

Britt's Beyond

Posted by briut - 02 Feb 2010 18:00

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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 silentbattle - 12 Dec 2010 07:00

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Forget what everyone else has to say - read through your own post and tell *us* where the stinking thinking is coming in to play.

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Re: La-Briut and Beyond!

Posted by briut - 12 Dec 2010 15:49

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[silentbattle wrote on 12 Dec 2010 07:00:](#)

read through your own post and tell *us* where the stinking thinking is.

Eww. Read my OWN posts? Yuk. They're long and sick and soppy and .... My closest excuse to

an insight -- HKB'H always seems to send some sign through my own kids (zera) when I start messing around on the theme of m\*n (zera). And they shouldn't have to pay the price of His lessons to ME. So I start to see the value of losing the "outside the box" motivation and simply staying in the 613-sided box, lovingly.

But that rational realization doesn't always cut it when my mind's in the gutter. That's why it's not my own thread that seems to speak to me, but someone else pointing out what I'm convinced I already know, deep inside, somewhere.

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Re: La-Briut and Beyond!

Posted by ur-a-jew - 12 Dec 2010 20:31

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I thought the point about reading your own posts is to see how this need for a 24-hour break is a recurring theme and it never seems to work. So maybe its time to turn to plan b. My own feeling is (for what its worth - maybe not much but hey you asked for opinions) is that Plan B should be something along the lines where you put G-d in real control rather than making deals with him. Such as if you send me this sign i'll do this etc. Let's face it He's G-d He knows what we need way better than we ourselves know. If we are going to continue to keep ourselves in charge then we are not going to get the results we need. Just a thought from another addict.

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Re: La-Briut and Beyond!

Posted by briut - 12 Dec 2010 20:40

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Ouch. You're right. As in, "thanks, I needed that."

If I can only get my wandering mind to join in that very logical view of the world. Aarrgh.

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Re: La-Briut and Beyond!

Posted by desperate\_teddybear - 13 Dec 2010 01:37

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4 t-shirts- how's "I believe in me"...no? how 'bout "starve the beast" hey actually really want a t-shirt w/ that on it that would be so cool...STARVE THE BEAST....AWOOOOOOOOOOOOOOOOOOOOOOOOOOOOOOOoooooooooooo

keep up the fight, it's so depressing watching someone fall back into ruts that you know they have the strength. to have never gotten into in the first place.

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as far as my seeking substitutes for genuine pleasure, and settling at the very least for distractions, I present Janis Joplin (a bit of comic relief, which I could use; maybe I'll return and read this later):

L-rd won't you buy me a Mercedes Benz.

L-rd won't you buy me a [plasma] TV.

L-rd won't you buy me a night on the town

I'm counting on You, L-rd, please don't let me down.

So show that You love me, and buy the next round

L-rd won't you buy me a night on the town.

[song exits with giggles and laughter]

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Re: La-Briut and Beyond!

Posted by an honest mouse - 14 Dec 2010 15:10

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I can talk about t-shirts in this area. Just the last few days as a matter of fact - and it stinks - it set me back ages in my recovery - im all disconnected and my recovery is weak all over. before acting out - it always seems like 'its one hour (or whatever) and thats it then ill be back on track'...

but its not true (in my experience) it has the potential to remove me from the game for a while and makes me weaker and more susceptible to further falls. in other words, it just leaves me wanting more - it never satisfies one off.

please take the heartfelt pleas of a mouse who happens to be wearing that silly t-shirt right now - we value your spiritual 'briut' too much...

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Re: La-Briut and Beyond!

Posted by 1daat - 14 Dec 2010 17:32

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Maybe I'm wrong, and I don't mean this to be patronizing, but I think I remember that before

your last fall, you were white knuckling and getting tons of chizuk and I'm not sure I've got this right, but would it be fair to say that nothing, at the end of the day helped?

If that's right, then I think what I posted a few posts ago about "nothing helps me" could apply.

I think everybody here's tried everything there is to think of to no avail. It seems that for us junkies, Hashem is all there is that, at the end of the day, does help/solve our compulsion.

But that's where bitachon comes in. Because we have to trust Him at the deepest place in the lev where we feel the deepest urge. That's the sick spot, where we feel our deepest vulnerability, our deepest longing for relief, stimulation, whatever. So for me it's only when I can beg from that far down in myself that asking for help sometimes seems to come. And I know when I've understood what He tells me in those moments because I get some kind of deep comfort, relaxation, understanding. Sometimes it comes with crying.

ps. The lunchroom scenario was tongue in cheek. I totally agree with what you said, and probably shouldn't have been joking around about what is serious and important to you. I'm sorry.

Of course Hashem knows what He's doing, and if a fall is in the works, or if repeated falls are in the works, maybe that's part of your derech. But His will can be changed with prayer. My t-shirt is "Prayer is War". Daven the Amidah and battle that sucker.

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Re: La-Briut and Beyond!

Posted by desperate\_teddybear - 14 Dec 2010 17:43

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yeah, stop fighting and white knuckling for a bissle and come join the chevra in the pub. c'mon, i'll buy you a beer.

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Re: La-Briut and Beyond!

Posted by Eye.nonymous - 14 Dec 2010 18:21

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[1daat wrote on 14 Dec 2010 17:32:](#)

I think everybody here's tried everything there is to think of to no avail.

We've tried bitochon, too. Our own version of it. And that doesn't work either.

...and then that's when we finally admit defeat, we admit we need more help. And we join the anonymous 12-step phone conferences (a whole bunch of them just started up yesterday; not too late to join in!).

Doesn't work for everyone, and there may be other paths to recovery, but certainly does work for lots of us, and for me that was enough of a reason to give it a try.

--Eye.

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Re: La-Briut and Beyond!

Posted by desperate\_teddybear - 14 Dec 2010 18:23

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heck yeah, just started the 12-step 2day w/ DC and i'm like to myself  
"duuuuuuuuuuuuuuuuuuuuuude u serious? why didn't i do this b4?" some awesome stuff  
going down in that place. lots of chizuk'll reinforcing yada yada dunno how to explain.

but im thinking, Briut for sure tried 12 step calls already, he's been on the forum for a while now,  
no?

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Re: La-Briut and Beyond!  
Posted by briut - 15 Dec 2010 02:19

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[d\\_teddybear wrote on 14 Dec 2010 18:23:](#)

but im thinking, Briut for sure tried 12 step calls already, he's been on the forum for a while now, no?  
Well, no. I haven't done 12 steps in calls, in person, nothin'.

Anyone may PM me for details on why not, since I don't wish to offend, but bottom line is that I still think my best bet is compulsive posting, some good therapy, and a lot of brutal honesty. And so far, this has all taken me further than I would have dreamed. Thanks to the RBSO!!

OK... The barrage of "why not" may now begin....

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Re: La-Briut and Beyond!  
Posted by desperate\_teddybear - 15 Dec 2010 03:36

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"compulsive posting" lol

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Re: La-Briut and Beyond!  
Posted by ur-a-jew - 15 Dec 2010 05:11

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Why is the aim simply going further than you ever dreamed? Moreover, compulsive posting and the 12-steps are not mutually exclusive.

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