

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!!

=====

Re: Yaakov's Ladder

Posted by StonerDan - 24 Aug 2014 00:50

---

As always amazing energy in your post!

I find the humbling thing is, like tons of stuff, is a new start every day... SO hard to keep realizing it...

Much love

Thanks for all the chizzuk

=====

=====

Re: Yaakov's Ladder

Posted by Pidaini - 24 Aug 2014 01:54

---

A gutte voch to GYE!!

I can't say that I'm doing very well, that just wouldn't be the truth and not honest.

I had a very productive conversation on Friday, and I now need to let out the following:

I am at a low tolerance level. I feel like if I have a wet dream (which should be coming very soon in the near future based on all the lusting I've been doing) and I won't be able to call anyone, and I will really want to fall, then I won't **be able** to not fall.

Although I feel that way, I know it's not true. I know that sex is optional no matter what happens, and I can accept the situation for what it is without resorting to porn! I need help living that though, right now all I can use is GYE and Hashem.

GYE, done. Next is Hashem....Done (for now, there's never enough of that, but then again,  
)

See y'all tom, iy"h!!

=====

=====

Re: Yaakov's Ladder

Posted by Pidaini - 24 Aug 2014 09:46

---

Good Morning!!

BH, still very much here, even better than last night (because I've only been up for about an  
)

Thank You Hashem!! and Thank You GYE!!

BTW, that dream did not come, although I had two really REALLY peculiar dreams which had  
hour, so didn't have any chances to ruin it yet  
nothing to do with lust at all (they were the type where I woke up feeling physically tense....can't  
even remember it now though)

See y'all later!!!

Have a great day!! (or good night, whichever works!)

=====  
=====

Re: Yaakov's Ladder

Posted by lavi - 24 Aug 2014 10:39

---

maybe you can to elaborate on what caused the low tolerance level?

and maybe it doesn't matter?

it is because you find that since you are not in regular schedule, you get ruffled more often?

the other week, i almost fell, what happened?

my browser crashed and i had to use a different one without my setups, which keep me in line.

all of a sudden, it hits me, pictures, surfing, clips, youtube...

and i hear a voice" wait you're clean!!" "this ain't for you".

and then i ran to gye. {thank-Hashem for gye}.

=====

=====

Re: Yaakov's Ladder

Posted by Pidaini - 24 Aug 2014 18:24

---

To make it clear, i was putting too much emphasis on the dream. The problem is in the moment, the fact that if something were to happen the way I feel now then I would give in because I feel it's my right not to have to deal with so much.

BH, that too was better this morning, that feeling had gone away during the night.

What caused the low tolerance? Probably my slipping and trying to stop, otherwise known as white-knuckling.

Slipped again, and I'm getting sick and tired of it. This has to go one of two ways....So far, it's been life. One decision at a time.

Gonna call two people in a few minutes. I will discuss how I am here to do what Hashem wants regardless of what my expectations or preferences are, and thus if I want to be happy I need to surrender those and accept the life that I have now. (BTW, life is really great, I'm just being a party pooper)

OK, enough for that.

Any experience is greatly appreciated!

=====

=====

Re: Yaakov's Ladder

Posted by cordnoy - 24 Aug 2014 18:55

---

a few comments.

1. May the RBs"O be with you in all your issues and may you merit hatzlachah and brachah....you deserve it.
2. It's difficult for me to comment from experience on the slippin' and stoppin', slippin' and stoppin' routine, for whatever reason, once I joined here, I was able to stop, and when I fell those three times, I didn't slip....I just had a prolong fall.
3. What do you mean by slippin'? Are you surfen' the internet? Are your blocks satisfactory? Are you lookin' on streets? Are you fantasizin'? Perhaps identify to yourself or to others the nature of the slip, and perhaps the trigger or cause can be determined.
4. Lastly, in the collage of your posts that I posted on the previous page, there are multiple times where you talk about 'control.' Either your frustration that you are not in control of this part of your life, or to others that they shouldn't expect to control it. You have an expectation (your words, not mine) that this should not be happenin' to you, and IMHO, this is your number one issue (and I think I mentioned this several times...either on phone, in chat, or in postin') that you simply cannot handle this fact. I know I am repeatin' but you asked for comments and we know what Ramchal writes in the beginnin' of M"Y, step # 1 is acceptance. It is acceptance of our situation - as dismal as it may seem to us. you write how your life is great; it is a party, and yet you beat yourself to lust oblivion over the fact that you have desires for women. Rav Matisyahu Solomon has said countless of times and many before him that if a person feels that a certain nisayon keeps poppin' up by him and is constantly repeatin' itself (like the ugly boppin' heads that keep showin' themselves no matter how many times you slug 'em), that is a sure sign that this is your mission in life and this is the reason you were placed here and this is what God wants you to be misgaber over, become victorious and perhaps possibly lead the charge over the rest of His Nation in this battle. You might use terms like "it's not fair," and "I didn't ask for it," and "A holy person like me shouldn't have to spend his day/night thinkin' about naked women, for it stains and blemishes my pure neshamah," but the fact is that God feels otherwise, and He expects you (not what you expect), but He expects you to be the warrior and sleigh this mighty dragon from within you. Reb Pidaini, by this time, you and many others will be scratchin' their heads and saying, "Cordnoy/Avrohom, what da hell has gotten into you?" and yes, you will be right that it's kinda strange for me, but you and others also know that I have said countless times "whatever works for you," and therefore I am goin' on like this, for although it might not be the winnin' argument for me, it may very well be the one for you. [And as an added note, I have spoken to my therapist from Israel who is an expert in certain fields of psychology and methods, and many times we have discussed as to how my body feels at certain times and "Do I feel it in my shoulders or fingers?" and although I don't remember completely what they meant, I do know that durin' this post, my fingers were extra sensitive and I had super doses of feelin's in them (and it was not due to the length of this post, for I am used to typin'), which indicates that I as well should read what I wrote for myself.]

Oh, and thanks for chuckin' the dream stuff.

b'hatzlachah....all the best

=====

Re: Yaakov's Ladder

Posted by Pidaini - 24 Aug 2014 19:14

---

Both people couldn't talk (should've known).

Next two...coming up.

=====

Re: Yaakov's Ladder

Posted by lavi - 24 Aug 2014 19:21

---

Slipped again, and I'm getting sick and tired of it. r.y.p

reb yankel, I really thinking of you, and davening for your success.

i'm sure many others feel the same way.

maybe that getting sick and tired of it, is a good sign that you're ready to move on.

i'm sure you'll find the next step that you need,

chazak chazak, venischazaik.

=====

Re: Yaakov's Ladder

Posted by dd - 24 Aug 2014 22:25

---

[Pidaini wrote:](#)

Both people couldn't talk (should've known).

Next two...coming up.

i'm sorry about that....

i was in middle of talking to my wife and i said whats this weird number calling and sure enough its pidaini and i was scared if she askes me who was the weird number, but b"h someone knocked on the door so i was saved from having to tell her who and what does pidaini mean,(btw what was that number?),

try again, and KOMT!!!!

=====

Re: Yaakov's Ladder

Posted by Pidaini - 25 Aug 2014 00:27

---

Thank You all!!!

and now for a more direct response to both lavi and cordnoy. After talking to two friends (finally) I had a few insights (cordnoy, it may be too much thinking for you, so tread carefully)

Yes, it is a control problem, but not the one you mentioned. Regarding having desires, I'm mostly ok with that. What I'm not ok with is double trouble, meaning that there is a very clear underlying problem and the lust, that I don't like.

That is what brings the low tolerance as well, because I don't want to have the underlying problem yet I'm not ready to accept it leads to inevitable lusting....

SO, in conclusion, I'm in a place where I don't enjoy being. I don't have a set schedule, very little social life, perceived pressure of expectations that people have of me, and lot's of opportunity.

That is all something that if I am ready to, I could accept. Until I do, I have this crazy cycle.

Hashem, please grant me (by definition that means that it's not because I deserve it, not in the least, but I'm asking you because I don't have another choice, and you are the only one who can give it to me) the serenity to accept the things I cannot change. The courage to change the things I can (specifically my attitude towards the next ten days of my life). And here, regarding this particular thing, you have already granted me the wisdom to know the difference!!

P.S. I just read the chizzuk email.....how timely

[chizzuk email wrote:](#)

Category: Daily Dose of Dov

Dov has been sober in SA for over 15 years. Read his story here.

Pray for Willingness to Recover from Lust

The attitude of "I gotta quit this!" - depends 100% and only on what is inside your own heart. Not on what the Torah says nor on what anyone else tells you. As long as you find it acceptable and really believe deep down inside that you can afford it - then you will keep doing it.



If you are coming here wishing you didn't feel that way, I honestly suggest doing the following. Spend 50 seconds - just 50 seconds (I timed it!) - before and after each davening and bentching to say something like the following to Hashem:

Hashem. Please help me see how using pornography and masturbating is damaging to me. Help me see how it sets me up for unhappy relationships with others including my wife and children, and with women and with all your people, in general. Help me see clearly how damaging it is to my very sanity and to my relationship with You, my Best Friend who will be the only one here with me after my life here and for eternity (except maybe for my wife...You know how that works, not me).

Please help me see clearly how my life will be better without my habit, and help me get over the terror I might feel when I imagine really giving it up and not having porn to turn to any more. Show me that You love me and will take really good care of me. Even more than that, please help me enjoy every step of recovery You give me.

Thanks for everything You have gotten me to this point even though I deserved none of it. And in that same spirit, please give me what I ask of You now.

Help me be Yours today.

This is not nuclear option, just another tool on the way. Like the Chofetz Chayim made up a personal tefilloh of this nature for Hashem's help to be saved from loshon hora during that day - one day at a time.

=====

Re: Yaakov's Ladder

Posted by cordnoy - 25 Aug 2014 00:38

---

Too much thinkin' it isn't, but I can't say I understand all the subtleties.

Some I have questions on; others I don't follow.

but whatever.....

One thing I will ask.....you say "double trouble" is what irks you.

so this underlyin' problem by itself...you are kewl with?

Are you really?

I am not arguin' or questionin'....I merely want you to say it or verbalize it that whatever that problem is, you are fine with.

Secondly, it 'inevitably' leads to lust!?

On whose standards?

Is there anythin' that is inevitable?

Yes, if a person is a lifeguard on a French beach, I imagine lust is inevitable, but barrin' that, how can it be inevitable?

In conclusion, you can daven and that always helps, but ultimately, some action is needed to deal with this "double trouble."

b'hatzlachah

=====  
=====

Re: Yaakov's Ladder

Posted by lavi - 25 Aug 2014 13:29

---

cordnoy,

it seems that reb yankel is uncomfortable about discussing all the p'ratim, maybe give him an email.

=====

=====

Re: Yaakov's Ladder

Posted by cordnoy - 25 Aug 2014 17:27

---

Lavi,

my email is [thenewme613@hotmail.com](mailto:thenewme613@hotmail.com).

I am in constant touch with Pidaini.

Thanks for the tips though.

=====

Re: Yaakov's Ladder

Posted by Pidaini - 26 Aug 2014 00:35

---

[cordnoy wrote:](#)

Too much thinkin' it isn't, but I can't say I understand all the subtleties.

Some I have questions on; others I don't follow.

but whatever.....

One thing I will ask....you say "double trouble" is what irks you.

so this underlyin' problem by itself...you are kewl with?

Are you really?

I am not arguin' or questionin'....I merely want you to say it or verbalize it that whatever that problem is, you are fine with.

Secondly, it 'inevitably' leads to lust!?

On whose standards?

Is there anythin' that is inevitable?

Yes, if a person is a lifeguard on a French beach, I imagine lust is inevitable, but barrin' that, how can it be inevitable?

In conclusion, you can daven and that always helps, but ultimately, some action is needed to deal with this "double trouble."

b'hatzlachah

Sorry, I am being unclear for a very very very complicated reason, I'll try explaining it though. I  
)

It is the underlying problem that is the big issue, the one that really has to be addressed. Being that I feel uncomfortable in the situation that I'm in was not accepting and embracing it I naturally tend to escape it, and my way of escape is similar to the ways of others here on this site (I think).

That is what I meant by the "inevitable lusting", that if I continue to refuse to accept the discomfort then inevitably I need to escape it because the discomfort is there!

BH, through talking with understanding friends about acceptance and life being ok just as is and with a whole bunch of help from above, today was a lust free day!! As I have noted in the past falls that I was in isolation, this time I did what I could not to stay in myself.

I am not out, but I feel like I have my feet on solid ground and able to take the next step, one

step at a time, one decision at a time!

Thank You all so much for the support and help!!

=====