

I can rely only upon myself (Gem. Avodo Zoro 17a) -- boruch's journal  
Posted by boruch - 22 Jan 2009 18:30

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Day 3 and posting. Thank you all for a life-saving and life-giving forum. Thank you Guard for caring and being there for all of us.

This will not be a journal about struggling daily with tempting situations and near misses. This will be a journal of a different type of struggle entirely. A struggle to steadfastly refuse to get caught up in the cat and mouse game of revolving door cycles of urges and relapses and to keep absolutely, totally and single-mindedly focused on the big picture --- developing day, by day, with Hashem's help, the inspiration, enthusiasm, strength, energy and determination to ultimately emerge completely victorious in a lifetime conquest of addiction beginning today --- with no relapses.

Hashem should help me in my quest to achieve from today a lifetime conquest of addiction and to inspire others to strive for what they had best only dared to dream of. To achieve what they were totally convinced was impossible. With your Will Hashem, we should in great numbers prove that what many and even most had believed was impossible and what some had believed was counter-productive is really very doable if we only learn how to turn directly to You for Guidance and how to implement your Will, one step at a time.

In days of Old when Jews like ourselves desperately needed Guidance from Hashem they would approach the local novi or prophet who would show them how to use their personalities, gifts and talents to follow Hashem's Will and Plan. Today, sadly we have no nevi-im, prophets and so we cannot get access to such ready-made and customized Divine Prescriptions.

However we still have a Torah and if we know how with Hashem's help we look directly and genuinely to the Torah for guidance we can go much further than we ever dreamed was possible.

And so as just one piece of a holistic approach to beating addiction for life with Hashem's help on this thread I will struggle to focus on a 12 week recovery program (almost ninety days) based entirely and directly on studying Torah sources as they were always studied and interpreted in our classical seforim.

The starting point has to be the most striking description of extreme addiction that we find in Chazal (to my knowledge at least). The source is the Gemara in Avodo Zoro 17a dealing with Elazar ben Durdia, who, the Gemoro tells us, was so addicted that there was no prostitute anywhere with whom he had not sinned at least once.

The title of my journal is a direct quote of the dramatic declaration of Elazar ben Durdia, as recorded by the Gemoro, that after a life of total and absolute failure to curb his worst instincts he finally confronted his sexual addiction. He cried out with tremendous intensity, "I can rely only upon myself" (Gem. Avodo Zoro 17a). The Gemoro records that amid the ensuing events a voice from Heaven announced that Elazar had in that moment earned himself a prominent place in the World to Come. Rebbe (R' Yehuda Hanasi) adds that not only has Elazar ben Durdia earned himself a prominent place in the World to Come, additionally he is now referred to as **Rebbe** Elazar ben Durdia because he serves as a role model in the fight against addiction.

So, inspired the example of **Rebbe** Elazar ben Durdia and enlightened by the insight revealed by the Holy Tanna, Rav Yehuda Hanassi, Week 1 of my 12 week recovery program looks like this:

## **12 - WEEKS TO RECOVERY**

### **WEEK #1 -- Personal Responsibility --- I take 100% ownership of my addiction.**

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Re: I can rely only upon myself (Gem. Avodo Zoro 17a) -- boruch's journal  
Posted by boruch - 17 Feb 2009 18:48

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[guardureyes wrote on 15 Feb 2009 21:46:](#)

Please forgive our appearance during this sobriety upgrade...

What do you mean by that?

What I mean is that since I am spending 6 hours a week on 12 step meetings (2 1hr meetings a week, each an hour travel time away, for a total of 2 hrs travel per meeting makes a lot of time I am not posting on this forum) my posts here have been reduced to copying and pasting previous placeholders in the hope that at some point I'll have some time to post something of value... sort of like a public building under scaffolding during reconstruction... if you get my gist... but it's not important if you don't...

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Re: I can rely only upon myself (Gem. Avodo Zoro 17a) -- boruch's journal  
Posted by boruch - 17 Feb 2009 18:50

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[Ano Nymous wrote on 16 Feb 2009 11:00:](#)

I think he means that although he doesn't have time to say anything more, he just wants to check in and tell us that he is still doing ok in regards to this addiction. When he has time he prefers to make much more lengthy posts (right boruch?). Correct me if anything I wrote here is incorrect.

Yes, Ano, and I suspect that Guard understood that but was intrigued by the "please excuse our appearance" comment... which for what it's worth (not very important) I explained above...

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Re: I can rely only upon myself (Gem. Avodo Zoro 17a) -- boruch's journal

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Posted by boruch - 17 Feb 2009 18:58

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Day 29, with the program and B"H posting... we are B'Ezras Hashem closing in on the sheloshim... sheloshim shel eved... sheloshim shel eved Hashem...

Will BE"H go for a post in my 12 step WOH thread and link [here](#), if I can get to posting...

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Re: I can rely only upon myself (Gem. Avodo Zoro 17a) -- boruch's journal  
Posted by boruch - 25 Feb 2009 14:20

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Day 37, with the program and B"H posting...

Thank you all for a life-saving and life-giving forum. Thank you Guard for caring and being there for all of us...

More, BE"H later today...

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Re: I can rely only upon myself (Gem. Avodo Zoro 17a) -- boruch's journal  
Posted by boruch - 02 Mar 2009 17:35

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Day 42, with the program and B"H posting...

Thank you all for a life-saving and life-giving forum. Thank you Guard for caring and being there for all of us...

Posted recently on ADHD and Addiction [here](#), [here](#) and [here](#).

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Re: I can rely only upon myself (Gem. Avodo Zoro 17a) -- boruch's journal  
Posted by the.guard - 05 Mar 2009 23:41

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This article reminds me of what happened to you, Boruch, 45 days ago in that moment of clarity.

[www.theshmuz.com/Purim.html](http://www.theshmuz.com/Purim.html)

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Re: I can rely only upon myself (Gem. Avodo Zoro 17a) -- boruch's journal  
Posted by boruch - 06 Mar 2009 15:37

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[guardureyes wrote on 05 Mar 2009 23:41:](#)

This article reminds me of what happened to you, Boruch, 45 days ago in that moment of clarity.

[www.theshmuz.com/Purim.html](http://www.theshmuz.com/Purim.html)

This is the awesome responsibility of yesh koneh olomo besho'o achas (see R' Chaim Shmuelevitz's schmuess of that title)... if it can be done in sho'o achas don't take kamo shonim, it's so much easier and so much better to do it the decisive way...

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Re: I can rely only upon myself (Gem. Avodo Zoro 17a) -- boruch's journal  
Posted by the.guard - 07 Mar 2009 21:50

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Chart updated. 50 days - Level 5, coming up very soon!

7 weeks of Sefira, like the 7 days of Nidda (see Ohr Hachayim) before the Yidden were able to break free from Tumas Mitzrayim and be worthy of KABBALAS HATORAH!

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Re: I can rely only upon myself (Gem. Avodo Zoro 17a) -- boruch's journal  
Posted by boruch - 09 Mar 2009 04:10

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[guardureyes wrote on 07 Mar 2009 21:50:](#)

Chart updated. 50 days - Level 5, coming up very soon!

7 weeks of Sefira, like the 7 days of Nidda (see Ohr Hachayim) before the Yidden were able to break free from Tumas Mitzrayim and be worthy of KABBALAS HATORAH!

Well Guard, I don't know if you noticed but remember Jack? His 50th day was Simchas Torah in Eretz Yisroel. Guess when mine will be Bezras Hashem Yisborach...

Hodar Kibluhu biymeit Achashveirosh... my 50th day is March 10th= Purim...

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Re: I can rely only upon myself (Gem. Avodo Zoro 17a) -- boruch's journal  
Posted by the.guard - 09 Mar 2009 13:47

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That is absolutely incredible!

I keep seeing time and time again, that when a person is determined and serious in his

Teshuvah, Hashem shows him special signs - to show him how proud he is of him.

Rabbousei, on this forum Amalek is finally getting what he deserves!

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Re: I can rely only upon myself (Gem. Avodo Zoro 17a) -- boruch's journal  
Posted by the.guard - 14 Mar 2009 20:09

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How was Kabbalas Hatorah?

Mazal Tov on reaching 50 days - Level 5. Chart Updated!

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Re: I can rely only upon myself (Gem. Avodo Zoro 17a) -- boruch's journal  
Posted by the.guard - 21 Mar 2009 22:42

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I updated the chart to day 61. Please confirm that this is correct.

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Re: I can rely only upon myself (Gem. Avodo Zoro 17a) -- boruch's journal  
Posted by boruch - 24 Mar 2009 01:56

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[guardureyes wrote on 21 Mar 2009 22:42:](#)

I updated the chart to day 61. Please confirm that this is correct.

Today is day 63 beChasdei Hashem (62 full days).

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Re: I can rely only upon myself (Gem. Avodo Zoro 17a) -- boruch's journal

Posted by boruch - 27 Mar 2009 03:56

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Today is day 66 beChasdei Hashem.

Got a 60 day SA chip (token) at the regular weekly meeting I went to this evening.

B'Ezras Hashem, ubli ayin hora, it is now less than *shloshim yom kodem hachag*

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