

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 Pidaini - 13 Oct 2014 17:33

Hate writing this, it's much easier to just keep on bottling myself up and then trying to let it out by watching porn and masturbating, only to realize that not only did that not help but I now have

This past one (or continuation of pre-Rosh Hashanah one) started for absolutely no good reason. Well, not really. I had a very disappointing Shabbos and although I went through it quite ok, (I'd give myself an A-) I knew that the real struggle is after the negative feelings go away.

I don't know why it is, but I find that the quiet after a storm is much harder for me than the storm itself. My thoughts are that I enjoy excitement, whether it comes positively or negatively. Any form of extreme feelings gives me a boost, so when it's over, I feel empty, lacking something in

life.

I haven't even called my new friend these past two days (sedning him an email as we post), wouldn't have wanted him to talk any sense into me (like he is doing now on gchat)

As for the question, "what's gonna be different this time", I don't know right now. I haven't really started the steps yet, so even though I don't want to continue because it hasn't helped yet (how could it if I just said that i haven't really started it), I'm going to go ahead with it.

Thank You GYE for emulating Hashem's ways and always being there for when I want to come back!!

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Re: Yaakov's Ladder

Posted by skeptical - 13 Oct 2014 18:36

You have something called insight and awareness. Those are very powerful tools.

You say you feel empty, lacking something. It's just a feeling that comes and goes, and it's ok to feel that way sometimes.

Just gotta ride it out and keep on trucking.

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Re: Yaakov's Ladder

Posted by ineedchizuk - 13 Oct 2014 22:51

Davening for you, Yankel, for you to find simcha which should be nispashet till there's no 'empty' room left.

A gut moied!

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Re: Yaakov's Ladder

Posted by Pidaini - 14 Oct 2014 14:10

Thank You all for all your support, through email, chats, and posts!!

I was thinking about the emptiness and, as someone (who shall remain nameless) wrote to me in an email

[Nameless wrote:](#)

...I am thinking that the feeling for me comes from an absence of a connection to Hashem....

I relate to that very much. That got me thinking about two really easy things that I can do to improve and build my "connection muscles".

1) Mindfulness (also known as meditation). To take 5 minutes a day and just live in the moment (there was a thread about it somewhere where someone posted about it)

2) I saw on the rules of [Dov's Desparados](#), [Dov wrote:](#)

Rule 6 - We agree to take out at least 5 minutes every day to talk to Hashem - even if we feel it is not 'working'...

3) Staying in touch with friends DAILY!! That includes two things

- Calling someone and speaking to them
- Emailing at least two friends

and mark that I have done the
aforementioned "exercises".

(I was gonna add "post", but if I have to post that I did the other three, then I have already taken care of posting!)

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I am opening a [new thread](#) to use as my "Checklist"

Re: Yaakov's Ladder

Posted by Pidaini - 19 Oct 2014 16:27

I fell again last night and this morning, smaller ones on the scale, but falls none the less.

I had two insights through Yom Tov.

1) I was madly depressed on the first day of Yom Tov. I was HATING myself, hating my life, hating everything about me. Going down that train of thought used to end me up being terribly upset with Hashem as well, but this time it was quite different.

As the thought of "Hashem hates me" started to come, all of my GYE education kicked in and I couldn't help but realize that Hashem loves me just the way I am....it's ME who is upset with the way I am, it is **me** who is keeping myself miserable!!

The depression didn't lift right away, but it started from there and quicker than other times, it passed.

2) While I was talking to Hashem on Shabbos I was asking Him to help me on Motzei Shabbos, and I started saying "Even though I'm doing ok now, I know that it's so so so so.....easy to get off track" After quite a few "so"s I realized that it's quite the opposite.

Default is that I will give in to temptation, default is that when a desire comes I have to satiate it! If I want to stay clean I have to actively go out of that stream, I have to constantly fight against the current!! That's why I'm here, malachim do the right thing by default, Hashem doesn't need me for that.

Starting Today again. It is very easily depressing, as I used to be doing so well.....just gotta keep on trucking!!

There's only a little time left for the opportunity that I have here to have an unfiltered computer, I don't need to take advantage of it, not today.

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Re: Yaakov's Ladder

Posted by John Watson - 19 Oct 2014 16:43

[Pidaini wrote:](#)

If I want to stay clean I have to actively go out of that stream, I have to constantly fight against the current!!

I respectfully disagree.

If I am an addict then I can no more fight my addiction than I can fight my hayfever.

(Incidentally I also can't neglect to take my anti-histamines and then try to stop myself sneezing.)

Step 1 is to stop fighting.

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Re: Yaakov's Ladder

Posted by newaction - 19 Oct 2014 16:58

No reason for despair . i am not sure how old you are. but i have been in the business

of falling and falling and retrying for way over 4 decades and only now i am starting

to see light at the end of the tunnel(yes the tunnel is still there) . Just like HASHEM

IS ETERNAL so too HIS PATIENCE IS ETERNAL . and HIS LOVE IS ETERNAL .

Take your time , pick up all the pieces , reassemble yourself and think , think

about your strategies or the [points that make feel down or angry .

Please keep your cool , this is about mistakes and feedbacks and new strategies .

if you fight that in itself means victory , Not putting the fight up is definitely a

loser . ?? ????? ????? ???? !

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Re: Yaakov's Ladder

Posted by newaction - 19 Oct 2014 17:03

i agree with MR Watson when he wrote about stop fighting , he meant something .

when i wrote to continue the fight i meant something else . i think we both agree.

and i think it is clear for you too.

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Re: Yaakov's Ladder

Posted by Pidaini - 19 Oct 2014 18:04

[John Watson wrote:](#)

[Pidaini wrote:](#)

If I want to stay clean I have to actively go out of that stream, I have to constantly fight against the current!!

I respectfully disagree.

If I am an addict then I can no more fight my addiction than I can fight my hayfever.

(Incidentally I also can't neglect to take my anti-histamines and then try to stop myself sneezing.)

Step 1 is to stop fighting.

Thank You.

To clarify, I saw a very good quote somewhere, it reads "recovery=abstinence + change". I did not mean the fight against lust, I meant the fight of me doing something against my natural inclination. That is almost always what doing the right thing entails. To make he changes in life, to live more.

I guess I should go do some of that now. Bye!!

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Re: Yaakov's Ladder

Posted by John Watson - 19 Oct 2014 18:39

[Pidaini wrote:](#)

I meant the fight of me doing something against my natural inclination.

What is the 'something' you're fighting to do?

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Re: Yaakov's Ladder

Posted by skeptical - 19 Oct 2014 19:01

Wouldn't the action of taking the anti-histamines be fighting the histamines?

I don't get why people have conniptions every time someone mentions the word 'fighting,' b'derech moshul.

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Re: Yaakov's Ladder

Posted by Pidaini - 19 Oct 2014 19:30

Fighting brings to (my) mind a person who is up against something big and him sweating and punching trying to remove the obstacle.

I don't think it always has mean that, fighting can also be in a calm, thought out, manner.

Learning, doing things for others, reaching out are all things that I don't like to do and they certainly don't come naturally. Going against my nature, the tide of my being, would constitute fighting my nature, with no implications. Just the simple fact that doing so is fighting the tide.

conniptions...Love that word!!

I think.

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Re: Yaakov's Ladder

Posted by Shteeble - 19 Oct 2014 21:06

[Pidaini wrote:](#)

1) I was madly depressed on the first day of Yom Tov. I was HATING myself, hating my life,

hating everything about me.

I am in middle of reading this book on depression. The main thing he writes if to say to yourself a million times a day, "I love myself. I love myself. I love myself."

Think about it. If one of your GYE friends was going through a period of falling similar to yourself or worse, would you hate him? Or, would you love him?

Be just as kind to YOURSELF. and of course, kot.

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Re: Yaakov's Ladder

Posted by Pidaini - 22 Oct 2014 12:11

I have all the answers, I really do!! I'll spare you the entire thought process going through my depressed mind (you can read it in the spoiler if you want)

Warning: Spoiler!

There's just one problem, Chazal have already told us that "Ein Hachavush matir es atzmo - The one who is tied up cannot untie himself". He may know very well how to untie the knots, he can explain it in great detail so much so that it can seem alive to those listening, but unless someone else comes and unties those knots that are binding the person to the chair.....he cannot get out.

I have been thinking all that, back and forth, for a few hours now, but it hasn't helped very much. When I decide that I have had enough, that I really want out, I'm gonna need others.

This is a start.

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