

shemirat einayim. Finally going on the chart
Posted by shemirateinayim - 31 Dec 2009 19:29

GUARD, i was once supposedly on it. but i couldn't update it for 2 weeks. so i never saw if i was put on or not. but I think my screenname is reserved (by me). and the site keeps telling me that my email is in use.

I need some help getting myself on the chart.

=====
=====

Re: shemirat einayim. Finally going on the chart
Posted by Dov - 08 Apr 2010 02:21

The G-d I know, patted me on the head one day and helped me see that:

...I need *not* be afraid of chadrei chadorim any more - because I invite others into it when I openly admit the truth about my behavior in (safe) meetings.

...I need not worry about whether I have charoto - because the ikkar was 'chosair min haseifer' all the years that I *had* the charota - but now I've **got** the ikkar...I am sober today.

...I *can* really trust Him (at least sometimes!) to give me *what* I need *when* I need it. And that includes charota as much as it includes intimacy and sex. (and they are *both* parts of avodas Hashem, so I won't say "I'havdil"...)

...I can't pay much attention to my aveiros - I can look at Hashem instead. (I've embarked on the path of *shivisi Hashem lefonai somid*, rather than the path of *vechatosi negdi somid*. I need to do what works for me.

...When I do what I need to do, he will help me lose the secrets and lies; get the charota; get the love; and be mekayem *vechatosi negdi somid* - somehow.

...I screwed up running my life and even screwed up doing teshuvah - but it's gonna be OK because now I am finally learning how to **work for a different employer than me.**

...All the charota and years of sobriety, or kedusha in the world is not worth a single moment of comfortable subservience to Hashem's Will. He **is** the Boss. Once we accept that, He seems to allow all the weight of the garbage to slip off us. We then start to see lust (and our aveiros) as something that doesn't *define* us any more. We actually **grow** from it.

And that is the experience of most recovering people I have met.

So take it easy, trust a little, get the heck out of His way, and go *one* step at a time, chaver.

=====
=====

Re: shemirat einayim. Finally going on the chart
Posted by Yosef Hatzadik - 08 Apr 2010 02:29

Listen well, ki pi Hashem dibber!

Wow! R' Dov, I have thinking of what I can tell our friend for about 1 1/2 hours, & then You come around and in an instant I see that you chose the PERFECT wording!

R' Shmiras, Listen well. When Dov speaks he is putting into words all our thoughts.

=====
=====

Re: shemirat einayim. Finally going on the chart
Posted by bardichev - 08 Apr 2010 03:43

Dov

Eini eini yadah mayim!!

Shemiras I won't touch a word rebbereber=DOV

Just said

I hope guard has GOLD fonts for this one

It belongs in the GUE HALL of FAME!!

Just listen closely to what dov says

=====
=====

Re: shemirat einayim. Finally going on the chart
Posted by the.guard - 08 Apr 2010 19:48

Sigh...

I hate to be so blunt, but SE's post of charata sounds like what we **all** say after a fall, or series of falls, once the taivah has dissipated and we are left feeling like ****.

But it doesn't help us much once the Taivah is back again.

Sigh

For **real** change to **last**, we need to listen, internalize - and **do** along the lines of Dov's golden words.

If you want to be a winner, stick with the winners.

=====
=====

Re: shemirat einayim. Finally going on the chart
Posted by Dov - 08 Apr 2010 23:03

OK. So I did what some other guy here does and reread my post, and here's a thought (cuz your'e so quiet, SE):

"OK, so I gotta do this, do that, accept this, accept that, grow up, whatever....it's too much! No matter how beautiful it is, it's - just - too - much!! AHHH!!!!!!!!!!!!!!" Sound familiar to your heart? It does to mine. Especially when I remember being the guy who has already "seen the Promised land" of sanity, and *still* just acted out. Again. Like the chaza"l about "How did we climb this giant mountain?". We cry the same thing - *but way too early!*

Got me so far?

The trick is to accept that **this stuff can actually be done incrementally**. It's weird. But true. Every addict I know has discovered that he can actually get *a little bit* better today - even though ~~Yeah, you better listen to me, or else! Hah, hah...:D~~ that seems like we are just being **louder hypocrites!** But we discover that we aren't hypocrites if we admit that we are just **unable** to be totally honest, change employers and finally give our lives to Hashem, etc., etc....*now*.

Part of us screams that it's either all or nothing...and that is a lie. So be brave enough to seem

hypocritical and take one measly step today with all of us.

=====
=====

Re: shemirat einayim. Finally going on the chart
Posted by shemirateinayim - 11 Apr 2010 03:56

So in step 1.... I am supposed/expected to slip and fall. Just that it;s different becaus I am doing it as a chelek of hashem's world. I am an ones in my actions, and the only escape is for hashem to fight this for me.... ve'ilmalei hakadish baruch hu ozro, aino yuchal lo.

BTW my matzav just got alot better.....shmiras is going back to EY.....eventually.....!!!!!!!!!!!!!!!!!!!!!! We are gonna print a pile of haskamos, and go post it in meah shearim, da Mir's bulletin board, and mybe even get a few pizza shops to be mezakeh the tzibbur by framing it for all to see (and not to forget that shawarma place next to bais yeshaya hopefully he will be a good sport) and we'll get the oranim guy to hang one on the door to his van.....

=====
=====

Re: shemirat einayim. Finally going on the chart
Posted by shemirateinayim - 11 Apr 2010 04:36

re-wread it yet again.....and yet again.....and even a 4th time

chazaras hashiur, chazaras hashiur,

=====
=====

Re: shemirat einayim. Finally going on the chart
Posted by silentbattle - 11 Apr 2010 04:49

[shemirateinayim wrote on 11 Apr 2010 03:56:](#)

We are gonna print a pile of haskamos, and go post it in meah shearim, da Mir's bulletin board, and mybe even get a few pizza shops to be mezakeh the tzibbur by framing it for all to see (and not to forget that shawarma place next to bais yeshaya hopefully he will be a good sport) and we'll get the oranim guy to hang one on the door to his van.....

:D :D

I don't think Dov means we should expect to fall...or even necessarily sleep. But even if we can stop the unhealthy acting out (one day at a time), we're certainly not going to become healthy people overnight. That's why it's one day at a time - even though inside, we're thinking that we can't do this forever, and this isn't who we really are, etc. That's OK - as long as I'm clean today. We're not looking to become a different person immediately, even though that might be nice. It's very slow, steady work.

=====
=====

Re: shemirat einayim. Finally going on the chart
Posted by shemirateinayim - 11 Apr 2010 20:30

As you can all see, I am engrossed in thought.....hmmm (look at my avatar)

Yeh, just that the mindset of a fall, and the metzius of the fall, are gonna be alot different.

=====
=====

Re: shemirat einayim. Finally going on the chart
Posted by shemirateinayim - 11 Apr 2010 23:02

is this the 3rd time i am saying farewell???

Once b4 i went to EY, once recntly when i finnaly had something more to do than sitting in-front of the computer, and now after deleting all my emails (no bad ones B"H) I am left with no excuse to check on the internet. true I want to keep on GYE, but lemayseh it's better for my learning to stay away from the silicone chips entirely. Texting is more than enough.

Thanks everyone for the support, growth and guidance. To everyone who has my 'offline' contact info, please keep in touch occasionally... thank you everyone.

i AM NOT CURED OF MY ADDICTION, I AM RATHER MAKING A FORMAL KABBALA TO STOP USING THE INTERNET.....ENTIRELY. hirhurim and Hz"l are still gonna tempt me, but without the internet, i am not capable of visualising a woman's appearance. heck I went on 2 dates, and still couldn't recognise the girl..... when halacha is mechayeiv one to have a am ha'aretz check the kalah, one of the nosei keilim on the shulchan aruch, say it's so they won't swtich her!!! That applies to me. without being magzim. So even for hirhurim i cannot visualise anytthing assur, not anymore.

I will miss you all, tremendiosly!!!! bye

=====
=====

Re: shemirat einayim. Finally going on the chart
Posted by Dov - 12 Apr 2010 01:30

Dear SE, if you are still there, friend -

So in step 1.... I am supposed/expected to slip and fall. Just that it;s different because I am doing it as a chelek of hashem's world. I am an ones in my actions, and the only escape is for hashem to fight this for me.... ve'ilmalei hakadish baruch hu ozro, aino yuchal lo.

Why do you talk of falling, in the first step? Unless I am mistaking you, you are not the first to equate this "*giving up*" thing with falling....it's not what it means, *at all*.

The one who surrenders does **not** act out. He or she **never** does. It makes one free of the lust because we get out of His way and allow Him - yes, allow Him - to remove it. At least temporarily. It is in surrendering that we let go of the lust "opportunity". The giving up is of **two** things simultaneously:

1- the lust opportunity

and

2- the need to overcome the overwhelming desire ("*need*" is more like what it feels like) to go back after it right away, *just to reduce the pain of not having our fix!*

Those who think that "*giving up*" has anything whatsoever to do with *giving in to the temptation* have never done it themselves yet, and have not yet tasted this derech of recovery.

Hatzlocha with whatever derech you go on, Reb Shmira!!

=====
=====

Re: shemirat einayim. Finally going on the chart
Posted by Yosef Hatzadik - 05 May 2010 20:38

Message from **Shemirat Einayim**:

Boruch Hashem, I've been clean since the first day of Roch Chodesh Iyar!

=====
=====

Re: shemirat einayim. Finally going on the chart
Posted by Steve - 05 May 2010 20:44

GEVALDIG!!

KUTGW, KUT, MT, ETC!!

=====
=====

Re: . Finally going on the chart
Posted by Yosef Hatzadik - 05 May 2010 20:45

Update:

Shemirat Einayim is in yeshiva shteiging to even greater heights.

He cut himself off from Internet connection, therefore he asked me to update his thread.

=====
=====