

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 - 09 Sep 2014 16:23

I wrote....deleted.

I typed....deleted.

I thought....deleted.

Helicopter has no gas left.

Parachuter peerin' out of the open door.

He made the decision that he needs to 'plunge,' but the end is unknown.

The flight will be rocky.

Can he see the safe ground?

No.

Can he feel it?

No.

Will the strong winds make it uncomfortable for him?

Yes.

Will he rest comfortably upon landin' on bottom?

Perhaps.

Will he feel good?

Maybe.

Will he get snagged on a tree?

There is such a possibility.

Will he be exposed to enemy fire on the flight down?

Good chance.

What should he do?

Any advice?

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Re: Yaakov's Ladder

Posted by lavi - 09 Sep 2014 18:09

it sounds like r.yankel needs more time to get more specific. he did say that he is in mush mode. we all can relate to that. i'm sure that r.yankel will feel better after speaking to his friends, and then his next post will answer all your helicopter questions

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Re: Yaakov's Ladder

Posted by ZemirosShabbos - 09 Sep 2014 18:39

[lavi wrote:](#)

it sounds like r.yankel needs more time to get more specific. he did say that he is in mush mode. we all can relate to that. i'm sure that r.yankel will feel better after speaking to his friends, and then his next post will answer all your helicopter questions

well said

just want to add

??? ?? ?????? ??????!

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Re: Yaakov's Ladder

Posted by Gevura Shebyesod - 09 Sep 2014 20:52

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Re: Yaakov's Ladder

Posted by cordnoy - 09 Sep 2014 21:06

great one!

Can you email me the pic please?

thanks

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Re: Yaakov's Ladder

Posted by reallygettingthere - 09 Sep 2014 21:55

[Pidaini wrote:](#)

What I was missing before coming to GYE was the realization that this was a decision that I have to make. The decision isn't easy, deciding whether to be uncomfortably comfortable of comfortably uncomfortable is a very difficult one, but before coming here I didn't realize that there was an option of being comfortable with discomfort!! Before GYE I was waiting for the path that would take me away from this comfortably, without "pain" without discomfort, after GYE I learned that nobody has yet found that way, rather they have found that the way out may be uncomfortable, but it was out.

The story of my life

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Re: Yaakov's Ladder

Posted by Pidaini - 10 Sep 2014 20:58

Let's try getting in another post, although I don't know how much time I have.

As goes a long tradition with cordnoy, I didn't quite get his questions and/or answers, so if you

Thank you RGT, it's reassuring to see that someone related to what I wrote (not that others didn't, just at least someone actually mentioned that he did)

Other than that, I am struggling, struggling with myself to decide what I want, life or oblivion. Oblivion has a very strong pull, it takes no effort, doesn't cost anything (except for peace of mind), it offers temporary excitement, thrill, etc. whereas life has a pretty price tag on it, takes letting go of "rights", it takes humility.

That being said, I have BH experienced life, and I am feeling like I'm bottoming out. I am, BH, seeing that I want to put a stop to this, that I want to be more involved in the world out there and not in the little tiny dark world in between my shoulders.

I am seeing that by looking at the contrast between my serenity, self respect, sense of fulfillment, and happiness of when I was living, and the confusion, despair, depression of the tuning out of life.

I am seeing it by watching how my family tries to interact with me the same way they did when I was here, yet me not being there and actually getting aggravated with them for pulling me away from the oblivion, and then feeling the emptiness open wide wanting to swallow me up afterwards.

BH, I know that there is a way out. BH, I know that He is there waiting for me to just hold His outstretched arm. BH, I have friends who I can tell all this to and thereby reinforcing my decision to do what I need to do, to use the tools that I know have worked before and can, with Hashem's help, work again.

Tonight I don't need to finish the movie I started today, I can enjoy tonight without it, and actually even more than with it. Tomorrow is another day, no need to bring it into the equation now!

Thank you all for your friendship and constant support!!

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Re: Yaakov's Ladder

Posted by Gevura Shebyesod - 10 Sep 2014 21:07

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Re: Yaakov's Ladder

Posted by cordnoy - 10 Sep 2014 22:19

KOP(lungering)!!

[Pidaini wrote:](#)

I won't take a plunge into the unknown, into something that I don't really think is possible. It's only when I see that it is possible, just not "ideal" for me, that's the point of decision making and that's when I need to just take the plunge, to face the discomfort.

Sorry on the tradition.

TTTTOTT (as they say in Yiddish)

Warning: Spoiler!

Where is the unknown?

You don't think it's possible!?

Do you not know that recovery is out there for you?

By a non-believer like myself, I can ask such a question, but you?

It's not unknown at all!

God is waitin' for you with outstretched hands, so cut da @\$%.

And for how long will you be waitin' to see if it possible or not?

And while we are on the subject, if it's not ideal, then you will have sefeikus!?

not sure if you're gonna plunge!?

Sorry...one mashal....a kid on the side of the pool has an option not to plunge, for it is ok where he is standing as well....perhaps it's better in the pool, but on the side is also fine.

Sir, I'm not gonna ask you if it's fine where you're standin', for I know it ain't, so plungin' (whatever da heck that means) is the only option.

Warning: Spoiler!

b'hatzlachah

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Re: Yaakov's Ladder

Posted by Pidaini - 10 Sep 2014 23:18

Thank you for the clarification, and even more so for the TTTTOTT!!!

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I was answering a question that I had about "Just do it", that is, it didn't work before, so why is it gonna work now?

The answer that I was getting to was that I can't just do something that isn't doable, I was running after after a nonexistent dream, and so I couldn't "just do it". However, now, after being on and learning from GYE I see something else, something that I didn't see before, a different option, an option that I know works, NOW I can "Just do it"!!

Not only *can* I, but that is the only way, to just do it, otherwise it ain't gonna happen. It is a action that is needed, without action it is dead (and I am dead!)!!

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I'm sorry for not being so clear (already apologized at the end of that post
Re: Yaakov's Ladder

Posted by Pidaini - 13 Sep 2014 23:48

[gibbor120 wrote:](#)

I've seen several posts recently that say that understanding, or reason, or just making a really good schedule and sticking to it, planning well, having a purpose etc. etc. will do the trick.

Knowledge and understanding was ~~almost~~ useless to me. I learned halachos, I learned mussar. It did not help. Our brains are quite a weak tool when dealing with the power of lust (and many other struggles/bad habits as well).

Having a good schedule etc. can be a good framework and can make it easier to stay out of trouble, but every so often trouble comes knockin anyway. Bad mood, loneliness, feeling a bit under the weather, got insulted, saw something "accidentally", just for a second, was left with unfiltered internet and just wanted to see a news story, watch a video to relax, etc. etc. When it comes knocking and we open the door, it's like letting in the cat in the hat. No telling what will happen next, but it aint good.

I tried all that stuff for years and I just kept getting worse. Until I admitted I had a problem and opened up about it to real people. Realized I can't do it on my own. I need help. Willpower and/or knowledge cannot save me.

Here are some healthy attitudes that ~~have helped~~ help me.

- Let go of my "right" to lust. I can't afford it.
- Let go of my self-pity.
- Let go of my expectations.
- Let go of resentment.
- Don't try to "figure it out". I don't need to understand (read: control) everything.
- Realize that I am not in control of my life (B"H, there is Some ONE much better at it, and HE loves and cares about me unconditionally)
- Stay out of isolation. Connect to people (especially when feeling vulnerable).
- Humbly give to others (without expectation of reciprocation).
- Get of my 18 wheeler and onto a tricycle. Let go of my lofty expectations and accept my reality.

- Live in reality and not fantasy.
- Do NOT let a fantasy live in my head. Let go immediately. can't afford it.
- Be happy and humble.
- I will not die from a lust attack. Let it pass. I can be comfortable being uncomfortable.
- Be busy, especially if it involves being social.
- Exercise

Just some stuff that came to my mind, and I felt like putting it out there.

That couldn't have come at a more convenient time for me!!

As all are aware already, I'm having my struggle with movies (again). I was thinking about it today, as BH I'm still Shomer Shabbos, and I was thinking just along the same lines.

I realized that the first thing that hits me when I think of "No more!!" is "But the urges are gonna keep coming back! They're gonna make you k....k.....k.....KRAZY!!!!!!!!!!!!!!"

That shows me a few things, one is that I (ME) feel it is my right to have a life without urges, without trying to learn and every nuance in my mind telling me to go watch a movie/escape. Together with that is that if I have an urge I have to "deal with it" either appease it or make it go away...but that's just not true, I can do what I need to do even if I do have urge.

Another thing is that I'm not living One day at a time, if I was then who gives a darn what *will* happen! I need to take it one thought at a time, one decision at a time!! Of course, I want to be sure upfront that everything will be easy, but fact is fact, I'm not going to be sure, So what now? Am I going to wait until G-D himself comes and tells me that I'm gonna ride a nice smooth ride from here on, or will I finally just realize that my ride IS perfect as it is?!

Thanks for listening, and as always, comments are (almost) always appreciated.

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Re: Yaakov's Ladder

Posted by dms1234 - 14 Sep 2014 08:08

Remember: ONE NOW AT A TIME!

YOU CAN DO IT! Why do you need movies????? If you are truly living life you won't need movies. The sweet taste of life will make it that you don't want to go anywhere near movies.

LASTLY: remember deep breaths. In and out. In and out! Everything IS alright NOW! Who cares about the future, as you said!

ONE NOW AT A TIME!!!!!!!!!!

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Re: Yaakov's Ladder

Posted by kilochalu - 15 Sep 2014 02:28

[dms1234 wrote:](#)

YOU CAN DO IT! Why do you need movies????? If you are truly living life you won't need movies. The sweet taste of life will make it that you don't want to go anywhere near movies.

some of us addicts have a hard time just DOING IT and we really have ourselves convinced or programmed to believe and feel that we really need it and we don't always taste real life enough to make us not want to go anywhere near movies

sometimes we can think rationally and taste real life enough to not want the movies, but
sometimes not,

what we CAN DO is get rid of our access to them and at least give ourselves a little break and a
headstart in working on tasting real life at least w/o this distraction and work on facing our other
nisyonos by using the tools which work for us if we work them...

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Re: Yaakov's Ladder

Posted by TehillimZugger - 15 Sep 2014 06:22

We can always zug Tehillim...

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