

Zalmandovid's Journey

Posted by zalmandovid - 12 Mar 2010 07:24

Soooooooo. I am feeling on top of the world. I am over two weeks clean and down the road to recovery. My Yetzer Harah must definitely be crying inside me. He yearns to express himself. TOO BAD FOR HIM.

I have begun to notice how I have always been turning to acting out as an escape from reality and dealing with daily life issues. For example today something happened that made me really upset. I was fuming angry. I swore loudly. I was walking outside immediately after the incident and my eyes began to wander. they were hunting. Anything Non-Tznius was my prey. It was like going on autopilot mode of seeking out evil, except I wasn't the one who put it into gear. It happened on it's own. After years of being trained to do this (as a preperation for acting out) my body did it automatically. I realized right away of course because for the past two weeks I have been careful to guard my eyes from things on the street and have been using the pinching technique.

If I couldn't act out what could I do. I was still so angry. I almost never had to deal with that amount of anger for so long. I asked a friend of mind how he deals with his anger. He told me he takes a cigarette if he's really upset. I will be honest,I would rather have an addiction to cigarettes than this messy addiction. At least cigarettes won't ruin my marriage. But they are gross. and I really can't stand the smoke.(and they kill you in the end also right).

So now I am beginning to get in touch with all of the bad character traits I have hidden underneath that have always been numbed until now. This is becoming much more complex than I had hoped. I am now dealing with not only my repulsive addiction, but also with the negative, unrestrained, unrefined, unacceptable character traits that have been hidden underneath the layers of lies. Oy. nu nu. So is life. I must deal with it. If Hashem gave me this test I guess I have the power to overcome it. I really had hoped It would be easier than this. But in the end I guess it will be all the more worthwhile. I guess the damage done after years of abuse is not so quickly fixed. This is a major downer :-[. So annoying. I need some Siyata Dishmaya.

I am really considering seeing a therapist at this point but I hate the idea of opening up to some guy who

A. Doesn't really know me

B. Cares just enough to make sure I come back again

What to do?

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Re: Zalmandovid's Journey

Posted by zalmandovid - 03 Aug 2010 23:11

Sometimes when I am feeling down or in pain writing out my feelings helps.

The road is bumpy. there are curves and potholes. You are traveling into uncharted territory. As you move forward in recovery you will continue to be challenged. Your wits and know-how will now be put to the test. How will you respond?

What happens if you hit a ditch and slip. Will you allow it to pull you to the ground? Or will you embrace the slip as part of the longer journey towards higher ground and strengthen your foothold for the next challenge..

If your morale is low and you feel down will you wallow in self pity or will you embrace your humanness and reach out to a friend.

If you trip and fall will you remain lying in the dust or will you reach out and accept a hand to help lift yourself up.

What happens when there is nowhere to turn?

Your entire body aches from a recent fall.

The sky is dark and the treacherous road ahead seems endless.

The future seems bleak.

Will you feel all alone?

Will you feel that the end has come?

Or will you acknowledge the unshakable true reality that there beside you stands your salvation. The one and only G-d of heaven and earth is constantly involved in and guiding our lives. All we must do is call out to him from our heart. Will you call out to him? Will you choose life? Will you humbly call out to him and admit your powerlessness. Will you hand it over to him? The wisdom of the ages retains it's eternal relevance:"Even though I walk in the valley of the shadow of

death I will fear no evil, for you are with me."

The gates of heaven are never closed to prayer from the heart.

He is always there and he is always listening.

All we must do is open our eyes and our heart.

With Love

Zalmandovid

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Re: Zalmandovid's Journey

Posted by david712 - 06 Aug 2010 15:23

[zalmandovid wrote on 09 Jul 2010 04:25:](#)

The Red Robin and the Mirror

One afternoon as I was walking back to my car after work I encountered an interesting spectacle. As I approached the door to my car I saw a Red Robin fluttering excitedly by the side view mirror. I was impressed by the beautiful deep red color of the bird, and wondered about Hashem's beautiful creations. The next day I saw my fluttering bird friend again. I thought to myself "wow what a coincidence". After encountering the same spectacle three days in a row I finally realized what was happening over here. You see, this Red Robin has found a friend in the side view mirror of my car. He mistakenly thinks that the reflection in the mirror is a real live bird staring right back at him, who is excited to see him. He therefore comes back every day to say hello and revisit his newfound "friend". He has attributed emotions, and life to a place where there is none. In truth, the only thing staring back at him is cold dead glass. If only there was a way that he can realize the grave mistake he is making. When all the other robins are busy having fun and interacting with other real-life robins, our red winged friend is really only hanging out with himself. He is the loneliest bird of all. Although he may be enjoying the company now, it will come back to bite him later. Instead of having a real life companion, our poor bird friend has found a "friend in the mirror". A fake. How telling is this story of the Robin. May Hashem grant us the strength to develop and nourish our real-life relationship and find meaning in our real lives. Let us not go to the cold, dead, lifeless things in this world. They may

trick us sometimes, and they may seem appealing at times, But let us never forget what they really are. Truth always prevails in the end.

With Love, and Kind Regards,

Zalmandovid

Wow.

ZD,

Beautiful and Deep.

It's amazing how much it tells about you as a person. There is a saying "a picture is worth a thousand words". I would say- your words are worth thousands of pictures. It tells us about the **real you** not the what you look like.

Keep expressing your real feelings and desires. It's amazing how much one can learn about them self through expressing themself honestly.

Keep it up.

David,

PS. Now i know who I'm talking too.

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Re: Zalmandovid's Journey

Posted by Steve - 08 Aug 2010 15:00

Just wanna say another HI.

HI.

(Yoetzei).

Bye.

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Re: Zalmandovid's Journey

Posted by zalmandovid - 18 Aug 2010 00:56

Haven't posted here in a while. I had a fall recently (3 days ago) and one a week before that. My yetzer Harah got to me and I have been moping and feeling bad for myself for the past two days. I have decided to utilize my fall to connect Hashem. To realize that I am POWERLESS with a capital P and that I must COMPLETELY surrender my right to lust to Hashem. Not only that I must place my life and my will COMPLETELY in his hands if I ever want to be free of my fears and my troubles. The words "I have a better plan" have always been beating relentlessly in the back of my mind. Tonight as I daven Maariv I will pray for the knowledge of HIS WILL for me. Forget about me, what do you want Hashem. I must give up my selfishness, my ego, and my lust. Three things that I am full of. If not I am dead. Hashem, our father in heaven hears our prayers and helps us. Oh Hashem, save me from the venomous bite of self-pity. help me to embrace your plan for me. Thank You Hashem for all the good you have given me in my life.

Wishing all a Ksiva V'chasima Tova

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Re: Zalmandovid's Journey

Posted by Eye.nonymous - 18 Aug 2010 11:35

You don't have to wait for Ma'ariv!

We can always turn to Hashem, any time, any place.

(Any place, yes, I know someone is going to pull out a Shulchan Aruch on me--I didn't mean EVERY place in that literal sense of EVERY.)

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Re: Zalmandovid's Journey

Posted by silentbattle - 20 Aug 2010 13:00

Eye - ;D

ZD - Sorry to hear...but glad to hear that you're moving forward! Have a great shabbos, and keep rocking!

Find things to post consistently...

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Re: Zalmandovid's Journey

Posted by Yosef Hatzadik - 23 Aug 2010 17:34

[Eye.nonymous wrote on 18 Aug 2010 11:35:](#)

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(Any place, yes, I know someone is going to pull out a Shulchan Aruch on me--I didn't mean EVERY place in that literal sense of EVERY.)

See the Sefer Yesod V'shoresh Hoavodah where he teaches us what to think about when we relieve ourselves in the morning. He says that by separating the physical refuse from our bodies we should also be separating the spiritual 'garbage' too.

In EVERY place that we find ourselves in, in EVERY aspect of our lives we **can** be connected to Hashem!

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Re: Zalmandovid's Journey

Posted by Eye.nonymous - 25 Aug 2010 13:20

How are you doing Zalmandovid?

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