

I AM HIGHER THAN ALL THIS!!!

Posted by higher - 01 May 2019 14:39

High!

I have been on and off/lurking/etc... this site for a while. ive been struggling with erotic audio, erotic reading material, and looking for inappropriate websites, occasional mb but no p. (one exception when there was a really bad break in the filter but i only saw muted previews bh) either way i wanna quit all this garbage! this is really not ME. this stuff is fueled by being starved for intimacy and my wife is disgusted by it. in addition, there are heavy duty shalom bayis issues. so since i feel starved, its hard for me not to act out...i am working on the last two issues and iyh things will improve. for now, i feel like i can use the chizzuk as well as accountability that a thread like this can give me. thus begins my 90 day program. awaiting the gye's welcoming committee's response...

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Re: I AM HIGHER THAN ALL THIS!!!

Posted by GrowStrong - 21 May 2019 04:26

[higher wrote on 20 May 2019 18:58:](#)

thanks for the feedback, growstrong and hhm.

im not an addict. therefore what is N/A for addicts (a fight) is for me ("normal"? i guess in this regard) very applicable. i think that "answers the two posts although surrendering would def. help alot of addicts out there (i shouldnt say "def." cause all i know about addicts is from reading the forums.)

i think im holding in the milchemes hayetzer stage.

as an aside, i am touched by the concern.

two points on this.

1: R Taub says that addicts are just people who need God more! (grateful to be an addict)

2: What does being an addict or not have to do with using tools that work!

If it works for the sickest people out there why would it not work for relatively healthy people who just have a yetser hora... doesn't make sense to me sorry.

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Re: I AM HIGHER THAN ALL THIS!!!
Posted by higher - 21 May 2019 19:11

thanks growstrong for your response.

please speak to dov.

or look at some of his latest posts, i dont have the link.

he can explain this better than me.

as a general rule, when fighting the y'h, what works for one type of person doesnt necessarily work for the other. and this is a big example of such a case. i will say that after doing some research in our holy books it seems that in general the main point of the avodah of shmiras einayim is to avoid the fight entirely (there are many sources for this ain kan makom l'haarich) however the tool of surrendering is a bit more extreme than that and to not view this entirely as a fight (even the "pre" fight, is a whole different level.)

i could explain more if pressed but i think dov would do a much better job.

p.s. i may be misinterpreting some of dovs posts and what i have heard from him in conversation and if so \ i dont have a problem explaining my opinion (not that it makes a diff to anyone)

hatzlacha

the first point that you brought from r taub is enlightening but the manifestations of "needing g-d more" can be tremendous like going to a 12 step program and alot more extreme things, something that would be not quite the smartest thing to do for a non-addict, to say the least. so yes there are (huge) differences in terms of practical solutions. hope this helps

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Re: I AM HIGHER THAN ALL THIS!!!
Posted by stillgoing - 22 May 2019 22:11

Higher, in simple terms I believe the 'tool' surrendering is asking Hashem to take the problem from me, because I'm simply human and can not do anything without Him. (maybe some variation in the wording for an addict).

This is what gedolim have done for generations, not a simple thing to accomplish, but something that can work for any of Hashems creations.

(disclaimer, I may be understanding this wrong, but that is how it seems to me)

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Re: I AM HIGHER THAN ALL THIS!!!

Posted by higher - 23 May 2019 00:41

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i think your explanation is beautiful.

i agree that thats the correct attitude for gedolim throughout the generations, because they are so healthy. (and they can honestly and maturely surrender)

ironically, i can hear thats also the correct attitude for addicts, because they are so **unhealthy**. (and they are fully ready to surrender as well.)

for a regular joe (or yossel) surrendering (as far as the tinsy bit that im aware of and i could be totally wrong), is a heavy madreigah of bitachon. perhaps i could hear echos of rav avigdor miller perhaps saying to mouth such words cuz it can eventually make a dent, however i think (just maybe) that for the average person those can/may be not only wholly insincere words, (on an emotional level) but also **completely remove a person from truly being mishtadel to gaurd his eyes and just "blame it on hashem"**. a regular yossel (or joe) can and should be mishtadel and perhaps not "just surrender" which can be a distraction from the battle that hes facing and a runaway tactic when hes not running away rather just **giving in. those precious words and thoughts of surrender have an effect-when they are wholly sincere.**? not so simple for a regular (wtvr!) to do cuz he thinks that he still has some muscle.

p.s. this topic can be sensitive and this post definitely is. nothing i say is worth being considered seriously its just my own opinion. anyone that wants clarity on this should ask their rav.

Warning: Spoiler!

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Re: I AM HIGHER THAN ALL THIS!!!

Posted by Markz - 23 May 2019 02:21

[higher wrote on 23 May 2019 00:41:](#)

[stillgoing wrote on 22 May 2019 22:11:](#)

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Re: I AM HIGHER THAN ALL THIS!!!

Posted by cordnoy - 23 May 2019 02:41

[Markz wrote on 23 May 2019 02:21:](#)

[higher wrote on 23 May 2019 00:41:](#)

[stillgoing wrote on 22 May 2019 22:11:](#)

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Re: I AM HIGHER THAN ALL THIS!!!
Posted by higher - 23 May 2019 04:10

[cordnoy wrote on 23 May 2019 02:41:](#)

[Markz wrote on 23 May 2019 02:21:](#)

[higher wrote on 23 May 2019 00:41:](#)

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??? i guess aseil lecha rav means all those that dont have clarity.

with all due respect what text pirkei avos do you have?

(aside from the fact that in sensitive issues we probably shouldnt be trustin' ourselves too much)

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Re: I AM HIGHER THAN ALL THIS!!!

Posted by higher - 23 May 2019 04:16

[Markz wrote on 23 May 2019 02:21:](#)

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lol.

on a serious note, i think i was pretty clear that this is just my opinion, i dont have clarity but im not taking the sentiment that others are taking as a simple fact as a given either (that surrendering is for regulars) i could probably ask a daas torah in a roundabout way-or maybe even bluntly.

Warning: Spoiler!

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Re: I AM HIGHER THAN ALL THIS!!!

Posted by GrowStrong - 23 May 2019 08:53

however i think (just maybe) that for the average person those can/may be not only wholly insincere words, (on an emotional level) but also **completely remove a person from truly being mishtadel to gaurd his eyes and just "blame it on hashem"**. a regular yosel (or joe) can and should be mishtadel and perhaps not "just surrender" which can be a distraction from the battle that hes facing and a runaway tactic when hes not running away rather just **giving in. those precious words and thoughts of surrender have an effect-when they are wholly sincere.**? not so simple for a regular (wtvr!) to do cuz he thinks that he still has some muscle.

I think that theres still a misunderstanding here as to what surrender actually means...

Also i feel a little bit like this is the YH talking trying to justify why its better to look at women on the street because at least im partaking in a battle which is what Hashem wants from me!

Surrender isn't letting go of histadlut and blaming it on Hashem...

When i drive past a beautiful girl and my brain and heart tells me wow i wanna look at that, and enjoy that beauty and not from a healthy place - i am making a massive histadlut by letting go of that desire to look and driving past without looking.

Instead of surrendering to that base desire to lust after that gorgeous girl i surrender the action of looking.

In other words - all we are doing every time we are faced with a choice is surrendering.

Every time you want to fight the YH and not look but end up looking you surrendered... Only difference is you surrendered to the YH instead of surrendering the YH.

Most of us lusters are highly experienced at surrender...

We do it ALL the time...

Its a paradigm shift to surrender it instead of surrendering to it.

As i grow the muscle it becomes less of a struggle and more natural to surrender my base

desires to 'drink' in the beauty... but ultimately its still a choice i have to make every single time.

Am i going to surrender my rights to look or am i going to surrender to my YH and look.

Does this make more sense?

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Re: I AM HIGHER THAN ALL THIS!!!

Posted by higher - 24 May 2019 01:19

higher wrote:

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growstrong responded:

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Does this make more sense?thanks for your explanation.

so higher wrote back:

i will say that i have very little knowledge as to what surrendering really is, i only know what ive gleaned from this site. im not clear as to what your surrendering by doing a hishtadlus NOT to look. that sounds like fighting lust. whats up with the word surrender. just not clear how the emphasis on that aspect clarifies anything. (maybe i dont nderstand the concept of surrendering to hashem well enough. what does that mean even to give up your lust. you have lust. thats a reality. you have to fight it. you have to fight to avoid the fight. no????? again-for non addicts,

and just my thoughts, not worth much for the public.)

also, the phrases ive heard until now went something like this "Hashem i am POWERLESS against this nisayon please help" THAT expression-"powerless" is exactly what im focusing on and is the subject of discussion.

finally, this is not at all a trick from the yetzer hara to look at improper things. this is an honest disussion as to a possible correct approach for non addicts.

could be what you said is correct.

i dont understand why though.

p.s. revenge#342567 of the messed up qoute button!!!

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Re: I AM HIGHER THAN ALL THIS!!!
Posted by higher - 24 May 2019 05:10

#6

this really goes without saying and shouldnt have to be posted but...

in response to much of the discussion....

if it works it works.

surrendering.

surrendering 2.0

fighting.

fighting 2.0

some other opinion/shita/fact.

some other opinion/shita/fact 2.0

as long as it works for you and helps you in the fight/milchemes hayetzer/surrender your lust/
then it works.

we can disagree about that too but its too long to type again.

ditto 2.0

but no matter what anyone knows/says/thinks/feels (" " 2.0)

the main thing is....

?if it works it works!

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Re: I AM HIGHER THAN ALL THIS!!!

Posted by GrowStrong - 24 May 2019 06:23

or as we say in the rooms, it works if you work it so work it youre worth it.

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Re: I AM HIGHER THAN ALL THIS!!!
Posted by higher - 27 May 2019 03:17

#9

for me personally...although the 90 day thing is great, for me i celebrate days with no slips.

from my standpoint, i like to have clean days on G-D's "chart" and the 90 days slip and fall business can sometimes give me a permissive attitude twords slips. at least that i dont feel so bad after one-and not for a good "healthy self esteem" based reason or because you "gotta pick urself up" wtvr.

Anyone relate?

obviously diff. strokes for diff folks and for perhaps many, the 90 day chart with its rules is great for them.

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Re: I AM HIGHER THAN ALL THIS!!!
Posted by Realestatemogul - 27 May 2019 03:29

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