

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 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 tryingtoshteig - 28 Mar 2014 22:50

[cordnoy wrote:](#)

I never even knew there were user stats

not sure where they are

guardyoureyes.com/forum/stats

If you go to the bottom of the "Recent Topics" page, there is a link there.

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Re: Yaakov's Ladder

Posted by Pidaini - 30 Mar 2014 09:06

Here's what I got

I came to GYE after I had tried stopping for at least a year before getting married, without success. I had kept myself going with the hope that with marriage the taavah would be satisfied, but I found that that wasn't the case.

After about two years into the marriage I realized that it looked like my life could continue the same way forever—highs, lows, fighting, falling, chizzuk, keep going, full remorse, depression, detachment. I knew the negative feelings all too well, and I didn't like the idea of living that way for the rest of my life.

I had been getting the GYE chizzuk emails for a little bit already, sometimes reading them, most of the time not. After that realization I decided to go to the site to see what was going on there.

I was so excited with everything I saw, with other people that had been doing the same thing that I had been doing, and now they had been able to stop.

I signed up and got involved right away, I learned a lot about myself and BH had a friend with whom I discussed a ton of what I was learning. That made a lot of things clear much quicker than had I not had someone to discuss it with.

After 152 days, I felt a short in and out. I didn't feel most of those terrible negative feelings, for I had seen that there was a way and that I was on it.

After that I was able to notice the positive feelings becoming stronger. The feelings of content, happy, that I was growing, were almost tangible. I really experienced having a relationship, a personal relationship, with Hashem!! I was able to really connect with others!

For those feelings to continue is why I am on GYE and working on living real life. I am ready to work the steps, to be honest with safe people at all times about who my true simple human self is. I am willing to learn from anybody's experience on how they got to that type of life (if they did). I am willing to admit that I had wrong beliefs, that I was fighting the wrong battle. I am willing to admit that I acted in ways that I knew (and that I sometimes act in ways that I know) are not the correct way.

That is what I am willing to do, and that is what I am doing. I am in touch with friends around the globe (not really, but in at least four continents) and I am honest with them about the way that I am acting, Is it productive? Is it what I am supposed to be doing?

If not, then I admit it, and I realize that I have forgotten about why I am really here, and who is really pulling the strings in my life. I have started thanking Hashem for the days which He led me through with the knowledge and the experience that He is the one who gives me everything, and that it is only when I start looking for extra and grandeur that I find uneasiness in life.

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Re: Yaakov's Ladder

Posted by TehillimZugger - 30 Mar 2014 19:00

[ZemirosShabbos wrote:](#)

thank you Yankel, Cordnoy and TZ for those great posts. I identify with the desire to be special too. and I overthink things in a big way, tying myself in intellectual knots until I get blue in the face - well, at least figuratively. and it seems to me that all this heavy duty psychology talk calls for a 2 hour perusal of the Just Having Fun section.

I is headed for the depressed person's chill spot, anyone comin' alon'?

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Re: Yaakov's Ladder

Posted by TehillimZugger - 30 Mar 2014 19:01

[ZemirosShabbos wrote:](#)

thank you Yankel, Cordnoy and TZ for those great posts. I identify with the desire to be special too. and I overthink things in a big way, tying myself in intellectual knots until I get blue in the face - well, at least figuratively. and it seems to me that all this heavy duty psychology talk calls for a 2 hour perusal of the Just Having Fun section.

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Re: Yaakov's Ladder
Posted by Pidaini - 31 Mar 2014 06:08

can't we have fun without getting depressed?

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Re: Yaakov's Ladder
Posted by Pidaini - 31 Mar 2014 16:22

Didn't want to hijack someone else's thread, so I'll Hi Jack!! my own.

Bill W. the founder of AA and the 12 steps, the author of Alcoholics Anonymous. In the forward to his book Alcoholics Anonymous

[Bill W. wrote:](#)

And besides, we are sure that our way of living has its advantages for all.

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Re: Yaakov's Ladder

Posted by ZemirosShabbos - 31 Mar 2014 19:34

[Pidaini wrote:](#)

can't we have fun without getting depressed?

we could, but not everyone likes bungee jumping

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Re: Yaakov's Ladder

Posted by Pidaini - 02 Apr 2014 08:43

Was talking with someone yesterday, and we discussed our shortcoming of not wanting to be burdened by the desire for lust. I wouldn't mind not having the desire but if the desire is there then I want to be able to splurge without any guilt, with no limits.

I look at people on the streets and wish that I could be as carefree about what they "get to" do as they are. I am (sometimes) jealous of all the porn actors that they can just live and act freely (yes I know that they are really slaves to their desires, but they don't seem to feel bad about that).

On a much lesser level, I am currently jealous of all people who don't have the burden of flying on them....why me? why do I have to go through the whole thing?

The answer is the same.....BECAUSE!! Now what am I going to do about it? am I going to be miserable or am I going to accept the fact that this is my purpose in life today? Once i accept that, I can perhaps even enjoy it, and appreciate that I GET TO fly today, and deal with other people being nervous, and who knows what else!! THAT is fulfilling my purpose of today!!

but then again, I could just complain and be miserable about it, and be right as well....

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Tough choice

Re: Yaakov's Ladder

Posted by TehillimZugger - 02 Apr 2014 22:55

Your wife gets nervous about flights? When you write "other people being nervous" you mean, Shaindel Malka, Zlata Yenta and Stanley? What's it like to be in such a situation? I never thought of it.

Did you ever think of what my situation is like?

Do we really understand that each of us goes through nisyonos minor s well as major?

Do we realize that the world cannot possibly be about me me me, because then, why is Yankel having problems?

The world is all about Hashem Hashem Hashem.

Let us stop with these naarishkeiten and begin serving him.

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Re: Yaakov's Ladder

Posted by Pidaini - 04 Apr 2014 20:22

ok, I fell today, not sure if I'm over with it (that way I don't have to feel bad if I fall again soon).

I don't like writing profound thoughts right after a fall, but here goes.

actually, I don't have patience to write everything now, so just one point.

It's been 3 and some weeks now, and BH it feels like it was one day (not that I fell yesterday, but that the sober time was one day, not stretched over a long time.) That is awesome, because

that means that during those three weeks I was living in the moment, so there really wasn't a long time, it was all one moment!! Where as the last two days still feel very long, they were days of whiteknuckling, of not being in the moment of living in my head in the future and the past, and the past is very long and the future is even longer, no wonder they feel like forever!!

more to come when the I have decided that I finished falling.

have a great shabbos everyone, check out the parsha weekly, first vort, it's awesome!!

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Re: Yaakov's Ladder

Posted by TehillimZugger - 04 Apr 2014 20:31

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it should have been punkt farkert! It should have felt like the loooooooongest time. But because he knew that he loves her dearly, he chose to look at all those days as singles. odaat.

this was revealed to me from looking at Yaakov's sulam.

KOT Yankel

Pada bashalom nafshi

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Re: Yaakov's Ladder

Posted by misgaber41 - 07 Apr 2014 20:33

Hey Yankel this time I was caught in shock, no indication that it was coming. Unfortunately I know that feeling, however try not to use the fall as an excuse to "fill in" on what you "missed" during your period of sobriety, (as I have done in the past!!)

We all have confidence that you will get through this.

KUYGW!!

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Re: Yaakov's Ladder

Posted by dms1234 - 07 Apr 2014 20:49

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Re: Yaakov's Ladder

Posted by cordnoy - 08 Apr 2014 00:52

Im always in shock by Yankel's falls.

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