

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 cleareyes613@gmail.com - 01 Apr 2010 01:15

Glad to hear your doing ok. Good work and keep on trucking!

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Re: Zalmandovid's Journey

Posted by Dov - 01 Apr 2010 11:12

ZD! You are just gevaldig!! Keep up the good work and keep using your brain - just not too

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Re: Zalmandovid's Journey

Posted by zalmandovid - 07 Apr 2010 10:52

Oy, traveling can be such a pain in the tuchis. Everywhere you turn there is another taiva trying to catch your eye and pull you into the snare. I have had many nisyoins on this trip but have since been successful with the help of Hashem. I walked to a magazine shop (uh oh) and the Tumah caught my eye. I immediately turned around. My YH kept telling me to turn around and look again at the pictures of undressed women. I am proud to say that I did not turn around again. I feel this was a big accomplishment for me. I went on a similar trip last year and fell many times. This year I did not fall even once. Did I have my tests? Yes. Was it difficult? Yes. But nobody ever said it's supposed to be easy.

I pray to Hashem Oy help me to guard my eyes. I only want my lust to be devoted to your service. It's such a yesod that no matter where we go we must remember that we are Hashem's Heilige Kinder. WE are not like the rest of the nations.

I love you my holy brothers,

yours truly

ZD

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Re: Zalmandovid's Journey

Posted by DovInIsrael - 07 Apr 2010 13:18

good for you!

but dont let yourself become too overconfident in your successes - your YH feeds on your successes and eagerly awaits to knock you down.

"When you are down - life your head up;

when you are feeling uplifted - look down (humble yourself) and watch the ants"

keep growing -

and may Hashem's holy light shine upon you!

Dov

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Re: Zalmandovid's Journey

Posted by Dov - 07 Apr 2010 21:33

ZD - You are **Zeyer Delicious** to Hashem! Thanks for sharing your successes with us, too!

- the other Dov

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Re: Zalmandovid's Journey

Posted by zalmandovid - 08 Apr 2010 14:35

Living real is such a pain in the butt. The quick fix is so much faster and reliable. Why couldn't Hashem make living real a little easier? It reminds me of the story of Reb Levi Yitzchock of Berdivhev. He would always try to bring out the greatness of the Jewish people. He said: "Hashem, why did you put the Taivos everywhere and the Torah you put into the books. Why not do it the other way around. Put the Torah and the godliness and everything true everywhere you look, and all the Taivos of the world stick into the books. Then maybe things will be a little bit

I'm feeling pretty weak and sick lately. usually a good recipe for disaster.oy

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Re: Zalmandovid's Journey

Posted by silentbattle - 08 Apr 2010 19:46

Have you ever been into jogging? If so, then you'll recognize the feeling I describe - when you finish a run, your body is covered in sweat, you're exhausted, your muscles are aching and you feel like you can't move another inch...and it feels so very good.

You've pushed yourself to your limits and beyond, and that just leaves you feeling satisfied on a very deep level.

different.
However, that feeling of satisfaction is just a pale shadow of the satisfaction our souls feel when we push ourselves in the spiritual realm. And although we live in the physical world, we still feel some of that shine...Remember that you're living life truly, the way you want to, the way Hashem

wants you to. Focus on how good that makes you feel. And remind yourself how much of an accomplishment that is, especially when you're feeling sick and weak.

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Re: Zalmandovid's Journey

Posted by Steve - 08 Apr 2010 21:01

[zalmandovid wrote on 07 Apr 2010 10:52:](#)

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yours truly

ZD

Yo, ZD!! YOU'RE RIGHT!!! This program is SIMPLE, but it sure as **** ain't EASY!! But L'Pum Schara Agra.

Have a GREAT SHABBOS!! Keep FEELING the CHAIRUS!!

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Re: Zalmandovid's Journey

Posted by Dov - 09 Apr 2010 02:59

Relax a bit, reb ZB and be really nice to yourself....but *really* nice....not we all used to, but the *real* way. Have fun being the real ZD, not the actor. I am through with fantasy in every way! Once we get through the swamp in our brains, it's actually quite nice! Have a great Shabbos.

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Re: Zalmandovid's Journey

Posted by zalmandovid - 11 Apr 2010 13:00

Not having to lust all of the time is such a freedom. I don't feel like I am imprisoned all of the time. I have an alternative now. His name is G-d. I will IYH be starting a partnership this week with a fellow GYE'er. We will be going through the 12 steps together. I am looking forward to this.

Keepin sober one day at a time.

Have a great week my holy brothas

ZD

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Re: Zalmandovid's Journey

Posted by zalmandovid - 11 Apr 2010 21:14

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Re: Zalmandovid's Journey

Posted by zalmandovid - 12 Apr 2010 20:20

I had a fall Yesterday. It was a worse fall than the one I had after my previous clean streak. I fell HARD. I came out the other end feeling a little depressed. I was on top of the world. Now I'm on the bottom of the pit working my way out of the dirt. I think my fall came from stimulation I recieved from watching a movie. As all movies go this one also had pritzus in it. My fall was also connected with my feeling sick for the past two weeks and finally giving in. My lusting had driven me to the pont of no return. The place where I had lusted so much that it is impossible to pull back. The point where the alcaholic takes that one drink and can't stop.

It has forced me to reassess myself. Reassess the strongholds I have in place. Reassess my connection to Hashem. Am I really trying as best as I can on this? Where is my heart truly? I really need to re-shape my lifestyle. Have I truly given over my lust to Hashem. Have I admitted that I truly cannot fight this and only Hashem can? Have I reall hit rock-bottom while still on top. I have also come to the sad realization that this thing can't be beat by giving a half effort. It can't be beat too quickly either. Especially since I have been like this for many many many many years. Some real lifestyle changes must go into place. I am going to do a couple things:

1. I am looking to get a REAL sponser. Someone who has been through this and come out alive on the other end. Someone I can call when I feel weak.
2. I will be giving over my code to the filter-gabbai, a move I have been avoiding. Until now I had a long code I can't remember and just put it in a hard to reach place, hoping I would catch myself before entering it. This is not good enough. I need to give my code away to someone else and not have access to it.
3. I will be working on the 12 steps more.
4. I am giving up movies. I cannot watch these things anymore and just hope for no bad scenes or turn away when they pop on the screen. Non-tzius images are poison to my soul. They create lust in my heart. Something I can't afford to do.

I actually started lusting on my long airplane ride back home. Many hours of plane ride and nothing to do forced me to watch movies the entire time. Combine that with my being sick and there is your recipe for disaster. I was a time-bomb waiting to go off. I should have prepared something to do the whole time. It is not enough to just deal with the problem when it comes up. Times of weakness must be precipitated and a battle-plan must be drawn. A soldier doesn't just run onto the battlefield without having a clear plan.

It is so difficult now trying to get back in the mode and mindset that I was at before when I was in the middle off my clean streak. I must tell you I felt so free. Free of the need to constantly be lusting. Free to be who I am really. Free to be a real person. Free to love g-d and feel loved back. I had finally come to begin to feel grateful for that which Hashem has given me. I have a job, a loving family, and my health. I know their is a light at the end of the tunnel and Hahem is waiting for me there with open arms. I just hope it doesn't take me too long to get there.

I am going to read some Chizzuk posted to me after last fall. It will help I think.

How else can I utilize this fall as a catalyst for growth and not be pulled down by it? What else can I do?

ZD

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