

MISGABER? or perhaps not yet.....

Posted by misgaber41 - 18 Feb 2014 23:16

So here is how it goes.

BUT !

When I was all of 9 years old, I had a class mate who came from a wealthy family always had more than he needed, his father a very very generous person always gave him extra to share with others, and share he did , but it came with a price tag! he would bribe me to go to the bathroom for a minute in middle of class let him... and he would reward me with whatever he had that day. obviously this didn't happen to often but occasionally this did, without any body knowing of anything!

Now I am not looking to blame anybody for my shortcomings but myself, I should of known better then to go along with this, But... this is the sad reality.

After Bar mitzvah we split up in 2 different Yeshivos, but naturally I was left with a dent and as a result I would have fantasies of all sorts did not have a clear head for a day, but I learned in a very respected Yeshiva was very careful to keep my dignity, made sure to act and talk properly, but inside myself lied a very big secret, many times was I anxious to go talk to a mashgiach about my problem, but my self respect shame and being afraid of revealing my secret kept me back of doing so. I would never drink a ounce on Purim being afraid of letting loose, and maybe I will say something!

So I lived that double life having a name as a TOP BOY and deep down I knew that I was a BOTTOM BOY!

Then came the big blow when I took a office job like 3 years ago and got access to a computer all day long... more need to be said? I found out and filled in all that I have been missing all along after a short while I went from bad to worse My wife kept on asking me what's the matter but of course after so many years of doing this I am quit a good actor and managed to fool her too.

After a while of this behavior and after a deep fall I decided to follow a link from GYE and see

what they have to offer, I didn't sign up the first time cuz I cant unveil my secret but after a few times and realizing that I cant fool MYSELF any longer I gave it a try.

So like 4 months ago I had the privilege of joining this holy community and signed up counting 90 days, chatted a lot, read the forum a lot, and even made some close friends which I speak often on the phone, but I still had convicted myself that I am not as bad as the others here I don't need to open up to the public I am strong enough to keep a low profile and still be MISGABER, oh was I wrong! it helped me for a short time but not a long term solution! I reached 83 days once and then like 28 days but yesterday IO had a big blow!

So after consulting with my dear GYE friends I decided to go public and start counting my 90 days openly and hopefully with the koach harabim I will make it to 120 Years!

thanking you in advance for helping me be MISGABER.

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Re: MISGABER? or perhaps not yet.....
Posted by dd - 09 May 2014 02:49

[cordnoy wrote:](#)

It generally doesn't go away. Perhaps it's a depressin' thought, but it might be the only way you can truly "win" it.

b'hatzlachah

why do you say it might be the only way we can win?

what happened to the one day at a time method?

just trying to get this straight so please explain,

kol tuv!!!!111

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Re: MISGABER? or perhaps not yet.....

Posted by kilochalu - 09 May 2014 03:04

[cordnoy wrote:](#)

Many of us have come to the realization that this is a fight like no other. There will be no spoils and booty left on the battlefield when the guns stop shootin', and that is because they never will stop; this is with us for life. Yes, when that struggle hits we wanna be the victor, but that is winnin' that particular fight. Acceptance and Surrender means to some extent understandin', realizin' and acceptin' that this is the way we will be. We need to learn the tools of battle.

Everyone on this site, and I think I mean everyone says that they are still strugglin' with it...after 90 days, half a year, one year, three years and even thirteen. It generally doesn't go away. Perhaps it's a depressin' thought, but it might be the only way you can truly "win" it.

b'hatzlachah

halevay everyone here should know this but I just heard from a vosik vechosid here that he thinks he is over it and doesn't need any help anymore

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Re: MISGABER? or perhaps not yet.....

Posted by cordnoy - 09 May 2014 03:51

[dd wrote:](#)

[cordnoy wrote:](#)

It generally doesn't go away. Perhaps it's a depressin' thought, but it might be the only way you can truly "win" it.

b'hatzlachah

why do you say it might be the only way we can win?

what happened to the one day at a time method?

just trying to get this straight so please explain,

kol tuv!!!!111

of course "one day at a time," but that is together with the knowledge that we are in it for the long haul.

It (that it will be with us forever) should not be something that is constantly on our mind, but we should not think that we bested it, for then it will (perhaps) bite you in the rear.

b'hatzlachah

[it's just my opinion....I might be wrong....if I didn't clarify let me know please.]

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Re: MISGABER? or perhaps not yet.....

Posted by cordnoy - 09 May 2014 03:56

[kilochalu wrote:](#)

[cordnoy wrote:](#)

Many of us have come to the realization that this is a fight like no other. There will be no spoils and booty left on the battlefield when the guns stop shootin', and that is because they never will stop; this is with us for life.

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b'hatzlachah

halevay everyone here should know this but I just heard from a vosik vechosid here that he thinks he is over it and doesn't need any help anymore

I think I wrote "many."

Perhaps he is.

Let's be mispallel that he is over it.

b'hatzlachah

[again, just my opinion.....]

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Re: MISGABER? or perhaps not yet.....
Posted by kilochalu - 11 May 2014 04:10

you also wrote everyone is still strugglin' .

Maybe also daven that he should realize if he's not.

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Re: MISGABER? or perhaps not yet.....
Posted by misgaber41 - 11 May 2014 22:05

Hi guys! Shabbos was BH great I enjoyed every minute of it, and interesting enough, the more productive the week is, the less time I spent lusting away, my Shabbosos, family, kid and friends are just that much more enjoyable!! so no wonder that after a few weeks of BH doing what I know I should always be doing, am I finally able to enjoy a bit what I really love the most!!!

I had a chat with Pidaini this morning about that let me share:

ME: how is the battle for sobriety coming along?

PIDAINI: no battle,

ME: huh??

PIDAINI: if it's a battle, it's not sobriety

ME: aha

PIDAINI: sorry

that wasn't my type

ME: you are 100% right

Something is hidden for guests. Please log in or register to see it.

PIDAINI: gevaldig!!!!!!!!!!!!!!!!!!!!!!!!!!!!

ME: if hashem gives you a nisoyon deal with it ! daven to him! don't fight with him!

?? ???? ?????!!

PIDAINI: yup, but there is the hamon am

and that's what they respond to

it's almost like the 90 day chart

you get them involved, and then teach them the right thing

ME: ha! sure I'm not condemning them for a sec. just bringing out a good thought

PIDAINI:yup yup

i'm agreeing

ME: well the seforim teach us the difference between ??? ??? & ??? ????

and there were differences in opinion which 1 should come first

living life I think is ??? ????

PIDAINI: yessir

ME: but you need to be up to appreciating it

when your down in the dumps

it doesn't mean any thing to you

so like every Yiddish concept you need to know when to aplly which rule

PIDAINI: yessiry

ME: wow I must of done something good today

you are agreeing on everything!

I'm doing my chessed for the day

ME:just spoiled it!

PIDAINI: :D LOL

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Re: MISGABER? or perhaps not yet.....
Posted by cordnoy - 11 May 2014 22:40

Pidaini: If it's a battle, it's not sobriety.

Not really sure about that one.

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Re: MISGABER? or perhaps not yet.....
Posted by Pidaini - 11 May 2014 23:11

I am,

that is to say, in my experience it is that way.

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Re: MISGABER? or perhaps not yet.....
Posted by cordnoy - 11 May 2014 23:32

To each his own...that's for sure.

I cannot expect perfection.

There can be some battles here n' there....for me at least.

That is all part of the path to recovery.

But, whatever works for you.

b'hatzlachah

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Re: MISGABER? or perhaps not yet.....

Posted by misgaber41 - 12 May 2014 19:48

Ok every body summer is officially here which means that TRIGERS are all over the place!!!

I live 2 blocks away from a public school, I went home this morning from shul between learning and davening @10 to 8 just as the kids were arriving walking "against the current" oh what a reminder of whats ahead of us! So lets go everybody lets brace for impact and start monster trucking!!

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Re: MISGABER? or perhaps not yet.....

Posted by cordnoy - 13 May 2014 02:40

Did you read this?

guardyoureyes.com/forum/20-Important-Threads/231387-Warning%21

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Re: MISGABER? or perhaps not yet.....

Posted by shivisi - 13 May 2014 10:59

Misgaber41 Wrote: he went and wrote them a letter asking them with whom they are fighting?.....!

If Hashem gives you a nisoyon deal with it ! daven to him! don't fight with him!

Pidaini Wrote: If it's a battle, it's not sobriety!.

[cordnoy wrote:](#)

Not really sure about that one.

Shivisi Responds:

I think I can make a "pshoro" here. [bo hakosuv hashlishi (hareviee?) veyacria beineihem]

In life's "general" nisyonos [difficulties not related to yetzer hora], Misgaber is right - Don't fight!

With nisyonos which are purely yetzer hora type - there IS a concept of "fighting", of "Battles", this is as is referred to in many many seforim as "**MILCHEMES** HAYETZER". but the fighter must still always remember and keep in mind that "ilmalei Hakadosh Boruch Hu ozro aino yachol lo!"

When we're dealing with an ADDICTION - an "out of control sickness" - then Pedaini is right, "If it's a battle, it's not sobriety!" for as long as the person thinks that he can still "fight" then he is not sober! the only true sobriety is **Submission**! saying there is nothing I can do about this

except put myself completely in the hands of Hashem, and "follow the road and rules needed to recover".

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Re: MISGABER? or perhaps not yet.....

Posted by cordnoy - 13 May 2014 18:38

If we cut the philosophy for a moment and focus on the practicalities.

A seductively dressed woman walks down the street and you notice her out of the corner of your eye.

You would like to look again.

Here are some of the options:

1. Look away
2. Daven for her
3. Ask Hashem to remove your desire.
4. Take another look
5. Ignore the situation.
6. Decide that it would be life threatenin' to look and act accordingly.

perhaps there are several others as well.

The fact that one is thinkin' thru the situation indicates that he is tryin' to recover. Based on the decision reached, he may regard himself as sexually sober. This dilemma can be regarded as a fight, battle, crossroad, or even less.

Sexually sober does not mean that he doesn't notice seductive women. Perhaps there will be those who reach that level, but to think that anything less means that you haven't recovered is counterproductive....again IMHO.

b'hatzlachah

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Re: MISGABER? or perhaps not yet.....

Posted by TehillimZugger - 13 May 2014 19:41

Yes. But in option One, you're not fighting, you have trained yourself to look away instinctively.

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