

Round by Round, ly"H, I'll win this Fight

Posted by BringMoshiach613 - 03 Jan 2014 02:05

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This is my first post.

I heard that this is a great tool on GYE to be able to speak things out with others and work through this struggle with others. So here goes...

I want to grow into the greatest person i could become. Sometimes i feel like I'm growing a lot and then all of a sudden I get punched in the face by the ??? ??? and get knocked down (fall). However, sometimes I knock him down.

I like to view everyday as another round in a boxing match. The reason for this is because there are many rounds to a fight (unlimited back in the day) just as there a lot of days in ones life.

Even if i get knocked down, the match isn't over, i could still win! I could even get knocked down a few times...AND still win the match! (Obviously i don't want to get knocked down at all, because it stinks.)

But if i think about it like this, then i don't get depressed, rather inspired because i realize that all i have to do the is get right back up, protect myself well, and fight back!

I know that i could beat the ??? ???! This fight might be a life long fight, but as the rounds go on, the more i fight, the more I knock down the ??? ???, the easier it will get in the later rounds for me to win and the harder it will be for the ??? ??? to knock me down.

If i practice well (= set up ????? and work on myself), and listen to my coaches (= Obviously the ????? ????, (and the GYE community)) , then I will win this fight!! We will win this fight!

I hope to post here ly"h every day or every few days about how my match is going... So let the match begin...

Round 1: To Me!

easier to keep track...)

It's just

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Re: Round by Round, ly

Posted by DanielTeshuva - 27 Jan 2014 10:56

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[BringMoshiach613 wrote:](#)

(For all you boxer guys, I'm using a different scoring system, one point for each round

This is exactly what i was thinking. How would i know if there is a sex shop on the way to work? Obviously i would have already passed it. But i could also "think" about the my route. Or any potential route. Basically thinking about where i could go and where i can't...

I totally agree with you Daniel.

Thanks.

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Re: Round by Round, ly

Posted by Dov - 28 Jan 2014 17:46

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Someone wrote me:

What do you mean when you say that i should give up the right to lust?? What does that mean? How is this possible? How does this help? Does it get rid of the ??? ????? What does it do??

Thanks

Hearing you. You may not be able to understand what I mean until after you spend a few weeks or months without resorting to your drug.

Then, on the day you turn to it in simple faith and trust again to save you from your boredom, desires, frustrations, etc - because it is in your basic programming to turn to it with complete faith that it will save you, of course - *then* you will have to decide if you have the right to use it....or if you surrender that right.

Very simple. Not easy, but simple.

And you ask "will it take away the...." - what does that mean, take away thee??? - what the heck is a "...?????" You can say what you mean with me, chaver.

No, nothing outside you will be like a magic pill and "take away" anything. If you can succeed as a normal person should, then keep trying by all means. I am not kidding. But how have things been going till now, for you?

If you are as screwed up as many of us here, then you are one who uses your penis and porn for self-pleasuring in order to try to feel ok...in other words, to manage things (your life) better. That's just a fact, if you are an addict. And there is nothing wrong with trying to take good care of yourself! But apparently it has not been working very well, or you would not be here, right?

Or is the only problem with your habitual, secretive, desperate porn use and masturbation really just that 'it's a sin'? I really doubt that is *most* peoples' true motive for finally coming to GYE. It's that we realize we are real idiotic, compulsively doing these childish and destructive things over and over...and that we will keep doing them long into our older years (as many indeed do). And that we are liars and fakers to all around us.

OK. So then if you quit, you will soon (maybe after a month or two) realize that you are giving up that power, right, or whatever u want to call it , then something else will be needed to save you from *your desire pain itself, your boredom with life, your conviction that you MUST have the sweet orgasms and sex adventures, the frustration you have with your mother, father, wife, boss, G-d, self, etc...* - whatever you are running from.

That thing may be G-d (but it will have to be a new relationship with your G-d, for the one you have now is actually part of the reason you run to porn and masturbate in the first place), and it could be something else. It could *start* as one thing (like a recovery group, for example), and later become a different thing (as in, your G-d) - who knows? **Who cares?** That part is not that relevant right now. Can you accept that and move forward? Or do you need all the teirutzim beforehand? Gevalt, I hope not.

For, as of now, you are not even giving up *a thing* yet. You are still trying to *master* yourself and your desires! Good luck. Normal people can sometimes do that, especially with the help of the Torah. But addicts (like me) simply do not succeed. We need to recognize we are different than normal people, period. Even if porn and masturbation were mitzvos, we would be simply unable to do them - Hashem would patur us - for it becomes obsessive and crazy for us. We are addicts. As Jewish alcoholics are 100% patur from wine on Purim and Pesach - it is actually *assur* for them to have the daled kosos if wine was the only available liquid. 100% assur. They - like we addicts - are different than normals in just one area of our lives. Like those who have an allergy.

So if you are like me and powerless, there's no shame in it, just take off the gloves, throw them in the sheimos forever, and give up completely.

**Then** get the help you need to live calmly and one day at a time without your (our) longtime best friend: sex fantasy. Many addicts find that help in the 12 steps and the live groups that are learning to live by them one day at a time. Some need a good therapist to help, too.

The 12 steps do not 'get us' sober. Either we come to them humbly, having accepted that this fight is not for us, or we do not start the 12 steps at all. That is why I keep writing that the 12 steps are really only for addicts. The first step is the one contribution WE bring with us - our total inability to succeed. Giving up - not because as you probably see it, that it is a 'tactic' to win. But rather, because it's just the truth.

We have indeed lost the battle and finally see and accept that **this** battle is not for us. Just like alcoholics. They may struggle and fight for mastery over their diet, job issues, or whatever - but not over alcohol. The decorated Marine Major who is a drunk and finally admits he is alcoholic falls to his knees in tears and gives up just as totally as the 19-year old farm boy does and the 56-year old frum doctor does: a baby before G-d.

Hatzlocha,

Dov

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Re: Round by Round, Iy  
Posted by skeptical - 29 Jan 2014 07:48

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**Dov**

Someone wrote me:

What do you mean when you say that i should give up the right to lust?? What does that mean? How is this possible? How does this help? Does it get rid of the ??? ???? What does it do??

Thanks

The problem with lusting is that it takes on many forms.

Thoughts are just as bad as movies.

Pictures of clothed girls are just as bad as pictures of nude girls, if the reason for looking is the same.

It all fuels our addiction equally. So if I try to be clean by not indulging in one aspect, but I'm still indulging in another (e.g., looking at women on the street), the addiction is still being fueled and I will likely fall eventually.

It's like an alcoholic who is not drinking the booze, but if he is still fantasizing about the stuff he wishes he could be drinking, he is a dry drunk white knuckling it.

We need to give up "the right" to lust completely, which means that no matter what kind of opportunity we have, no matter how much stress we're under that we think we deserve to make ourselves feel good for a bit, the answer needs to be no.

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