

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

Posted by pischoshelmachat - 12 Mar 2013 20:30

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 - 20 May 2015 14:37

Hi Cordnoy,

In fact it is in a church. Of course i am very embarrassed to go but I'd much rather a church than a shul. I'd rather meet Chris and Peter than Moishe and Berel.

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

Posted by pischoshelmachat - 20 May 2015 14:47

I put it into my outlook calendar and I am full steam ahead. ...For Now but the day is still young and there are many excuses that will show up I am sure.

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

Posted by cordnoy - 20 May 2015 14:49

[pischoshelmachat wrote:](#)

Hi Cordnoy,

In fact it is in a church. Of course i am very embarrassed to go but I'd much rather a church than a shul. I'd rather meet Chris and Peter than Moishe and Berel.

Maybe you'll meet me!

Or perhaps Chrisy or Petroshka.....although I wouldn't wanna meet Mashy or Bruriah anywhere.

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

Posted by pischoshelmachat - 20 May 2015 14:56

Funny, I was just shmoozing on Sunday with Una and we laughed at the time I escaped meeting with you on your stopover.

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

Posted by shlomo613 - 20 May 2015 17:35

Hi PSM,

1) Sorry I'm not clear: have you not been to SA group before that you say you're scared?

2) You mention in a recent post that your mind isn't as sharp as it used to be because of the mind numbing effect of porn.

But at the time of that writing you had 55+ days of sobriety under your belt..? That should have cleared things somewhat, no? And you still feel that way?

I think we don't want to forgive ourselves our sins, and we carry them with us, thinking I'm so defiled that [insert your own continuation here].

I further think that when we think we are a certain way we psychologically make it that way.

So in your case it's "not so sharp because of the mind numbing effect of porn".

I'm just putting the thought out there in case it applies to you.

And by the way, well done for the continued sobriety!

All the best.

Shlomo

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Re: Hashem, please open up the road for me!!!
Posted by pischoshelmachat - 20 May 2015 18:04

Hi R' Shlomo,

I am afraid mostly because of whom I might meet. I have been twice to a different SA meeting and did not meet anyone I know but also did not meet anyone that I felt I could connect with as a sponsor.

As I used to "pacify" myself with porn, now that I no longer have this drug, I find myself looking for things to distract me such as Facebook, Vosizneis, Arutz Sheva. I seem to always be looking for a distraction and do not focus on my work. Yesterday I surfed **** which is a minefield. I cannot seem to get anything done as I constantly distract myself with time wasting internet nonsense.

Today, I am resolved not to look at any news sites period other than responding to GYE to stay connected. I am davening for help and I just have to focus and get my work done. All the years of porn have reduced my attention span and even though I am clean for a little while, I am still fidgety and distracted.

I feel with time it will get better.

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Re: Hashem, please open up the road for me!!!
Posted by shlomo613 - 20 May 2015 19:47

PSM,

I believe it will get better.

I must tell you that I didn't go cold turkey from porn to no entertainment and no news sites - but I can say that in the past 18 months or so I've maybe looked at news or entertainment sites about twice. And I've got internet at home and at work. How and why did I do it?

I went from porn to watching comedies to watching rabbi Yossi mizrachi on torahanytime.com (because I found him so funny although he doesn't intend it), and then on to rabbinical shachter on same website and alongside an increase in Torah learning.

My job is very demanding so in truth I don't have dead time to waste, during the day or in the evening - so I don't share that challenge of yours. (Posting over last three months on GYE forum has had a major impact on my productivity, and possibly my career).

I do know that as many have found, when I was on entertainer sites it was only a short step away from porn.

Last week I posted on my thread that I had a challenging day. In fact I was tempted to go on a news website and I resisted. I knew and I know that if I went on it I would have ended the session by watching porn.

Having that fence of no entertainment saves me from much grief. Hats aid I know it is a very difficult transition to make. And I myself did not one day make a decision "no entertainment"; it kind of evolved/progressed that way. And I've made no Kabbala that I won't do it. I just don't want to do it because I know for so many reasons that it's not good for me. I'm even repulsed to .)

All the best.

Shlomo

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Re: Hashem, please open up the road for me!!!
Posted by pischoshelmachat - 20 May 2015 20:50

Hi,

Today I completely avoided all websites and it was a much more focused and productive day.
Thank you for your chizzuk.

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Re: Hashem, please open up the road for me!!!
Posted by pischoshelmachat - 22 May 2015 00:20

As many of you know, I made it to the meeting last night. It was very hard for me to be there and my heart was pumping in overdrive. Thank you chaveirim for the encouragement and for your help weathering the aftermath.

I hope I will be able to attend again.

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Re: Hashem, please open up the road for me!!!
Posted by shlomo613 - 22 May 2015 15:24

Wow! And how was it....? (my hand is in mouth.)

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Re: Hashem, please open up the road for me!!!
Posted by pischoshelmachat - 22 May 2015 17:26

Very difficult. I would rather discuss this in private. Please send me an email.

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Re: Hashem, please open up the road for me!!!
Posted by pischoshelmachat - 26 May 2015 18:08

Hello my friends,

Shavuos was darhoiben. I felt so close to HKB"H and cried my eyes out during Hallel. I hope not too many people noticed.

It is such a let down to get back to the mundane but I am eager to take on the real life the RBS"O has planned for me.

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

Posted by shlomo613 - 26 May 2015 18:22

Thank you for that heartfelt share.

I put effort into my avoida on shavu'os. But I felt nothing. I felt distant and closed off all the time. However, I wasn't sad about it; I was willing to keep on working because I've learned not to 'chase' elevated feelings. And if that's where I'm supposed to be, then fine.

Then... in the yehi leratzon imrei fi at the end of musaf on second day my heart opened up, or the heavens (not sure which) and i gave a sob and a short but true prayer from the heart. And I felt that it carried in everything else.

Duchening after that was quite connected too.

But right now I feel like I'm on a different plane of existence. Something has changed.

Like I said, I'm very wary of feelings, dont trust them much at all, but still...

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

Posted by pischoshelmachat - 26 May 2015 18:28

I cry almost every day. But on Shavuos during Hallel, I was crying to HKB"H while thanking him for pulling me out of the projectile I was on and giving me the opportunity to straighten out my life.

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