

Momo II: Another try

Posted by Momo - 17 May 2009 10:10

Hi everyone,

After originally joining this forum, my first streak was the best for me (24 days). That was accompanied by almost daily posts and the chart. More important than the number of days, during this streak I really felt the Kedusha and that was an amazing feeling. I felt that I was actually getting rid of lust from within me. However, after I fell, I gave up with the forum and chart, and had smaller streaks. I make efforts to try again, however, I never reached the feeling of Kedusha during the shorter streaks (that were between 5 and 20 days). I also never felt that I was getting rid of the lustful feelings. I was just counting days until the next fall.

Anyway, I'm ready to try again with the chart and posting on the forum. I'm ready to make a REAL effort again but I've been feeling very lonely for the past few days, and I need the chizuk from this board to remind me that I'm not alone, and someone cares if I try or not.

Here's another try to feel the Kedusha and attempt to rid myself of the lust...

My first clean day was May 12, so yesterday (May 16) counts 5 clean days so far.

May HaShem help me.

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Re: Momo II: Another try

Posted by Eye.nonymous - 26 Jan 2010 12:21

Momo. Don't forget...

You

are

a

very

special

person!

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Re: Momo II: Another try

Posted by silentbattle - 26 Jan 2010 16:07

I think that being married busts you down to one star again. I think it's symbloic of how when we get married, we need to remind ourselves to be small... :D

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Re: Momo II: Another try

Posted by silentbattle - 26 Jan 2010 16:16

:D Well, maybe we're being reminded that it's normal...

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Re: Momo II: Another try

Posted by ark321 - 26 Jan 2010 18:55

Hi MOMO! I was sorry to hear about your fall, but even more was I impressed by how you posted right away. I know I might not have had the heart to go anywhere near GYE for at least a week. I read what you said about *your* definition of a fall as opposed to GYE's. I believe you are 100% right.

If you are struggling with porn, and you cant see a way out I believe this is what can be done: Set for yourself two limits, or two catagories. A long term and a short term. The long term goal

must fulfill a minimum standard ie. a standard whereby everyone would consider such and such as a fall and not allowed eg. any porn sites etc. A maximum long-term goal might be not to look outside your 4 amos in the street. But that may not be for you. It certainly isn't for me. But the minimum is as I have said. (you don't need to set a maximum and minimum, just that the limit must fulfill this minimum standard). However, you may feel you are far far away from the long-term goal. This is where your short term goal comes in. Set for yourself a certain limit. A limit whereby you feel that it is realistic even for a long long time. But this limit must be something that you still have a taive for. There is no minimum for this short-term limit. Everyone should have his own. That would even mean that your limit may be not to look at hardcore. But softcore is OK. OK meaning it is not a fall. Yes you can still look at porn. Its OK. Or your limit could be not to do something worse than simply looking at hardcore, ie. not to communicate with another live woman on a porn site. Provided you feel that that is a level you are on then fine. So in that case any hardcore porn is still OK. Just remember your long-term goal. You should slowly slowly move your short-term goal closer towards your long-term. It can take 15 years. Does not matter. Each of us at our own pace. In this way, you can continue to not fall within your own limit for a very very long time. And therefore you will never be disheartened by a fall. You will slowly work your way up. So slow the YH won't notice how the limit is gradually moving.

I must add that I am not trying to argue with the entire rulesbook of GYE. I am just suggesting that maybe for someone who has tried and tried, and can't see a way out - this method is suitable. I am not convinced myself that it is correct, and it may very well be completely ossur and you all think I have lost my trolley. It would need the haskoma of the highest order.

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Re: Momo II: Another try

Posted by Dov - 26 Jan 2010 21:59

Fall, shmall? Having a hard time starting? How does *anyone* with 1, 3, 5+ years of sobriety start? Good question to ask those with 90 days +. I ask and then listen.

I started with a clear feeling that I cannot afford to cross certain boundaries again - that I had to grow up. It was painful and I hated it but loved it and can't explain better. It felt different and that was what told me I might be on the right track. "Any track but the old one" was my motto, and still is.

Hatzlocha rabba. Having heard your voice before makes me feel closer to you. You will always be on my sh'ma koleinu davening list. Hope that's OK with you...

With love and **great** admiration, Momo, whether i'm intelligible to you, or not,

Dov

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Re: Momo II: Another try

Posted by mekubal - 26 Jan 2010 23:00

[dark321 wrote on 26 Jan 2010 18:55:](#)

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I can see the logic... but...

So to put this into two different contexts: Addiction "science" and Torah.

The 12-step kind of paradigms definitely seem to push for complete sobriety. And if you want to go to the basic science level, there has to be effective positive reinforcement for weaning from addiction at each level which may be difficult to accomplish.

Torah? I've seen some interesting kulos... that I won't repeat. Because of those "leniencies" I ended up with the problem that I have now.

Momo still regrets what has transpired so it would seem there is a lot of hope for him starting a clean streak again. What should he do differently?

I don't think he should be more tolerant of his behavior or substitute it with something counter-productive.

Momo, I don't know you well enough to suggest something more productive... but may Hashem help you find it.

mekubal.

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Re: Momo II: Another try

Posted by Steve - 27 Jan 2010 01:52

Momo - v little time left of privacy, just wanted to post here and let you know i'm thinking about you. Hope you are well.

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Re: Momo II: Another try

Posted by Kollel Guy - 27 Jan 2010 10:16

Another issue I've been thinking about is the apparent contradiction between the first step, of admitting powerlessness over the addiction, and our belief that we can make the right decision, that we still have bechira. It's dangerous to use powerlessness as an excuse to act out.

I think the answer is that we have to take the first step of acting right, and then doven to HaShem to help us because we are powerless to do it all by ourselves. However, we can't do

nothing about it and expect HaShem to take the addiction away from us.
Dov is currently loading his F16 and is on his way over....

EVERYONE TO THE SHELTERS!!!

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Re: Momo II: Another try
Posted by the.guard - 27 Jan 2010 13:47

Momo, I think maybe it would be worthwhile to try changing to a different therapist. I will send you my suggestion by e-mail.

The question you pose has been discussed many many times on this forum and in the chizuk e-mails.

The shorthand answer is simply that when we take full responsibility "action wise" to recover from our addiction, we leave the "results" completely up to Hashem. Powerlessness refers to the "results", but we need to take full responsibility for our recovery and do everything in our

See also yesterday's Shmiras Ainayim e-mail (#334) and [this great article](#) on Bechirah here.

See also here: www.guardureyes.com/GUE/FAQ/FAQ20.asp

And here: www.guardureyes.com/GUE/FAQ/FAQ38.asp

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Re: Momo II: Another try
Posted by Kedusha - 27 Jan 2010 14:55

[Momo wrote on 27 Jan 2010 07:20:](#)

What happened to my being able to choose? I learned as a result of my two no-surfing weeks (a while ago), that I DO have a choice, that I haven't lost my bechira chofshit, even though it often feels that way.

If you can stop for the long term using self control (or Bechira, if you will) then you don't have an addiction. For an addict, self control is not enough.

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Re: Momo II: Another try

Posted by Ineedhelp!! - 27 Jan 2010 15:22

[guardureyes wrote on 27 Jan 2010 13:47:](#)

and [this great article](#) on Bechirah here.

Momo here's how I would respond to your Bechirah claim. I think that the when the 12 steps mentions powerlessness, it is referring to when the drug enters your body. And not a good amount. Any amount. If an alcoholic takes that first **SIP** of alcohol, he's done. He know longer has the power to decide wheather he is going to take another drink or not. Maybe not now, but sooner or later he is going to take another drink. The same thing applies with lust. Right now I

am not powerless over lust. But if lust entered my body, I would be **completely** powerless over it. The difference between this and another Aveirah is that our bodies and minds don't react to other Aveirahs like they do to lust. If a great piece of gossip comes into my mind, I have the power not say it over to someone else. I am not powerless to Lashon Hara. But lust is a completely different story.

So how do you keep lust out of your mind without constantly thinking about keeping lust out of your mind? By doing that you're going to fall! The answer is as the Big Book says. A new attitude and perspective on life. YOU can't keep lust out of your mind and body because by doing so, IT'S IN YOUR MIND. So the next step is realizing that **ONLY GOD CAN DO IT**.

-Yiddle

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Re: Momo II: Another try

Posted by silentbattle - 27 Jan 2010 15:55

Momo - I think that you're correct. We need to figure out what we need to do, and do that...then daven to Hashem for help. But part of "what we need to do" may include realizing that we don't have control - so for example, an alcoholic may choose to not go into a bar, because he realizes that putting himself in that situation would be crazy - because he'd be relying on his own power, his own control. So, realizing his own powerlessness, he doesn't put himself into that situation of temptation.

As far as the general bechira question, I don't think that's an issue - see R' Dessler's explanation of bechira (it's in chelek aleph, page 111). In short, we all have our own level of bechira in various areas - bechira is never unlimited. For example, when I pass a McDonalds and decide not to go in, that's not a "bechira-decision" - I didn't have to fight. And I have no hope of reaching certain levels (at least, right now), like never saying any lashon hora. My bechira is to work on myself from where I am, and make the right decisions that are on my level.

As far as therapy with your wife - Well, I don't know Rav S. But going to a good therapist with your wife should be a growth experience. It's not about whether or not you'll look at porn, it's about having someone help both of you open up to each other, and helping you work well together. When you have someone else as a major part of your life, you need to work together with them to get well.

How would it make things worse? And do you really feel that things are perfect between you and your wife? Even if they are, though...she's helping you work on your issues - simple as that. She's part of your overall situation that you need to work with to get well.

Would your wife listen to a rebbe or rav if they recommended that she could gain something out of it?

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Re: Momo II: Another try
Posted by Me3 - 27 Jan 2010 16:12

[Momo wrote on 27 Jan 2010 15:04:](#)

Kedusha, I think you're way off base here. We all have bechira, even those with an addiction. It's against the Rambam to believe that you don't have bechira, and maybe against Judaism itself. Only people like Paroh lost his bechira.

And to underscore your point Momo even Paroh who "lost his bechira" Chazal say he became the king of Ninveh and ultimately did teshuva (see a beautiful vort in Nesivas Shalom in Parshas Bo titled "Yitzias Mitzayim" which could have been written directly to addicts, except that he felt it was applicable to all Jews)

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Re: Momo II: Another try
Posted by Kollel Guy - 27 Jan 2010 16:19

[Momo wrote on 27 Jan 2010 15:04:](#)

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Almost every Rishon, when describing the steps of teshuva, includes "Staying away from all those things which can cause him to do the aveira again" as a necessary step.

Why would this be necessary? If anything, the litmus test for whether or not his Teshuva is real, should be - will he do it again when tempted? Why would they instruct us to avoid the nesayon entirely?

MOMO, I think you have to realize the innate weakness we all have as humans, and our job is to work with that weakness at times, and overcome it when possible. Meaning, that Bechirah - although always present - is to be utilized smartly, rather than pushing the envelope as far as possible because "If I really want to I can always be 100% Shomer Torah U'Mitzvos, so I'll just make sure to always really want". Which is a non-realistic mindset, regardless of the existing free will.

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