

Hashem, please open up the road for me!!!

Posted by pischoshelmachat - 12 Mar 2013 20:30

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I started my 90 day journey last Shabbos and it feels great so far. I know that I will walk into an ambush any time and I daven that with my little hishtadlus in joining this wonderful community of GYE and with the chizuk from my new partner, I will be able to pass my first test.

In the mean time I thank the RBS"O for every day that I am able to stay clean.

What a breath of fresh air.

I am now almost 46 and I so badly want to be mesaken this while I am still in the young years so that my Teshuvah can be complete.

I don't like to talk or even think about what I have done in the past because it is too painful for me to face the horrible things that I did that are so not who I really am. I want this to be the beginning of my new life that is Tocho K'Baro.

I cry every day that my children should be pure and grow in Torah and Yiras Shomayim but how can I expect the RBS"O to give me ehrliche children if I don't fix myself. I just daven to the RBS"O that my children should always be Yirei Shamayim and not be punished for my weaknesses.

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Re: Hashem, please open up the road for me!!!

Posted by pischoshelmachat - 15 May 2015 18:26

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So another week goes by and I have still not dragged myself to a real life SA meeting.

Wednesday night is the night I need to go. I know that I need to go to maintain my sobriety, (or maybe not). I want to stay sober no matter what. How do I get myself to go?

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Re: Hashem, please open up the road for me!!!

Posted by cordnoy - 15 May 2015 18:42

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Ah; don't bother....is your life worth it?

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Re: Hashem, please open up the road for me!!!  
Posted by gibbor120 - 15 May 2015 19:06

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JUST DO IT!

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Re: Hashem, please open up the road for me!!!  
Posted by pischoshelmachat - 17 May 2015 04:01

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A gutte voch.

Another wonderful Shabbos and now another challenging week. HKBH please be at my side and protect me from lust.

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Re: Hashem, please open up the road for me!!!  
Posted by yiraishamaim - 17 May 2015 04:34

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[pischoshelmachat wrote:](#)

So another week goes by and I have still not dragged myself to a real life SA meeting. Wednesday night is the night I need to go. I know that I need to go to maintain my sobriety, (or maybe not). I want to stay sober no matter what. How do I get myself to go?

If you believe you need to go - then what's stopping you? On one hand you can stay sober- on the other you could chas v'shalom fall and you won't even have an excuse- 'cause you admitted you needed to go.

Just go man!

For your sake(and our sake and all the wonderful people that love you)

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Re: Hashem, please open up the road for me!!!  
Posted by Bigmoish - 17 May 2015 04:57

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[pischoshelmachat wrote:](#)

A gutte voch.

Another wonderful Shabbos and now another challenging week. HKBH please be at my side and protect me from lust.

Amen.

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Re: Hashem, please open up the road for me!!!  
Posted by stillgoing - 18 May 2015 23:23

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Re: Hashem, please open up the road for me!!!  
Posted by pischoshelmachat - 19 May 2015 03:40

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To Go or Not To Go, That is the question.

Thank you all for your chizzuk. As I struggle inside trying to motivate myself to go, I will try to articulate my inner struggle. I know that I am at a point in my life of Im Lo Achshov Aimosai. If I don't get long term sobriety now, I will probably never be sober and I will die with this dirty secret a half and a broken person. I might be able to stay sober without going to meetings as many of you have told me that have long term sobriety without meetings...but maybe not. Dov has long term sobriety which corresponds to his attending meetings. As the mesilas yeshorim teaches us to follow the instructions of those who have already successfully exited the corn

maze who know the way. All my friends here who "know the way" are guiding me down this path. I feel the limitations of an anonymous telephone sponsor and know that I need the accountability that only a face to face sponsor can give me. I need to work the steps with the guidance of a real live sponsor. I know how deficient I am and how much step 4 I need and dread. I know that my mind is no longer a sharp as it once was and that I have lost the ability to concentrate and focus on learning and work due to the numbing affect of porn. I find myself struggling to stumble through the day and trying to be effective. I know the step work will help me get my sanity and focus back and will give me the tools to be motivated and successful at home, work and in the bais medrash.

BUT I am lazy to go, afraid to be discovered, and terrified to really look into myself and face who I am, and how I have wasted and damaged my inner talents. I am afraid of this overwhelming change of direction that I am facing, I am afraid of how my wife will perceive me as the "addict kook" who needs these programs and is not a normal person and husband.

What will become of me?

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Re: Hashem, please open up the road for me!!!  
Posted by skeptical - 19 May 2015 03:49

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If you are afraid to go to meetings, but are also afraid not to go to meetings, why not consider going to a therapist who specializes in addictions?

I can possibly refer you to one.

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Re: Hashem, please open up the road for me!!!  
Posted by pischohelmachat - 19 May 2015 09:24

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I would rather go to a meeting. The thought of going to a therapist makes me feel very uncomfortable.

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Re: Hashem, please open up the road for me!!!

Posted by cordnoy - 19 May 2015 13:15

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bli neder, I will text you tomorrow once or twice.

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Re: Hashem, please open up the road for me!!!

Posted by stillgoing - 19 May 2015 23:13

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BUT I am ... afraid to be discovered, and terrified to really look into myself and face who I am, and how I have wasted and damaged my inner talents. I am afraid of this overwhelming change of direction that I am facing, I am afraid of how my wife will perceive me as the "addict kook" who needs these programs and is not a normal person and husband

So what! You won't see anything negative in yourself that you don't already know deep down. You might even discover some positive things in yourself that you hadn't realized. We all know that there is a lot of positive in you to see.

The bottom line is, like we say here all of the time, don't think about next week, not even the next day, (Thursday), just go once. Big deal. What can you lose by going once. You can never go back again if you so decide. I'm sure none of those scary things you described above will

(Remember, sometimes opportunities in life, only come around once..)

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Re: Hashem, please open up the road for me!!!

Posted by pischoshelmachat - 20 May 2015 03:18

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Oy Vey

The excuses are starting already. I think I just gotta get up and go.

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Re: Hashem, please open up the road for me!!!

Posted by Bigmoish - 20 May 2015 03:29

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Sounds good, but the door might not be open yet if you go now...

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