

Tcholent for the Soul (the Group)

Posted by Avrom - 10 Apr 2013 06:21

Tcholent for the Soul

(Nuu! Eat it while its hot!)

By:

Inastruggle

Chachaman

Some_guy

Zvi

Hopefull

joeshmo

Avrom

Credits:

Our dear father in heaven

and GYE - thank you so much!!

(This group started [here](#))

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Re: Tcholent for the Soul (the Group)
Posted by Avrom - 24 May 2013 03:00

Hello, gotta keep this one short but I hope to post again soon

Sorry to hear about the fall. "In order to jump a person will bend his knees" and boruch hashem we are on our way up. So I daven that this fall, that I consider myself being a part of, should be the bend of our knees that we all needed to make us jump higher then ever before.

Great week bh, I think its helping me a lot that i stopped counting. I cant fool myself - i know its been around a month. But I don't get up anymore every morning counting sefirah every day. Still does anyone have any tips how to live "one day at a time"? (-without cheating) Truth is if I would fall anytime soon it would be a nuclear disaster - like the previous 5 times when I reached one month and had a fall.

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Re: Tcholent for the Soul (the Group)
Posted by Chachaman - 27 May 2013 09:44

thank you Avrom! it really means a lot.

I think the YH makes falling seem much more desirable the farther away we are from it, because the terrible post-fall feeling is far away at that point. I guess we just have to realize that the whole idea of shmutz is extremely stupid (just like we nowadays think idol worship is stupid), and that it inherently solves nothing and only makes us unhappy. anyway, here is something from Dov in the latest chizuk email that I wanted to copy and paste:

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The reason that the 12 steps are not about our lust problem (beside for the simple admission of our lust illness in the first step) is because our avodas Hashem/sanity/approach to life cannot be about fighting lust either. Focusing on fighting lust means we are probably thinking about it all the time (not a good idea). To me, it also may mean that I am not serving Hashem. ("What?!", Calm down... that's better :-). What I mean is, that I do not believe Hashem wants me to make the struggle with lust the focus of my life. Leave the romanticized and glorified pulverization of the Yetzer Hara to those more qualified, thank-you. I'm just a measly addict, anyway...

What I believe my Tatty wants of me is: To serve Him. To live for Him. Making the struggle with lust my *raison detre* is just as wacky to me as those guys who work out 18 hours a week and spend another 18 hours a week organizing their organic meals, another 5-10 hours reading about improving their health...I always wonder: what are they living for? to be healthy?? Doesn't it make more sense to be healthy in order to live?!

Anyway, you see that's insanity, no? There must be balance for a normal person, right?

Well, for me, an addict, the balance bar goes a bit the other way, believe it or not. I can't afford to struggle with lust as much as a normal yid can. For me, lust needs to be even farther out of the picture, even more remote. As much as possible, I need to keep the issue of whether I lust/not lust, act out/stay sober, come in contact with inappropriate scenery or not, etc, Hashem's business, rather than mine. True, I have to be wise, honest, take whatever steps needed to avoid it... But I just can't afford to make a big deal of it.

The thing I need to make a big deal of is this: Doing His will for me today.

Exactly what is that?

Well, think about it, for it's a big deal. It's actually the biggest deal.

Again, not "what does He want me to do with my life", but just with today.

On a good day, that is my main concern, as much as possible. That's my business. Sound simple? It is.

Yes, I know what it's like to be mentally bombarded with old lust images, euphoric recall, and images of the women on the street. I am aware that once lust ideas get into my head it becomes very hard to think of anything else, especially avodas Hashem. That's why I generally do not let them in - in the first place. But thinking about not thinking about them is just as dangerous for me.

When I screw up though, and the lust gets in, I use the tools we talked about:

- Calling someone and admitting it. This kills the secret and ruins it's power (see the tzetel katan of Rav Elimelech of Lizensk),
- Thinking about what I really want from this image / lust pursuit, i.e. true pleasure, acceptance, and love.
- Admitting that the lust can't give it to me.
- Then asking Hashem to give them to me, cuz only He's got 'em all.

Whatever. There are many, many tools. But they are all ultimately half-measures. And, as they wrote in AA, "half-measures availed us nothing." Which I understand this way: If the main thing we are doing is fighting to stay sober, where's the beef? When does the avodas Hashem start? When does living start?!

True, once we are in trouble, getting away without giving in to the temptation somehow, is technically in the category of avodas Hashem. But for an addict - of all people - I find that making that into a "lifestyle" is completely unacceptable. In fact, In my case, I don't even look at

it as in the category of avodas Hashem any more than I view catching my balance when slipping. Getting away from the temptation is purely selfish (enlightened self-interest perhaps, but selfish nonetheless). And I wouldn't have it any other way!

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Re: Tcholent for the Soul (the Group)
Posted by Chachaman - 30 May 2013 21:36

Baruch Hashem, things are going well. I'm stressing out a bit about a speech I have to give on Monday, but after that things should be fine.

It's interesting to see how far I've come in just 9 months or so as far as attitude goes:

www.guardyoureyes.org/forum/index.php?topic=5582.0

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I guess I'm not really taking a break from GYE
Re: Tcholent for the Soul (the Group)
Posted by Chachaman - 31 May 2013 02:38

Sorry for kind of hijacking the thread, but I wanted to share how things are going for me:

I am giving a speech to like 1,000 students, parents, faculty, etc. for my graduation on Monday.

At first I was like "no way am I giving this speech"! I've been working with the speech and debate teacher, though, and the speech is coming along. When I practiced a presentation to her, I basically read my speech very quickly, in a monotone, to get it over with as quickly as

possible.

She quickly corrected my errors. I have to go slowly--very slowly. I have to embrace the audience. My face will be on a jumbo-tron, and everyone can see me.

You know? I think that might be one of the better things that has happened to me. I have to be confident in myself. I make a few jokes in my speech, and it's okay to poke fun at myself or perhaps come off a little strange. I think the required confidence will be a very good learning experience.

Also, it's only 5 minutes of my life anyway

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Re: Tcholent for the Soul (the Group)
Posted by Avrom - 31 May 2013 03:45

Things are going great BH, I had a couple of slips - but there has has been a shift regarding my life in general. I will confess to the Oilam:

A while ago I was advised (by a certain tzaddik called R' Dov) to see a therapist. I followed his advice. The reason of course being Po**n. However, what happened during the past few sessions was sensational!! All my billion small issues in the air - but one clear picture emerged. They are all where interlinked - the causes are all one! (I will share later) Turns out, all those years my effort was like fighting against smoke - but the fire just continued burning. All my frustration just fueled to fire. (HERE IT COMES:) P**rn was just the tip of the iceberg!!! For the first time Boruch Hashem I'm dealing with the core of my problems.

The past few days where insane - using the tools I learned during the sessions - it was like being really high (drunk man!!) It involves recognizing my real self. I'm trying not to hide anymore. This is me!!!

I ~~use to~~ have a constant message ringing in my head "you are a failure" Coming from expectation of my parents, others and myself. This leads me to find other realities - where none of my problems exist. P**rn being the best way of achieving that, movies ranked second. When I watch a movie, unlike others - its not just watching something take place. Its more like living thru the act myself - as long as I'm watching I'm not avrom - I'm Clark Kent himself. Now besides , my main problem is that this is the way i've been running away from my real self. I still have work to do, but for the fist time, i finally

understand what the fight is all about: Not porn or masturbation its much bigger than that. Only now that i know where to send my WAR-DECLARATION!!!

Just a thought: Maybe its time to thank hashem that I got into into P**rn in the first place - if not for that, i never would have realized that there is anything wrong with me. I would have lived my life my life with serious issues - only thru P**rn I was to see how big the iceberg really is.

Thank you Hashem

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Re: Tcholent for the Soul (the Group)
Posted by Avrom - 31 May 2013 03:51

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Just a thought: Maybe its time to thank hashem that I got into into P**rn in the first place - if not for that, i never would have realized that there is anything wrong with me. I would have lived my life my life with serious issues - only thru P**rn I was to see how big the iceberg really is.

Thank you Hashem!!

Have a great Shabbes!!

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Re: Tcholent for the Soul (the Group)

Posted by Chachaman - 31 May 2013 04:05

I'm going to post what I told Avrom, because I think it's an important realization:

"Me: I think I've been spending too much time on GYE (as I already said): I've probably spent 3-4 hours on it today, and I think I spent the equivalent on it yesterday. I haven't really learned that much lately

Me: However, at the same time, if I'm going to cut back GYE (just for the next week or so), I will also cut back on other internet use

Me: that's only fair

Me: Thus, I am going to say: through June second (ad v'ad bichlal), which is Sunday, I will not go on GYE, Facebook, Yahoo sports, or unnecessary sites

Me: However, if I feel weak, then I'll come to the forum. I just think sitting at home, alone, on the internet, even if it doesn't lead to a fall, I think it's getting away in the recovery steps that I need, which is to "start living"

A lot of "Me:"s in there lol. Anyway, I am going to say:

NO Facebook. No YCN. No news websites. no sports websites. Through (up until and including) Sunday. I can still check email.

And no GYE, unless I feel weak.

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Re: Tcholent for the Soul (the Group)
Posted by gibbor120 - 31 May 2013 22:03

Wonderful Avrom! It sounds like you are finally getting a taste of self-acceptance. Delicious indeed!

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Re: Tcholent for the Soul (the Group)
Posted by inastruggle - 01 Jun 2013 01:33

To Avrom: MAZEL TOV on your progress in life.

To Chacha: MAZEL TOV on your graduation and first internet break.

As for me, baruch hashem i'm doing good in the lust area. About spending too much time on the internet, i posted on my thread that i decided to stop using the internet for recreation besides for gye and have so far been successful in doing that. Besides a few instances where someone showed me things online etc. but by myself it's been going well even though i have found myself a bit bored sometimes.

The benefits have been noticeable and i'm happy i took this step.

But i do feel that when i'm home (as iv'e been pretty often this week) then i spend way too much time on gye. So while this is much better than what iv'e been doing before, it also isn't good. So i'm thinking of steps to take to help this.

in the meantime, good shabbos everyone

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Re: Tcholent for the Soul (the Group)
Posted by Avrom - 04 Jun 2013 13:51

I need help, I'm in danger

Since shabbes, i'm being hunted by fantasies. When I'm busy I just shake them off. However, when i use the bathroom or lie down i let myself drift off to these fantasies. Yes, I do blame myself - instead of trying to "change the channel", I keep the dark thoughts and continue to explore.

Sunday night i knew it would be over - unless I do something. So I went to sleep telling myself 100 times "Ubocharto Bachaim! Ubocharto Bachaim!" It didn't help. I davend - still no change. Then I started to sing!! (Vetaher libeinu, Ad heino...) That really helped - I sang for one hour, then I finally was able to fall asleep without the thoughts.

Last night things got worse. I started to write down my fantasy... it didn't take long and I decided "I'm giving in, its over" But when I was in the bathroom looking at my reflection in the mirror. I somehow couldn't bear being mz'l seeing myself.

I know this is not over yet. I'm hanging on a thin thread. I don't know how long I can still survive...

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Re: Tcholent for the Soul (the Group)
Posted by Avrom - 04 Jun 2013 13:56

I need help, I'm in danger

Since Shabbes, i'm being hunted by fantasies. When I'm busy I just shake them off. However, when i use the bathroom or lie down I let myself drift off to these fantasies. Yes, I do blame myself - instead of trying to "change the channel", I keep the dark thoughts and continue to explore.

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Last night things got worse. I started to write down my fantasy... it didn't take long and I decided "I'm giving in, its over." (have been clean for about 40 days) I went to the bathroom to finish the job. But when I saw my reflection in the mirror - I somehow couldn't bear being mz'l seeing myself.

I know this is not over yet. I'm hanging on a thin thread. I don't know how long I can still survive..

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Re: Tcholent for the Soul (the Group)
Posted by Chachaman - 04 Jun 2013 21:06

I'm on a mobile phone right now, so I cant really chat:

KOT! Maybe call Dov or one of the people? Try taking a walk, and reaffirm your motivation for stopping.

you still have a streak--dont let the slip get you down.

were rooting for you!! I'll B"H say tehillim for "Avrom".

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Re: Tcholent for the Soul (the Group)
Posted by gibbor120 - 04 Jun 2013 21:34

Just hang on. You will not die from NOT acting out. It will pass again. Get busy with something that interests you. Even better if you can do it with a friend. Even better if it involves some physical exercise.

We are here for you.

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Re: Tcholent for the Soul (the Group)

Posted by inastruggle - 05 Jun 2013 22:36

Keep it up Avrom!

I think that this is a perfect example that even when we "decided" that we're going to fall, it isn't to late.

KOMT KUTGW

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