

Britt's Beyond

Posted by briut - 02 Feb 2010 18:00

Dear Friends: Sorry I've been off in my own mind these last couple of days and not posting.

I've had a very very emotionally busy couple of days as I approach the end of a 20-day kaballa to be clean. Here's an update, and I'm hoping for your insights/comments.

That kaballa ends this evening. I've learned a lot. I want to express my thanks to all of you for jumping in to post, even in the face of some pretty long rambling posts without clear message. It means a lot.

And to the author of many insightful PMs, your direct, almost brutal comments scared away a lot of delusional thinking and brought me a tremendous sense of clarity. Saying thank you doesn't even come close to my gratitude for your time. I'd love to hear from the decades of accumulated wisdom here on the forum.

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Re: La-Briut and Beyond!

Posted by briut - 26 Apr 2010 21:36

[guardureyes wrote on 26 Apr 2010 21:23:](#)

Lust has become [...] a distraction to being useful to Hashem and to people. 'Beating it' is not longer a "goal in and of itself".

It's a paradigm shift in thinking. Welcome to the club.

Could I at least be elected the Chairman of the Board

and Honorary Alumnus of the Year Banquet Awardee

and official poster child

of the club?

[That would sure give me a new ego distraction to keep me from having to do any more hard emotional work!!]

[Pretend there are like 100 smileys here, to indicate my sarcasm, of course.]

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Re: La-Briut and Beyond!

Posted by the.guard - 26 Apr 2010 22:00

[Briut wrote on 26 Apr 2010 21:36:](#)

[guardureyes wrote on 26 Apr 2010 21:23:](#)

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You can be official poster child, if you get onto a blue tricycle.

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Re: La-Briut and Beyond!

Posted by Steve - 26 Apr 2010 22:09

Ah... Uh.... Hey, Guardarino, all I SAID was that Royalties would be decided later.

:D ;D

But I'll take the Beracha anyway - Yehi Ratzon that 25% of what I make should cover the GYE Budget.

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Re: La-Briut and Beyond!

Posted by briut - 26 Apr 2010 23:04

[Steve wrote on 26 Apr 2010 22:09:](#)

Ah... Uh.... Hey, Guardarino, all I SAID was that Royalties would be decided later.[...]

But I'll take the Beracha anyway - Yehi Ratzon that 25% of what I make should cover the GYE Budget.

Aha! I hadn't noticed that little airbrush job to the royalties pledge. Very clever, Guard.

[Gotta watch out for those quiet ones, sometimes. I mean, Guard.]

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Re: La-Briut and Beyond!
Posted by Dov - 26 Apr 2010 23:34

Dear Briut,

Sorry for never getting to know you better than by just reading your posts. That post before was a shocker. Not just for it's plain realness, but for how true it is for me, as well. I wrote about it to someone else, once, crassly saying that the way it felt to me years ago was that if I couldn't be recognized as the next gadol of the generation, "could I at least be a porn star?" Yeah, it's sick. But that's the way I really *was* before recovery: Desperate for something **outside me** to **give me Reality**. And schmutz - being my drug of choice - felt very real, and vital. Those acting-out moments seemed larger-than-life...till they almost killed me. And like you shared, in recovery there is a temptation to *remain* struggling to get people's attention, to get G-d's attention, and to stick with what our gut feels is the only thing that "works". It's our comfort zone. That struggle defined my relationship with Hashem. In fact, the *only* way I could see myself being able to approach Hashem at all, was as a guy who just did horrific things! "Take me back! Iv'e sinned terribly! *Please* take me back!" Hey - what nice god could resist *that*?! The idea that He just loves me like crazy no matter what, and living with that all the time, was - well - crazy!

Somewhere along the way early on, an absolute need for something **outside** me had infected my very core like a virus. I really needed *that* image, *that* woman, *that* [imagined] warm approval, *that* exact pleasure, or else. For some folks it's \$1mil, acid, Blue Marlins, TV, whatever. For me, it was a feeling, a trance, that I could secretly tune into using a part of my

body and my imagination - whenever I wanted to. Kind of hard to run away from. Probably everyone here knows *exactly* what that's like, and that's why they are here. After a while it doesn't work any more, but we still feel we really need it. That's insanity and blindness.

So, Recovery held out the promise of 'self-discovery'. Of actually growing to be comfortable without anything outside me - with just ***being me***. Even w/o "*being*" anything important to anybody else. Just me. Hashem's little: guy. And at first, that idea seemed like the *stupidest* thing I had ever heard. I didn't want it. I didn't believe it, either. And maybe that was a good thing... I shudder to think what it'd ne like to actively "*work*" on that! It had to happen *naturally* for me, ;ike most gifts of recovery, and kind of bite me on the behind. Like: "Surprise! So, you are *not* a useless piece of crap after all!" - that kind of subtle discovery is nice.

The way it is turning out, the self-discovery is happening slowly. And the person I am getting to know is pretty, and ugly; impressive and pathetic. And it's kind of cool. Lust never offerred me that - it taught me I was just a desperate guy running somewhere. Either *from* something or *to* something. "That's *all there is*, buddy!", is what my disease would say if it could talk.

So take it easy, Briut, and consider not working on the outcomes so damn much. Or maybe not at all. Outcomes are *Hashem's*. (Sounds like it should be a possuk somewhere...maybe Ben Sira! Uh-oh.) It does say in Mishlei, "birtzos Hashem darkei ish, gam oivav yashlim itto!" - When the ways of a man are approved-of by Hashem, then even the man's *enemies* make peace with him! Does the *man* do that? Apparently not. *Hashem* does it. It all works out cuz G-d *makes* it work out when the time is right.

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Re: La-Briut and Beyond!

Posted by Chazak Amenu - 27 Apr 2010 00:08

i am not sure if you read my reply but i said i was not sure why i am familiar with the feeling and i just remembered i am not going to say anything more because i am ashamed and embarrassed about it but i can say that i know what you are feeling and that you should not let it lure you into falling.

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Re: La-Briut and Beyond!

Posted by briut - 27 Apr 2010 00:20

[Chazak Amenu wrote on 27 Apr 2010 00:08:](#)

i was not sure why i am familiar with the feeling and i just remembered i am not going to say anything more because i am ashamed and embarrassed about it

Hey, the ugly truth is that everybody gets ashamed or embarrassed sometimes. Even both simultaneously. Funny, though, I hadn't thought of you as one who got inhibited in the postings. Still, I don't pretend to know the folks here so well even though everyone's posting very personal thoughts all the time.

I'll try to keep checking in on your thread in case there's more to read.

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Re: La-Briut and Beyond!

Posted by briut - 27 Apr 2010 00:31

[dov wrote on 26 Apr 2010 23:34:](#)

That post before was a shocker. Not just for its plain realness, but for how true it is for me, as well. I wrote about it to someone else, once, crassly saying that the way it felt to me years ago was that if I couldn't be recognized as the next gadol of the generation, "could I at least be a porn star?"

[...] So take it easy, Briut, and consider not working on the outcomes so damn much. Or maybe not at all. Outcomes are *Hashem's*.

Yeah, Dov, thanks. You're right, of course. But... as someone who's spent a lifetime working on outcomes, accomplishments, results, etc... this may take a lot of work. I'll make this my next intended "accomplishment," I suppose -- to give up on accomplishments .

We really ARE all bozos on this bus! [sigh]

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Re: La-Briut and Beyond!

Posted by silentbattle - 27 Apr 2010 00:55

Wow - just read your post on the last page, and...well, I think that "wow" pretty much covers it! This is the real you, what makes you special - your personal work on growing, whether or not it makes you unique in a superficial way or not. Ironically, that's what makes you truly unique. ;D

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Re: La-Briut and Beyond!

Posted by Chazak Amenu - 27 Apr 2010 01:54

[Briut wrote on 27 Apr 2010 00:20:](#)

[Chazak Amenu wrote on 27 Apr 2010 00:08:](#)

i was not sure why i am familiar with the feeling and i just remembered i am not going to say anything more because i am ashamed and embarrassed about it

Hey, the ugly truth is that everybody gets ashamed or embarrassed sometimes. Even both simultaneously. Funny, though, I hadn't thought of you as one who got inhibited in the postings. Still, I don't pretend to know the folks here so well even though everyone's posting very personal thoughts all the time.

I'll try to keep checking in on your thread in case there's more to read.

i am not generally inhibited (needed to look that one up in the dictionary, its always good to learn new words!) but i feel like one of the falls which i had recently was also amongst many reasons because i was becoming afraid of my success for similar reasons that you are as well as the fact that people would not take me seriously and i am ashamed of that because i should never be afraid of success and i know people here do take me seriously. BTW i try to be honest as much as i can and sometimes i do not realize what helped cause a fall until later, like today i did not realize that was such a factor until today which is why i said i could not put my finger on why what you said sounded so familiar also i did not want to impose on your thread.

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Re: La-Briut and Beyond!
Posted by briut - 27 Apr 2010 02:15

[Chazak Amenu wrote on 27 Apr 2010 01:54:](#)

i was becoming afraid of my success for similar reasons that you are as well as the fact that people would not take me seriously and i am ashamed of that because i should never be afraid of success

What I get out of this (universal) dilemma you describe is that we have to achieve great and amazing things... and we have to remain small and humble while it happens. Totally incompatible goals. Yet somehow totally intertwined results.

I have no f*'g clue how this works. Which is probably a good thing.

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Re: La-Briut and Beyond!
Posted by briut - 27 Apr 2010 02:59

[guardureyes wrote on 26 Apr 2010 22:00:](#)

[guardureyes wrote on 26 Apr 2010 21:23:](#)

Lust has become [...] a distraction to being useful to Hashem and to people. 'Beating [lust]' is not longer a "goal in and of itself". It's a paradigm shift in thinking. Welcome to the club.

You can be official poster child, if you get onto a blue tricycle.

FINALLY, A JOB I CAN MASTER. [SEE NEW AVATAR OF THE WEEK....]

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Re: La-Briut and Beyond!

Posted by the.guard - 27 Apr 2010 12:17

[dov wrote on 26 Apr 2010 23:34:](#)

So take it easy, Briut, and consider not working on the outcomes so damn much. Or maybe not at all. Outcomes are *Hashem's*. (Sounds like it should be a possuk somewhere...maybe Ben Sira! Uh-oh.)

Gol al Hashem Darkecha, betach elav ***ve'hu ya'aseh***.

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Re: La-Briut and Beyond!

Posted by trying123 - 27 Apr 2010 13:05

[guardureyes wrote on 27 Apr 2010 12:17:](#)

[dov wrote on 26 Apr 2010 23:34:](#)

So take it easy, Briut, and consider not working on the outcomes so damn much. Or maybe not at all. Outcomes are *Hashem's*. (Sounds like it should be a possuk somewhere...maybe Ben Sira! Uh-oh.)

Gol al Hashem Darkecha, betach elav ***ve'hu ya'aseh***.

My favorite:

Hashlech Al Hashem Y'havcha V'hu Y'chalkilecha

You don't need to keep a heavy burden on your shoulders when you're on a bus...

The bus is carrying you... and the package.....

regardless of whether it's on your shoulder...

So just take the packages off your shoulder and let G-d carry it for you... He's been doing that

all along anyway....

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Your help is not needed....