

I will make it b'e"h

Posted by MayanHamisgaber - 19 Dec 2016 23:17

---

Just started my 90 days journey (hopefully indefinitely) a little nervous as for years i have had very long stretches with feeling nothing and then WHAM massive fall which would then spiral out of control until someone found out. But now i have gye and everyone here who are so

=====

Re: I will make it b"h

Posted by MayanHamisgaber - 05 Feb 2017 11:56

---

Thanks to one and all for the thought provoking posts here and of course the chizuk, encouraging and thoughtful that i know i can do this for good !

While we cannot ignore those before us my personal opinion is like cordnoy said our attitude is what will make the difference for NOW since that is all we can deal with

?I am not saying that all the above is not significant just on a practical level it is not for us right now.

Again thanks for the support and the thought provoking conversation.

B'hatzlacha

P.S. cordnoy I'm waiting for the rest of what you want to say (or did I miss it)

=====

Re: I will make it b"h

Posted by Workingguy - 05 Feb 2017 12:54

---

Dr. Sorotzkin says that the reason it's important to know that there are some nisyonos that are too hard for where you are at the moment is to help you cope with failure. If we get equally down when we fall whether it was easy not to or when faced with the trigger that is hardest for us, chances are that we'll be in a downward spiral of shame and guilt.

If we can recognize that sometimes it's too much for us (of course only after the fact) maybe we'll just move on and get right back up.

=====

Re: I will make it b"h

Posted by cordnoy - 05 Feb 2017 13:17

---

[Workingguy wrote on 05 Feb 2017 12:54:](#)

Dr. Sorotzkin says that the reason it's important to know that there are some nisyonos that are too hard for where you are at the moment is to help you cope with failure. If we get equally down when we fall whether it was easy not to or when faced with the trigger that is hardest for us, chances are that we'll be in a downward spiral of shame and guilt.

If we can recognize that sometimes it's too much for us (of course only after the fact) maybe we'll just move on and get right back up.

Wow!

i never would have thought he would say that.

Isn't that a crutch to perfectionism?

Why can't we admit that we are human and that we failed? That's life.

=====

Re: I will make it b"h

Posted by Hashem Help Me - 05 Feb 2017 13:41

---

[cordnoy wrote on 05 Feb 2017 13:17:](#)

[Workingguy wrote on 05 Feb 2017 12:54:](#)

Dr. Sorotzkin says that the reason it's important to know that there are some nisyonos that are too hard for where you are at the moment is to help you cope with failure. If we get equally down when we fall whether it was easy not to or when faced with the trigger that is hardest for us, chances are that we'll be in a downward spiral of shame and guilt.

If we can recognize that sometimes it's too much for us (of course only after the fact) maybe we'll just move on and get right back up.

Wow!

i never would have thought he would say that.

Isn't that a crutch to perfectionism?

Why can't we admit that we are human and that we failed? That's life.

Cordnoy, You obviously have a much healthier self esteem than most.....

=====  
=====

Re: I will make it b"h

Posted by cordnoy - 05 Feb 2017 14:11

---

It's not my self esteem that is relevant here.

The attitude mentioned seems to be more of a cop out than a life time strategy.

=====  
=====

Re: I will make it b"h

Posted by Gevura Shebyesod - 05 Feb 2017 14:29

---

It's not a strategy, it's just a way of coping with the inevitable(?) stumbles along the way.

=====

Re: I will make it b"h

Posted by Workingguy - 05 Feb 2017 14:40

---

[cordnoy wrote on 05 Feb 2017 13:17:](#)

[Workingguy wrote on 05 Feb 2017 12:54:](#)

Dr. Sorotzkin says that the reason it's important to know that there are some nisyonos that are too hard for where you are at the moment is to help you cope with failure. If we get equally down when we fall whether it was easy not to or when faced with the trigger that is hardest for us, chances are that we'll be in a downward spiral of shame and guilt.

If we can recognize that sometimes it's too much for us (of course only after the fact) maybe we'll just move on and get right back up.

Wow!

i never would have thought he would say that.

Isn't that a crutch to perfectionism?

Why can't we admit that we are human and that we failed? That's life.

Don't know if it's me not being clear here, but what he was saying was the opposite. Most of us are way too hard on ourselves when we fall, and think that when we start being clean we will never fall again. Then, when we fall we are totally shocked and devastated.

Would we realize that there are instances that may be too tough for us and that we won't change overnight, chances are 1) that we'd fall less, and 2) that when we do we wouldn't beat ourself up for it.

One of his examples to me- someone with Same gender attraction had been doing really well for a long stretch. Then, they found themselves in a situation where they were able to take a peek at something that they shouldn't. They did, only for a few seconds. They felt so bad that they weren't misgaber, and it was bringing them down.

His take- the situation that they were describing was a high level of challenge (I'm leaving out the details on purpose) and if they would have a realistic view, they would recognize that this was a high level challenge and that considering the facts, they did really well.

=====

Re: I will make it b"h

Posted by Gevura Shebyesod - 05 Feb 2017 14:44

---

Dr. Sorotzkin says that the reason it's important to know that there are some nisyonos that are too hard for where you are at the moment is to help you cope with failure. If we get equally down when we fall whether it was easy not to or when faced with the trigger that is hardest for us, chances are that we'll be in a downward spiral of shame and guilt.

If we can recognize that sometimes it's too much for us (of course only after the fact) maybe we'll just move on and get right back up.Wow!

i never would have thought he would say that.

Isn't that a crutch to perfectionism?

Why can't we admit that we are human and that we failed? That's life.

Don't know if it's me not being clear here, but what he was saying was the opposite. Most of us are way too hard on ourselves when we fall, and think that when we start being clean we will never fall again. Then, when we fall we are totally shocked and devastated.

Would we realize that there are instances that may be too tough for us and that we won't change overnight, chances are 1) that we'd fall less, and 2) that when we do we wouldn't beat ourself up for it.

One of his examples to me- someone with Same gender attraction had been doing really well for a long stretch. Then, they found themselves in a situation where they were able to take a peek at something that they shouldn't. They did, only for a few seconds. They felt so bad that they weren't misgaber, and it was bringing them down.

His take- the situation that they were describing was a high level of challenge (I'm leaving out the details on purpose) and if they would have a realistic view, they would recognize that this was a high level challenge and that considering the facts, they did really well. Wasn't me, I've never spoken to him. But I've been there, done that, around a million times.

=====

Re: I will make it b"h

Posted by Workingguy - 05 Feb 2017 14:45

---

[cordnoy wrote on 05 Feb 2017 13:17:](#)

[Workingguy wrote on 05 Feb 2017 12:54:](#)

Dr. Sorotzkin says that the reason it's important to know that there are some nisyonos that are too hard for where you are at the moment is to help you cope with failure. If we get equally down when we fall whether it was easy not to or when faced with the trigger that is hardest for us, chances are that we'll be in a downward spiral of shame and guilt.

If we can recognize that sometimes it's too much for us (of course only after the fact) maybe we'll just move on and get right back up.

Wow!

i never would have thought he would say that.

Isn't that a crutch to perfectionism?

Why can't we admit that we are human and that we failed? That's life.

Because most people aren't realistic and think that they can do more than they can. Because for most people, failure is so negative and they don't have Enough compassion for themselves and humanity. Hence, their perfectionism. It takes YEARS of work to get to a level where we can accept that where human and fail and not let that bring us down.

And so they look at the things that maybe weren't realistic for them to succeed as a failure, and then it brings them down.

A guy who's a sex addict and then finds him alone in a house for two weeks with no filter and it's bain hazmanim amd he has not much to do and his parents aren't frum and don't want to filter- did he have a human failure or was this one a little outside of what he's capable of?

He can't assume either way beforehand, but afterward, maybe this one was just too much for him.

Really, in a certain way Dr. Sorotzkin IS saying something similar to what you said.

Not sure what got lost in translation.

=====

Re: I will make it b"h

Posted by Gevura Shebyesod - 05 Feb 2017 14:46

---

[Workingguy wrote on 05 Feb 2017 14:40:](#)

[cordnoy wrote on 05 Feb 2017 13:17:](#)

[Workingguy wrote on 05 Feb 2017 12:54:](#)

Dr. Sorotzkin says that the reason it's important to know that there are some nisyonos that are too hard for where you are at the moment is to help you cope with failure. If we get equally down when we fall whether it was easy not to or when faced with the trigger that is hardest for us, chances are that we'll be in a downward spiral of shame and guilt.

If we can recognize that sometimes it's too much for us (of course only after the fact) maybe we'll just move on and get right back up.

Wow!



i never would have thought he would say that.

Isn't that a crutch to perfectionism?

Why can't we admit that we are human and that we failed? That's life.

Don't know if it's me not being clear here, but what he was saying was the opposite. Most of us are way too hard on ourselves when we fall, and think that when we start being clean we will never fall again. Then, when we fall we are totally shocked and devastated.

Would we realize that there are instances that may be too tough for us and that we won't change overnight, chances are 1) that we'd fall less, and 2) that when we do we wouldn't beat ourself up for it.

One of his examples to me- someone with Same gender attraction had been doing really well for a long stretch. Then, they found themselves in a situation where they were able to take a peek at something that they shouldn't. They did, only for a few seconds. They felt so bad that they weren't misgaber, and it was bringing them down.

His take- the situation that they were describing was a high level of challenge (I'm leaving out the details on purpose) and if they would have a realistic view, they would recognize that this was a high level challenge and that considering the facts, they did really well.

Wasn't me, I've never spoken to him. But I've been there, done that, around a million times.

=====

Re: I will make it b"h

Posted by cordnoy - 05 Feb 2017 14:53

---

What got lost was as follows.

Initially you wrote that retroactively the challenge was too great and that explains the fall.

Afterwards you wrote that it is all part of progress.

I agree with the second (although the first can be true as well). There may be times that it was beyond us, but that should not be our mindset.

=====

Re: I will make it b"h

Posted by Workingguy - 05 Feb 2017 16:12

---

[cordnoy wrote on 05 Feb 2017 14:53:](#)

What got lost was as follows.

Initially you wrote that retroactively the challenge was too great and that explains the fall.

Afterwards you wrote that it is all part of progress.

I agree with the second (although the first can be true as well). There may be times that it was beyond us, but that should not be our mindset.

OK; now I understand we are it got lost. I thought I wrote a number of times that of course it can't be part of our thinking process before hand, but if that wasn't clear then I want to make it clear that there isn't a single source that says that you could think beforehand that you may not be able to succeed in this challenge

=====

Re: I will make it b"h

Posted by MayanHamisgaber - 06 Feb 2017 21:36

---

Hey all

Had a great day till 5:45 when called wife to see how all is going and was told that baby stroller fell with baby in so please come home .... baby was fine but to calm wife waited by doctor for 3 hours.....B"H everyone is healthy but man what a test of patients

=====

=====

Re: I will make it b"h

Posted by Workingguy - 06 Feb 2017 21:59

---

[MayanHamisgaber wrote on 06 Feb 2017 21:36:](#)

Hey all

Had a great day till 5:45 when called wife to see how all is going and was told that baby stroller fell with baby in so please come home .... baby was fine but to calm wife waited by doctor for 3 hours.....B"H everyone is healthy but man what a test of patients

It was a test of patients and a test of patience.

=====

=====