

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 ineedchizuk - 02 Jan 2015 02:43

(Belated) welcome back, Yankel! !!!!

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Re: Yaakov's Ladder

Posted by Pidaini - 02 Jan 2015 18:47

[Shakeitoff wrote:](#)

I believe you're going to make it because you picked yourself up right away. I'm curious about "I didn't even really start". Do you have a routine you go through to help yourself?

What I meant is that I didn't really decide that I was going to try and stop, however it would go it would. When I do decide that I want to stop, then I know that I need to keep in touch and connected with fellow strugglers and others outside of myself and to stay honest with myself (which is hard to do without being open with others).

[ineedchizzuk wrote:](#)

(Belated) welcome back, Yankel! !!!!

A belated Thank You!!

In the venue of what cordnoy wrote, this is obviously not a new thing

[Shteeble wrote:](#)

[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.

One of the things I thought today is that I don't lie to myself, as the saying goes "I never once took a drink if I didn't think it was the right thing to do". I'm not going to lie to myself and tell myself that I love myself, it's not my style. But then I'm stuck, huh?

Well, the answer fluttered through my head today! I realized that at first glance I decide that I'm not worthy of being loved, even by myself, but that is the point that I can go back to and reevaluate the situation, and the truth will then be able to shine through.....I am worthy of being loved, if only by myself!!

I have written it before, but there is good reason that I try telling myself that I'm not even worthy of it, that gives me a "right" to be miserable, but it isn't the truth.

Have a great Shabbos everyone!!!

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Re: Yaakov's Ladder

Posted by dms1234 - 02 Jan 2015 21:29

Yankel I would like to remind you to: STOP THINKING SO MUCH! jeez, you're a thinking machine!

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Re: Yaakov's Ladder

Posted by Pidaini - 03 Jan 2015 22:36

[dms1234 wrote:](#)

jeez, you're a thinking machine!

as for the first part, if you have any ideas of how to stop thinking (besides for burying my mind in porn and movies, or dying) please feel free to let me know of them!

Until then, I'm gonna try keeping my thinking as honest as I can and take it to task if possible.

I must say my friend, you have quite a good grasp of the obvious!!!

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Re: Yaakov's Ladder

Posted by lavi - 04 Jan 2015 01:20

go ahead reb yankel. think all you want.

thinking too much can only harm when used for a substitute for action,

but in your case you may want to sort out your feelings on the matter, before you take the next step.

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Re: Yaakov's Ladder

Posted by Pidaini - 05 Jan 2015 01:45

Hi everyone!!

My name is Yankel, I'm a sexaholic!

Was on the edge all day waiting for the chance to get my fix, I really am itching for it!!

I am BH noticing more of my lusting in the streets and fantasies as well.

As opposing as I would like to be to the idea.....Today, Here I am!!

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As for now, the day is over, it wasn't completely clean, but I'm glad to say that I'm still here!!

Re: Yaakov's Ladder

Posted by lavi - 05 Jan 2015 21:55

ok reb yankel, we hear you loud and clear,

i hope your confessed bluntness helps you,

if it rings a bell within you, i want to remind you of something i think is very important.

there is hope for us.

and we must grab on to that metzius,

[v'afilu b'hasturah..][thanks again zemmy]

if you want to take a day at a time,

there is hope for that as well,

the point is after/during the time you paint the blackest picture of yourself...

don't forget that b'ezras Hashem,

we can get better.

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Re: Yaakov's Ladder

Posted by cordnoy - 05 Jan 2015 21:58

[lavi wrote:](#)

[v'afilu b'hasturah..][thanks again zemmy]

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Re: Yaakov's Ladder

Posted by gibbor120 - 06 Jan 2015 02:19

[cordnoy wrote:](#)

The difficulty is acceptin' ourselves.

Hit the nail on the head. Opening up about the most embarrassing and private secrets about myself helped me to do just that.

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Re: Yaakov's Ladder

Posted by lavi - 06 Jan 2015 11:02

[gibbor120 wrote:](#)

[cordnoy wrote:](#)

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i heard b'sheim the alter from kelm, we learn from here that any emotion that one shares with another, helps lower the emotion impact of that emotion.

maybe that's why opening up is such a useful tool.

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Re: Yaakov's Ladder

Posted by newaction - 06 Jan 2015 13:02

Reb Yankel the love that Hashem has for you does not change one bit after your fall than from before. You have a sickness , we all have a sickness ; falling is a symptom of it. just like fever is symptom of an infection . As long as you are working on the remedy your recovery will be closer and closer. ???? ????? ???-?? ???? ??? , davening is one of the best medicines on the market , and its free, 100% guaranteed lasting effect. May Hashem help you and us all so we can be free at last and live a life of real bond with Him. KUMT !! Behatzlacha !

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Re: Yaakov's Ladder

Posted by ZemirosShabbos - 06 Jan 2015 20:57

[lavi wrote:](#)

[gibbor120 wrote:](#)

[cordnoy wrote:](#)

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In chasidisher seforim (Heichal Habracha, among others) there is the same idea, on the posuk
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Re: Yaakov's Ladder
Posted by cordnoy - 06 Jan 2015 21:47

[Zemiroshabbos wrote:](#)

[lavi wrote:](#)

[gibbor120 wrote:](#)

[cordnoy wrote:](#)

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hopefully, only when its a 'bad' idea.

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Re: Yaakov's Ladder

Posted by Gevura Shebyesod - 06 Jan 2015 22:33

??? can mean "desire" So it fits even better "My desires leave when I speak them out". I find that it works for me too.

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