future (hard). The only thing I need to worry about is what I can change, and the only thing I can affect is the present. (not to mean that i shouldn't make boundries for the future, because if what I can do now will for cetainbe a change in the future then it is really a part of now, not part of the future-if that makes any sense). that takes away a thought that used to come to me very often "you can't continue living with this crazy temptation forever anyway", I now answer it, "that's not my problem right now, when I get to forever I'll deal with it". It has helped in so many other areas as well, not to get upset at things that people did, or things that happened, "what can I do NOW about it?." it's a life saver (for me).

But I found that it only works with acceptance of the fact that I didn't put myself where I am at the moment. Hashem creates the world every second, and He puts me in this situation, with all the memories that I have, with all the emotions inside of me, with all the people around me. right now this is EXACTLY what I am supposed to be dealing with. and just as I will never understand why my hair is the color that it is, so too I may not understand why "I tried so hard, why is this happening to me?". but I know that that is not relevant to anything, it is not by accident and it is not mean, all I need to know is that where I am is the correct, nice, good, place for me.

and put simply

[Pidaini wrote:](#)

1 and 2 (I think they come hand in hand with each other)

no specific order

1) One moment at a time!!!

2) I am exactly where I am SUPPOSED to be!!

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Re: Yaakov's Ladder

Posted by Pidaini - 20 Mar 2014 09:37

I made the TaPHSiK again, just this time much more seriously, with much more thought put into it.

I was nishbah B'shem that until Rosh Chodesh Nissan ???"? If I will disable the filter that I have on my computer or use the loophole that I found in the filter without

A) first calling someone who knows about my lust issues, telling them what I want to do, and being on the phone with them for 5 min, and if that is not available then

1) without saying one of the 5 seforim of tehillim, or

2) posting on GYE what I am about to do

within 15 of disabling the filter or using the loophole then I will have to give 300 Shekel to GYE and take a cold shower the next morning in mikvah.

If I do do those things and still disable the filter or use the loophole (regardless of whether I fall or not) I will either say any 10 kapitlach of tehillim or give 50 shekel to GYE.

This is only if the filter is working, but if it is not working then this is not in effect.

If I have to do the normal knas three times or the bigger knas once before Rosh chodesh then the neder is over.

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Re: Yaakov's Ladder

Posted by Dr.Watson - 20 Mar 2014 13:31

[Pidaini wrote:](#)

and take a cold shower the next morning in mikvah.

This part's too easy when you're in EY.

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Re: Yaakov's Ladder

Posted by Pidaini - 21 Mar 2014 18:23

It will be a much more effective neder when you get to England

[Pidaini wrote:](#)

A Guten Erev Shabbos folks.....

Just a little vort, this weeks parshah ends with the great chizuk "v'hiskadishtem v'heyisem kedoshim" the torah states a fact, "make yourselves holy, and you WILL BE holy" whereas by tumah it only says "v'nitmaisem bam" with out the "you will be" for certain, because if we try being holy Hashem will certainly help, where as even if we try beoming tameih, it may and may not happen!!

A Gut Shabbos

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