

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.

=====

Re: La-Briut and Beyond!

Posted by silentbattle - 11 May 2010 00:23

The difference being that your version gives you the option of saying, "well, if You didn't do "x", then you must WANT me to fall!" Or, put slightly differently, "well, since you're not helping me, take THAT!"

=====

Re: La-Briut and Beyond!

Posted by briut - 11 May 2010 00:48

[silentbattle wrote on 11 May 2010 00:23:](#)

The difference being that your version gives you the option of saying, "well, if You didn't do "x", then you must WANT me to fall!" Or, put slightly differently, "well, since you're not helping me, take THAT!"

Well, SB, I didn't say that I was being PRETTY. I only said that I'm trying to be HONEST. Making the "twisted webs we weave" into something pretty is... a life's work. Honestly!

=====

=====

Re: La-Briut and Beyond!
Posted by silentbattle - 11 May 2010 01:19

;D Fair enough.

=====

=====

Re: La-Briut and Beyond!
Posted by briut - 11 May 2010 02:18

I put this thing on an 'allaloneontop' thread, but want to keep a copy here so I won't forget. I think I'm gonna need to hear this message myself someday.

[Briut wrote on 10 May 2010 17:06:](#)

... But you asked why quitting se*ual aveiros is harder than quitting smoking. And I'd say, well, DUH. Hashem did not give us tobacco in order to make it easier to love, to mate, to ensure Jewish continuity. He did not give a special flavor of tobacco (on their eighth day) to the Jewish people to elevate Jews (or cigarettes!) to a higher form of bechira. And he did not give the Yetzer Hara QUITE as much sovereignty over tobacco's addictive features.

Hence, the physical pain of tobacco withdrawal, which I understand is much stronger than most

realize, is not going to compare to the tzaar that a Jew feels in the body and the neshama. And it won't compare to the fight with the Y'Hara that must be fought and won regarding an area where Hashem seems to have given him so much control.

You realize that I'm focusing on this argument, rather than the "pritzus all around us in this dor" or the "brink of 50th level of tumah as Moshiach arises" or anything else. They may be present as well, but I just want to keep it poshut.

And only the guys on this site realize how deep the battlelines run, how much the battle's worth fighting, and how terrific it is to be part of an online army bringing victories to the entire Jewish people. Grab a uniform, buddy, it's gonna be a bumpy night.

=====

Re: La-Briut and Beyond!
Posted by briut - 11 May 2010 23:25

STATUS REPORT

Day 65. Physical 'symptoms' and emotional irritation (RID) are both getting a little rough. Sorry to confess, but I tested Him today. I said, let this phone call bring in more client business and I'll be good today. It's all, all, all wrong. But it worked. Thanks, G-d.

And I know I'll be okay tonight, because mikveh night will IYH be tomorrow night and I'll want 24 clean hours on file. (And since her period came 7 days early and lasted 2 longer than typical, mikveh night is welcomed news.) And then tomorrow night is good, and then even the next night is good, too. (We have a standing date for the night AFTER mikveh night, because it's so much more loving and so much less animal lust than mikveh night itself.)

That'll put me to Day 68, but who's counting. Although I do recall that when I tried this challenge before, it was on Day 69 when I said the h**l with it. Ever vigilant.

One day at a time, some of you might say. How do y'all think I'm doing? Good night.

=====

=====

Re: La-Briut and Beyond!

Posted by silentbattle - 12 May 2010 15:04

Glad to hear that you're doing well.

But when you say "it worked"...well, i know what you mean. But what would have happened if hashem had said, "Y'know what, Briut? I think you're big enough that you can keep going even if I say "no" this once."

And trust me, I think we can all relate to doing what you described at some point or another - but we've gotta remember that it's kinda like a kid saying, "gimme ice cream, or I'll draw on the wallpaper!"

We very much are little children...

=====

=====

Re: La-Briut and Beyond!

Posted by briut - 12 May 2010 15:23

Thanks, SB, for the support.

I should add that while I DID test Him and win regarding that parnassa phone call, I've been testing Him and LOSING in another area.

I had mentioned in passing last week that I was suddenly standing face-to-face with 'fer sure the juiciest lust fantasy of my adult life. Right there for the taking, in real life. And somehow, I pulled away and said, "nope; this must be the Y'H pulling out all the stops; I'm not gonna fall for this

sucker punch; bye." Wow.

But unlike many other shimras einayim tests over these months, I'm having a difficult time letting go of this one. I can't just let it pass through and then leave. It lingers and I end up conspiring for how to set it up again. (Although it's the spontaneity that would make it so juicy. PM for triggering details if you must.) So the thought doesn't go away. And neither does my lustful intent.

So I'm challenging Him (r'l). I say, YOU take this thought and throw it down the toilet. YOU tell the Yetser, enough already. YOU bring me a substitute that's the same or better as what I walked away from without the second thought. Because if You don't, G-d, I'm just going to.... Because I'm just surrendering my intentions here; I can't do this.

So, I'm basically prostituting the 12-step surrender into a fight to see who's got the bigger - Him for my mitzvos or me for my lust. I'm sorry to be setting up the competition, but I sure hope He wins.

So, that's as Paul Harvey would say, "the rest of the story."

=====
=====

Re: La-Briut and Beyond!

Posted by silentbattle - 12 May 2010 15:48

You do know that you're close - the whole point is that when the two forces meet, you have the ability to LET Him win.

I think.

=====
=====

Re: La-Briut and Beyond!

Posted by briut - 12 May 2010 19:34

Day 66.

Spending more time on GYE than finding new clients.

Mikveh night tonight, after a long period separated.

Hope that holds hope for some of these other symptoms relenting.

No, not really the visible physical symptoms (how many are facing that?).

More, the restlessness, confusion connected to all this, I think.

And compulsive posting.

My apologies if any of them offend anybody for any reason at any time.

=====

=====

Re: La-Briut and Beyond!

Posted by Chazak Amenu - 12 May 2010 20:37

Don't worry, you are not the only one who posts and spends too much time on GYE!

=====

=====

Re: La-Briut and Beyond!

Posted by briut - 13 May 2010 02:41

[Briut wrote on 12 May 2010 19:34:](#)

Day 66. Mikveh night tonight, after a long period separated.

Hope that holds hope for some of these other symptoms relenting.

Yep, gotta go. Return from Mikveh awaits. And I made it through another of 'her months,' clean. And let's hope the irritability starts to dissipate (I find it takes about 2 days).

=====

Re: La-Briut and Beyond!
Posted by Dov - 13 May 2010 03:08

Whose irritability, yours or mine?

=====

Re: La-Briut and Beyond!
Posted by briut - 13 May 2010 11:05

[dov wrote on 13 May 2010 03:08:](#)

Whose irritability, yours or mine?

There's another option you missed -- HERS! I did, however, mean mine. And I think I'm gonna be okay.

I do wonder, though, if Hashem is really asking "all this" of just poor little ole' me. 'Cause for so long I thought He was giving me a "get out of jail, free" card to play. But if He really wants me totally (613) back in His game, I'm still hoping He first lets me pass Go and collect \$200.

=====

Re: La-Briut and Beyond!

Posted by Dov - 13 May 2010 11:17

Maybe you are not one of the players, at all. Maybe you are the shoe, the bowler, or maybe even just the iron! Perhaps *Hashem* is the only "Player" and we are the pieces.

=====

I'd still hope he gives you the \$200 anyhow... :