

A journey to Hashem

Posted by zvi - 20 Mar 2013 23:54

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I am a teenager, aged 16 years old. Since I was 12, I have had lust-related problems. As I have got older, the problems have got worse. It started off with the odd thing, here and there- I was only 12, so I didn't really know what I was doing. I vaguely knew I shouldn't be doing what I was, but it didn't interfere with my life much. As I got older, and I started to find out what I was doing, and the severity of the Aveiros, my 'little problem' developed into an addiction. For the past 2 1/2 years, I have been acting out on a regular basis (at least once a week). Then, finally, I had a clean streak. A proper clean streak. For 66 days. But then it came back. I didn't even see it coming. All I knew was that I was on the computer, doing some school work, and then suddenly I was looking at images that I shouldn't be looking at, and before I could stop myself, I had been motzei zera levatala. Again. That was two months ago. After that, I lasted 14 days, but then it was over. I was doing the aveiros again, but on a much greater level than before. As it stands now, I'm only keeping myself clean for between 1-3 days at a time. Two nights ago, I acted out twice. I was depressed, angry with myself, and- unfortunately- angry with Hashem. How could He do this to me? Didn't he see that I wanted to stop? That I wanted to be close to Him? Anyway, the next day (i.e yesterday), I joined GYE. I'm currently on my second day clean, B'chasdei Hashem. But it's not going to be easy...

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Re: A journey to Hashem

Posted by gibbor120 - 11 Apr 2013 01:23

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KOT ODAAT!

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Re: A journey to Hashem

Posted by zvi - 12 Apr 2013 00:41

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I'm still struggling along. Today wasn't easy. I didn't look at any images on purpose b'H, but I'm fantasizing LOADS. Especially during davening. And of course, that makes me really really want to go find some actual images and m\*\*\*\*\*. How do I stop these imaginations? I haven't looked at anything for a week now...

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Re: A journey to Hashem

Posted by Gevura Shebyesod - 12 Apr 2013 00:49

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Learn some Gemara.

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Re: A journey to Hashem

Posted by reallygettingthere - 12 Apr 2013 00:54

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It's your yetzer hora upping his game because you upped yours. Don't be discouraged. Keep on asking hashem for help and keep your mind occupied with something else. anything else.

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Re: A journey to Hashem

Posted by tehillimzugger - 12 Apr 2013 02:35

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[Gevura Shebyesod wrote:](#)

Learn some Gemara.

What about Toisfiss?

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Re: A journey to Hashem

Posted by Avrom - 12 Apr 2013 16:27

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Re: A journey to Hashem

Posted by Dov - 12 Apr 2013 18:46

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Dear Zvi, I am going to be blunt, please forgive me.

Obviously you have been somewhere like this before - probably many times - and obviously the response to it failed because of how you faced the facts of the situation. So if you agree with that, I will suggest options that work for me and others I know who experience what you describe. In some ways it may not seem identical to *typical* Jewish practice - but I doubt that 'normal Jewish practice' *really* addresses chronic, frequent porn users and masturbaters. So here are some extreme measures made for extreme problems, that work for many of us that I and many others still use regularly with good success because we need to, and G-d helps us:

1- I accept that accidentally thinking of porn scenes during davening is 100% perfectly OK. The *only* thing Hashem is interested in at all is: ***how I respond*** to the fantasies. So when it happens to me, I smile (very important, because it's really OK by Him) and I speak out to Him *in words*, "Tatty, You know all about the sex fantasies that popped into my head. Thank You for being with me always and I accept whatever You want for me and I love You so much. Please help me daven to You a little better, now. Thanks!" Then I get on with wherever the heck I was...

I repeat it, if necessary. Always calmly. He does not pay any attention to my 'intensity', the contorting of my face in prayer, or the forcing of tears...Hashem is no longer for the show. This is recovery, here, not 'piety'. It's calm, real, and good.

If it does *not* work, then I assume it is because *I am lying*. I am not really meaning it. Perhaps I am hanging onto my familiar old prideful guilt - as though 'such' thoughts are 'below' a person of 'my' great stature and holiness...or I just don't *care* to be liberated from the thoughts. Perhaps I ) Either way, 'lying' to G-d does not work very well...at least not in recovery. So I look at that and try my best to accept it, then say it for real, and then be'H move on.

2- I pray for the very people I am resenting, afraid of, and/or lusting after, right then and there. This prayer must be sincere or it does not work. I have posted a few times elsewhere about the issues with davening for goyim, porn starts, girls or women we know, etc. "Tov Hashem lakol, v'Rachamov al kol ma'asov" - that does not mean only tzaddikim, only Jewish people (or even only *humans*). It's everyone and everything. I can join with Him, here.

By doing that, we leave the fantasy world that our hearts and heads are so accustomed to, and start to rejoin the human race and reality. It is an unpleasant landing, and for that reason many guys resist praying for these people! For by doing it (not by thinking about doing it or discussing it, but *by actually **doing** it*) we start to face the fact that the objects of our lust are actually *real* people with *real* problems, families, issues, *real* relationships with Hashem (even if they are goyim and/or very lost and are not aware of their relationship with Him at all), and we ought to be concerned about them. v'Rachamov al kol ma'asov. If we are, then we will not use them and their images quite the same way again in our minds. This is useless to figure out and discuss - just do it early and often. It is baduk umenusah for anyone who does it sincerely.

3- I stopped responding to these pesky problems in *any way that I **used to** respond to them* with. The old ways were the problem, not the solution. They were rife with pride, screwed up applications of Torah ideas, and attitudes, and did not work. They are probably poisonous and will ruin whatever good things I do, eventually. It is important for me to remember that "it was not my 'YH' that got me into this tangled mess as badly and as I got into it. Rather, *it was my very best and 'sincere' thinking (and misguided teshuvah-attempts) that got me where I am.*"

4- I blabbed too much already.

Hatzlocha. Don't think about it too much. How smart are we, anyhow? Just do it.

And none of this stuff works if we are not using it as part of a slowly changing diet and behavior that includes recovery rather than the same old drivel we are used to.

Too blunt?

Love you,

Dov

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Re: A journey to Hashem  
Posted by Dov - 12 Apr 2013 18:47

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What was that **Avrom**?

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Re: A journey to Hashem  
Posted by zvi - 12 Apr 2013 18:55

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Ok, I hear... Just with regards to your third point- what are misguided teshuva-attempts?

(And I think Avrom posted on this thread by mistake, but he deleted it)

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Re: A journey to Hashem  
Posted by zvi - 12 Apr 2013 19:40

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Firstly, a quick update about how I'm doing:

Last night was difficult. REALLY difficult. But I came through it, with Hashem's help! I was so close to m\*\*\*\*\*- I actually started to do it but Hashem caught me just in time. So IYH I'll be going into Shabbos after a whole week clean. When that has happened in the past I haven't really had to put much effort into it, but Wednesday and Thursday of this week have been one massive struggle, but I came through it with the Help of the One above.

And secondly, a brief idea to share with the oylam before shabbos. I heard it literally this morning, and it did have a connection to this week's sedra, but I have to admit I've forgotten that

There's a famous gemara, a story about Rabi Akiva. He was travelling somewhere, and he came to a village to sleep for the night. However, no one offered him a place to sleep. So, he found himself a spot just outside the village to sleep. With him he had a candle, a donkey and a chicken. First, the candle blew out and he had nothing to relight it with. Then, a cat came and ate the chicken and a lion came and ate the donkey. When each of these things occurred Rabi Akiva said 'Kol ma de'ovid rachmana letav ovid'- all that Hakadosh Baruch Hu does is for the good. In the morning, he woke up, and heard the news: The village had been plundered in the night by a bunch of savage bandits! Had his candle not blown out, the bandits would have seen

the light. Had his donkey and chicken not been eaten, they would have been heard. So now, Rabi Akiva exclaimed: Kol mah she'oso Hakadosh Baruch Hu le'tova oso. All that Hashem does He does for the good.

So the following question can be asked: Before Rabi Akiva found out the reason these things occurred to him, he said Kol ma de'ovid rachmana letav ovid, in Aramaic. After that, however, he said Kol mah she'oso Hakadosh Baruch Hu le'tova oso, in Hebrew. So why the change? The answer, which is, I believe, from Rav Avraham Schorr (but I may be wrong about that) is that beforehand, the reason was hidden, so Rabi Akiva said it in Aramaic. After, however, the reason was clear, so he said it in Hebrew. So to, this applies in all of our lives. For us, it's our sexuality-related problems. I'm sure many of us here wonder (and I know I do) "What did I do to deserve this? I'm just an ordinary guy- I never asked for these problems! I just want to live my life like normal!" But we have to know that it's all from Hashem. He wants us to have a better understanding of Him, his Torah, and life in general. So He gives us these challenges, so that we can beat the Yetzer Hara, and have a real, genuine closeness with Hashem through that. Even if now we don't understand why we are going through this, in a few years time we will be able to look back, and say clearly "Thank you Hashem, for the Yetzer Hara that I had."

Have an amazing Shabbos.

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Re: A journey to Hashem

Posted by gibbor120 - 12 Apr 2013 21:18

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[zvi wrote:](#)

So He gives us these challenges, so that we can ~~beat the Yetzer Hara~~ Admit powerlessness, give up our egos, and humble ourselves before him, and have a real, genuine closeness with Hashem through that.

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Re: A journey to Hashem

Posted by Dov - 12 Apr 2013 21:29

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Is he definitely an addict?

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Re: A journey to Hashem

Posted by gibbor120 - 13 Apr 2013 00:00

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[Dov wrote:](#)

Is he definitely an addict?

Maybe, maybe not, point taken. Either way, I don't think anyone can "beat the yetzer hora" without Hashem's help.

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Re: A journey to Hashem

Posted by zvi - 14 Apr 2013 00:57

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[Dov wrote:](#)

Is he definitely an addict?

I don't know. I thought I was. Then I came on here and I found out maybe I wasn't. How do you define an addict? For the past 4 1/2 years (since I was 12) I've been m\*\*\*\*\*. I find it basically impossible to stop myself when the urge is on me. So am I an addict?

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