

Bigmoish's path to tahara

Posted by Bigmoish - 29 Jul 2014 23:01

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I just posted my story in the "introduce yourself" forum. It feels like a weight off my shoulders already, but I hope I can really do this.

I already woke up this morning with the YH in my head, but I managed to brush it off and go

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Re: Bigmoish's path to tahara

Posted by ineedchizuk - 12 Aug 2014 10:34

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Very nice quote.

daven.

I'm coming around to a new understanding of this 'thinking' thing, though practically, Cordnoy's mehalech speaks to me.

It seems to me that the vast majority of gye 'thinking' conversations are really people working through issues in their heart out loud. Or better yet, a form of 'resistance' to take that next big step when in their heart they know the truth (ie. That it's sensible to try what many say works instead of all the philosophical talk).

And so often, it leads to their coming around, and taking that next BIG step. (Of course with a little help from the anti thinkers! :-) )

So KOT! (keep on thinking)

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Re: Bigmoish's path to tahara

Posted by unanumun - 12 Aug 2014 16:43

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When I first started on GYE I was thinking alot and resented everyone telling me not to think too much. I have thought through most areas where I have worked on myself over the years.

Eventually I came to understand what everyone was saying about not thinking too much.

I do believe that most people have to think a bit until they come to the understanding that the thinking won't help them get out of their problem. So I agree that it is a process, but not necessarily avoiding getting to the next stage. It is for me *the process* of getting to the next stage.

I still think sometimes but only when I take a step back. In the day to day struggles I try not to think. (Actually it is not so hard to not think, I am usually too busy or unsettled to think)

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Re: Bigmoish's path to tahara  
Posted by Pidaini - 12 Aug 2014 17:47

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Great stuff!!

It also goes together with what Dov says "It's the same head that get us into the problem, so it can't be expected to get us out of the problem"

I have found that insights that I get only come *after* taking action and staying sober. All the information that I had beforehand didn't help, it just wasn't adding up to staying clean, I was obviously missing something, and that something wasn't "thinking" for I had plenty of that. Only after staying clean did I find how the equation worked (somewhat like algebra  $1+a=2$ , whereas if I only had  $1+a=b$  then there is nothing there). After the insights came and the things that other's had told me sank in, I now have a more complete picture.

KOMT!!! KOP!!!

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Re: Bigmoish's path to tahara  
Posted by lavi - 12 Aug 2014 17:59

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my thoughts on thinking.

if the thinking is just rehashing old stuff it is not so constructive.

although without thinking, it is hard to understand how anyone can get anywhere.

thinking can get you out of a problem, provided it can be followed up with some kind of action.

honest thinking is critical- it will make all the difference, whereas justifying is very dangerous.

but sometimes, just putting things in writing, can help clarify ones own thoughts on the matter.

for example, i wrote this whole big post on religion, just for cordnoy, and then i reread it, and thought, this is not what he needs to hear, and deleted the whole thing.

thank goodness for thinking

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Re: Bigmoish's path to tahara  
Posted by cordnoy - 12 Aug 2014 18:40

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oy; sorry to hear that.

I don't mean to give you such trouble.

Perhaps you saved it, and one day...when I become religious, you will repost.

Thanks

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Re: Bigmoish's path to tahara  
Posted by Bigmoish - 12 Aug 2014 21:25

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**lavi**

honest thinking is critical- it will make all the difference, whereas justifying is very dangerous.

How can a lust addict know if he is thinking honestly? I'm not attacking, I just have a hard time with this myself. I think I'm being honest with myself, when really it's just the little figurative red guy on my shoulder whispering in my ear.

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Re: Bigmoish's path to tahara  
Posted by unanumun - 12 Aug 2014 21:43

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it might depend on what you are thinking.

Dov gave me a very good hagdara (not directly as pertaining to this discussion) in my first days of gye.

He said not to think about why. just what.

i mentioned to him at the time that i wanted to figure out what caused me to act out. not why i act out.

in my experience figuring out what is happening, what i am thinking, what i need to do has been good for me. why i am thinking that, why i need to do that has been things that i stayed away from

I started thinking the other day, why did i end up with a lust problem. i stopped. what is the difference, now i have a lust problem and that is that.

It is irrelevant to me why the 12 steps help. or why coming out of isolation helps. I went through some of the 12 steps in my own sort of way, however i connected to it. i came out of isolation. I kept posting here. And it helped. why? who cares. it did.

It does help me to think about what is going on in my mind, what is it that leads up to lusting, what triggers me, what is really driving me to desire sex with my wife, what is causing me to want to look at women.

Once i know what it is, i can deal with it. I don't need to understand why i work that way.

So maybe everyone is really in agreement. it just depends how you define thinking.(maybe)

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Re: Bigmoish's path to tahara  
Posted by lavi - 13 Aug 2014 00:10

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lavi wrote:

honest thinking is critical- it will make all the difference, whereas justifying is very dangerous.

How can a lust addict know if he is thinking honestly? I'm not attacking, I just have a hard time with this myself. I think I'm being honest with myself, when really it's just the little figurative red guy on my shoulder whispering in my ear.

indeed it is a challenge to know when he is thinking honestly.

one true and tried method is to run it past others and see if any of them agree with you.

another way is seeing how after a certain decision, things play out, basically trial and error.

there is another way, based on a gaon in rus, but i kinda afraid to mention it here, being that it seems to me, that it is based on religious teachings

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Re: Bigmoish's path to tahara  
Posted by cordnoy - 13 Aug 2014 00:51

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there is nothin' wrong in usin' religious teachin's to prove a point.

There is even nothin' wrong to use religious teachin's for recovery; like we keep sayin'....whatever works for you.

It is the pushin' religious teachin's for recovery upon others that there is somewhat of a beef; but to say what works for you...kal hakavod!

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Re: Bigmoish's path to tahara  
Posted by lavi - 13 Aug 2014 00:59

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yeah i know what your saying pal,

but bm was asking me a question and don't feel it is good to mention things that seem totally like a religious idea.

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Re: Bigmoish's path to tahara  
Posted by Bigmoish - 13 Aug 2014 01:00

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Bring on the religion! We believe in free speech and transfer of ideas here.

Well, as long as mods approve.

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Re: Bigmoish's path to tahara  
Posted by lavi - 13 Aug 2014 01:05

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[Bigmoish wrote:](#)

Bring on the religion! We believe in free speech and transfer of ideas here.

Well, as long as mods approve.

i don't know about that.

just because there is free speech, doesn't mean you should say things that may turn people off.

and i'm not looking to get flack from noone.

but if you want me to tell you what the gaon says in rus, then i will reconsider.

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Re: Bigmoish's path to tahara

Posted by Bigmoish - 13 Aug 2014 08:16

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Please do. I love shticklach from the Gaon.

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Re: Bigmoish's path to tahara

Posted by skeptical - 13 Aug 2014 20:09

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This is a frum Jewish forum. Torah is allowed and encouraged here.

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