

starting my battle

Posted by hoping - 03 Jun 2009 03:02

I have just discovered this site two days ago and I think this is the first time in years that I really think that I can do Teshuva for my sins. I have been masturbating for 20 years and I have tried to stop countless times. Aside from my terrible addiction, I have been quite succesful in other areas of my life. I am what some people consideer a solid Kollel yungerman and I have a wonderful marriage. However, every step of my life has been tainted with my feeling that I am disgusting and that if anyone new the real me, they would run the other way. I have tried to stop in the past but I have always fallen down, often to a worse point than where I was initially. I one time made it all the way from Yom Kippur until Taanis Esther. That night I had a wet dream and woke up feeling so degraded that I instantly plunged deeply, falling to depths that I had not been to in years.

Because my addiction is not so strong, I have difficulty marking success with the passage of days. I would love some Chizuk from people who have dealt with similar situations and I think that I would benefit from some advice on hitting the bottom while still on top. I am ready to fight and I cannot be successful without the support of this forum. please help!

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Re: starting my battle

Posted by 7yipol - 18 Aug 2009 20:21

Thanks for the welcome Hoping.

Sorry I took so long (wrong bus, then traffic jam, chafetz chashud by the shuk, you know how :D

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Re: starting my battle

Posted by Will - 18 Aug 2009 22:04

I dont know if I count as a silent eavesdropper but Ive been following hoping and he's the type of friend I look for. Sooo...Hi hoping!

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Re: starting my battle
Posted by hoping - 19 Aug 2009 13:55

Welcome Will-

I have been following your thread and I am very impressed with your commitment. I can tell that you are in it for the long haul. I think 7up was referring to people who visit the forum but don't register or post. You have already taken that very big step.

Chazak Vematz

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Re: starting my battle
Posted by 7yipol - 20 Aug 2009 08:16

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Re: starting my battle
Posted by Will - 20 Aug 2009 22:34

WOOHOO!!

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Re: starting my battle
Posted by hoping - 21 Aug 2009 03:57

I have to keep remembering that Hashem is in charge and that I need Him to remove my YH for Lust. It should be easy for me to realize how I am helpless without Him, yet I still spend much of my day acting like I am in control. In addition, I find it difficult to daven at times, although when I do daven, it is with a much closer relationship with Hashem. How can I feel that there is any

honesty in my surrendering myself to Hashem when I cannot even get myself to daven to Him like I should :(. I wonder if anyone shares this issue and whether anyone has any Eitzos.

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Re: starting my battle
Posted by Kedusha - 21 Aug 2009 04:02

Have you tried reading Praying with Fire?

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Re: starting my battle
Posted by Dov - 23 Aug 2009 17:14

[hoping wrote on 21 Aug 2009 03:57:](#)

It should be easy for me to realize how I am helpless without Him, yet I still spend much of my day acting like I am in control.

How can I feel that there is any honesty in my surrendering myself to Hashem when I cannot even get myself to daven to Him like I should :(.

Dear Hoping,

Yeah, but:

1- We are sober 2day and that's enough reason 2 dance, no matter how bad everything else is going, period.

1a- It is absolutely fantastic that you are sharing this rather than just brooding over it - yow! (What were you doing a year or two ago?) I wish I shared *more* than I do - living would be even easier than it is!

2- W/all very due respect to the hopingmeister (sorry), i'll remind you that while you (and I) have been spending the past 20, 30, whatever, years - y e a r s - practicing being focused on how

well everybody else (including Hashem) is doing taking care of our needs - so much so that when we feel they are not doing a terrific enough job of it we self-medicated by using lust and fantasy, etc to fill in the gaps...why do we expect real improvement on a deep level after a relatively short time? No guilt here, no blame here, at all. Only room for love here. But may Hashem help us both look at things w/more realism and acceptance...real improvement does take real time - and it is worth every minute. As Will posted well below, you *are* in this for the "long haul".

So...i'll review some quotes:

"it should be easy" - maybe it's not so easy after all...and that's OK.

"any honesty in my surrenderring when..." - let's take it easy here, shall we, brother in recovery...you obviously have **some** honesty!

"*get myself to daven to Him like I should*" - how do *you/we* know how Hashem wants you/us to daven to Him today? Maybe He "desires" the quiet pain of a davening that "seems it isn't what it should be" - our success in gadlus is empowered by our struggle in katnus. Besides, "get myself to..." reminds me of the times where I felt I should have the power to decree my moods and abilities. Those days are over - I need to remember (see R/TzviMeyer) that much of our abilities and moods are min hashamayim. Actually, the source of self-blaming for stinky moods and for lack of success in aliyah actually stems from ga'avah (and that's a **big** "program-yesod" I was struck with early-on, BH! - the great sefer "chovas hatalmidim" (in english now, FYI) deals with this quite a bit from a chassidish/chinuch perspective).

3 - Many folks in recovery - particularly frummies like us - report that they feel as though they are going through a davening and avodah "dry period" in early recovery. For me it lasted nearly three years. Am I trying to scare you away? No...but it took me a long time to learn to have patience with myself, humility enough to accept my limitations, and maturity enough to start taking the more responsible **small** steps, rather than beating myself over the head with only the **big** steps!

So - read Battleworn's "The Torah Approach" and other material and you'll see that when we talk about "recovery", we really mean big, deep and real changes in how we live with emunah and stuff like that. If we had any "fakerai" (is that *real* yiddish?) **at all** in our davening and avodah *before* recovery, I believe we can (and *should*) expect a rather severe, visceral, automatic aversion to fakerai, in recovery. Particularly if there is fakerai in the *core* recovery tool: davening and avodah. Everyone has some dishonesty, fakerai, if you will, but as recovering addicts we just can't tolerate it very well. B"H for that. There *are* specific aitzos to improve davening. But that's not the point, really. For me, the ikkar is to stay in sobriety no matter what and to pour our hearts out to Hashem in whatever way we can, as often as we can. The real improvement in the davening and avodah happens mimeilah, in my experience. Just don't make the mistake of dropping tefillos, if you can, nor of despairing, c"v.

"Hoping" this was helpful, and - easy does it.

Love,

Dov

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Re: starting my battle
Posted by the.guard - 23 Aug 2009 20:31

I cannot even get myself to daven to Him like I should

*Sifososov **Dovevos!***

What Dov wrote above should be more than enough, but I believe you'll find some good advice [over here](#) as well (read top to bottom). Dov writes there more along these lines...

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Re: starting my battle
Posted by hoping - 23 Aug 2009 23:57

Wow!

Thank you Dov for your response. It really helps. This is not the first time you had to remind me to take it easy and probably won't be the last. I guess I just have to figure out how to break my avodas Hashem into small steps like I have been doing with other things and not push the pace of improvement. I guess i have to practice what I have preached to others: the direction that I am headed is the most important thing and the speed of travel is not really under my control.

Guard- I think that this is the third time that I have read the page you linked to and each time, a different part of it speaks to me. Thank you!

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Re: starting my battle
Posted by hoping - 26 Aug 2009 19:03

I've been spending time this Elul thinking about Hashem and how I am utterly without ability until He helps me. Yes, I still spend much time **not** thinking about Hashem, but this sure beats last years Elul. NOONE can guarantee what tomorrow will bring, but I can say that if I continue to focus on doing positive things without regard for the failures that I have had, I will have truly learned a path towards true improvement and Aliya.

May HKBH grant us all success in becoming closer to Him and doing His will.

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Re: starting my battle
Posted by Will - 27 Aug 2009 21:12

[hoping wrote on 26 Aug 2009 19:03:](#)

May HKBH grant us all success in becoming closer to Him and doing His will.

AMEN!

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Re: starting my battle
Posted by hoping - 30 Aug 2009 16:59

I wanted to thank everyone here for all of the wonderful support that I continue to get on this forum. 90 Days would not have been possible without every one of you.

The truth is, more important than the 90 days, is the important changes that I am making in my life that underscore the ability to stay sober. These changes take time and I hope to keep on becoming closer to Hashem and focus on doing His will. That is ultimately the only way to live. I am pretty sure that I would not have been forced to take such an honest look at myself without my addiction. I can say that although I deeply wish that I had never sinned, I still must make use of my past as building blocks for the future. I suspect that those who have more difficulty with the addiction itself may have even greater opportunities to focus properly on internal improvement and Avodas Hashem. We all have the ability to live our lives for the purpose of doing the Ratzon Hashem. We just need to want to do it.

This journey is far from over. When Chazal say that "?????? ??? ??? ????? ?????", it is because those who begin to improve realize that it is an endless journey. I hope that we can continue on this Holy trip together. May we be Zoche to become closer to Hashem.

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Re: starting my battle
Posted by Dov - 30 Aug 2009 17:50

Dear Hoping -

The sharing in your posts is of tremendous value to all. We don't say Hallel on R"H but if we *did*, your post would make me want to say "pischu li sha'arei tzedek": Hashem, please open the gates of tzedek (honesty/righteousness) for us! We are all standing at the doorway because we see that we are all really just starting out! "avo vahm": Don't "worry", Hashem, we won't just stand here - we're going to actually take the action and *walk* in! And we won't forget you - "odeh Kah". Dovid hamelech then reminds us that: *zeh hasha'ar laShem, tzadikim yavo'u vo - this is no place for babies or for wimps!* The *tzadikim* enter this very same entrance! And the **entrance fee** is: simply admitting to ourselves that in some respect - no matter how far we have come - we are all *at the entrance* and we need Him to let us in. Mybe that humility or honesty is the very "gate", itself...

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