

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 silentbattle - 14 Apr 2010 00:01

Sounds like you're already using this as a catalyst for growth - by seeing what you learned from it, and figuring out what you can do to prevent it from happening again.

As far as re-assessing things...don't go too far with it. In other words, examine it, make sure that you're as focused as you want to be...but remember that you're starting off. The longer you work on this, the longer you're clean for, the more you'll have a chance to grow.

Be proud of the steps you've made, look forward to the growth you're going to make, and think about how great it will feel as you get clean!

And remember - keep on rocking! (and trucking)

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Re: Zalmandovid's Journey

Posted by Chazak Amenu - 14 Apr 2010 02:55

You can do it ZA! don't be depressed! feel free to PM anytime you would like!

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Re: Zalmandovid's Journey

Posted by zalmandovid - 14 Apr 2010 03:05

My new avatar is a sunrise. It represents how each day is a new beginning. Yesterdays slips or falls are in the past. I can't change them. But I could change the future. The opportunities for positive change are endless.

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Re: Zalmandovid's Journey

Posted by Chazak Amenu - 14 Apr 2010 03:08

I just logged out but when i saw you reply i wanted to say something...beautiful...great idea it is certainly more creative than a squirrel wearing a superman symbol :-[! like i said before feel free to PM me when ever you would like i don't care about what!

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Re: Zalmandovid's Journey

Posted by DovInIsrael - 14 Apr 2010 09:44

Zalman - are you sure this is a sunrise ? looks more like a sunset... i guess it all depends on how one looks at the situation...and where one is... a sunset for one - is a set rise for another.

Chazak - squirrels with superman logos are great. Think about it like this:

IF YOU HAVE AN ADDICTION AND ARE NOT ON GYE - YOU'RE NUTS!

(it takes the strength of Superman to be man enough to face up to an addiction)

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Re: Zalmandovid's Journey

Posted by Chazak Amenu - 14 Apr 2010 12:57

[DovInIsrael wrote on 14 Apr 2010 09:44:](#)

IF YOU HAVE AN ADDICTION AND ARE NOT ON GYE - YOU'RE NUTS!

(it takes the strength of Superman to be man enough to face up to an addiction)

i am going to use this quote ok?

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Re: Zalmandovid's Journey

Posted by Chazak Amenu - 14 Apr 2010 13:03

How are things ZD?

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Re: Zalmandovid's Journey

Posted by DovInIsrael - 14 Apr 2010 13:26

chazak - glad you are part of the posting family!

ZD - you are Terrific!

Steve (re:cartoons) - there is another bugs cartoon which fits me...

or maybe it was road runner... thankfully we begin to forget somethings...

its the black "hole" - he throws it and the other charater falls into the hole..

I couldnt figure out why I kept falling!

until I looked at my script - and noticed I was the one throwing the "hole" right in the middle of my path!

(I also worked in an orange juice factory when I first came to Israel... I was not used (or build for) manual labor...coming from my office background in the states. The conditions were TERRIBLE!!!teh work was very hard, teh room was dark, LOUD and stank!!! in short I HATED it (ok , I loved being in the rolling hills of Israel, and workign the land, and the break from computers was fun) ... but never the less, I was a cranky old man...

and the worse part was the sorting machine would move too fast and I could not keep up sorting the oranges.

until a co-worker pointed out that I was in control of the pedal on the floor which would slow down, or speed up the machine as needed.

but the more I thought about my situation and the more frustrated I became the harder I pressed on the pedal. !!!

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Re: Zalmandovid's Journey

Posted by Chazak Amenu - 14 Apr 2010 13:28

[DovInIsrael wrote on 14 Apr 2010 13:26:](#)

chazak - glad you are part of the posting family!

what do you mean?

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Re: Zalmandovid's Journey

Posted by zalmandovid - 15 Apr 2010 00:58

Thanks for all of the positive encouragement everyone. This addiction really gets me down though. I can't stand the idea that I really and truly have an addiction. There is an aspect of me that truly has no control. It's like i am part animal. I used to think that I am higher than the animal kingdom, that I have the freedom to choose to do or not to do something. That freedom has now been stripped from me. I also feel that it was not my fault that I got into this addiction. All of the past terrible experiences of my life all worked up against me to create this terrible disease. I hate it. It's destroying my life. I have no rest from this. I am tired from it. I am weak. I have no koiches left for this. What else can g-d throw in my face. What more does he want from me. Why is he doing this to me. Why me? I want to go on with my life already. Get married. Settle down. Be happy.

And than comes along g-d and says HA HA HA. Not so fast my friend. First you must reckon with me. First you must die inside. First you must live through hell. If you come out alive than maybe if I'm nice enough I will let you be happy. Until than you must suffer. By the way don't forget to devote your life to me. Every living moment you must remember to serve me. Every aspect of your life is dictated and controlled by the rules of my Torah. So while your suffering don't forget the rulebook. Have a crappy day!

Love, G-d :'(

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Re: Zalmandovid's Journey

Posted by Chazak Amenu - 15 Apr 2010 01:15

come on man don't think like that! Hashem loves you with all his heart! We don't know why Hashem puts certain challenges in front of us but there must be a reason! You will have your perseverance! A few days ago we commemorated Yom Hashoah, why did Hashem do that how much suffering did there have to be, what possible reason could there be for 6,000,000 jews to die such a painful death? People like Anne Frank, 15 year old the same age as i am! Someone like Anne Frank with so much life and optimism who always felt that there was good in people no matter what! But she perished in the Holocaust she never did anything to harm anyone! And that is just one story there are 5,999,999 (pardon my math) other stories like that. So even though Hashem makes people suffer and we cannot always see the reason we must believe there is a one whether or not we know it! WHEN YOU CONQUER YOUR ADDICTION you will realize in time why Hashem put you through this. It could be that maybe you will enjoy your marriage with the special woman who you deserve will seem that much more and how much more real your relationship will be because you will realize how fake the shmutz you are viewing now is! There will be many things revealed to you in hind sight you may not get all the answers you are looking for now but in the end it may not even matter because you will be living a much happier life facing brand new brand new challenges! I hope this helps!

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Re: Zalmandovid's Journey

Posted by Dov - 15 Apr 2010 01:19

Besides, Hashem doesn't say the word, "crappy", I think. He probably uses the word "yucky", or says it in yiddish. Yeah, that's it! He says it in yiddish: "chevvv ah richhtiger ohhngeflopterr tug."

That's definitely it....I think.

Ask bards to be sure I got the yiddish right, OK?

;D

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Re: Zalmandovid's Journey

Posted by silentbattle - 15 Apr 2010 03:25

On a deeper level, if you're feeling worn out, then you're right - you're going to feel bad, and it's going to be hard not to fall. The idea is NOT to struggle against your addiction. If you do, you'll lose. Instead, you need to avoid dealing with it. Avoid situations that you'd need to be powerful to beat. And once you learn to do that, life becomes peaceful, and much easier - even easier than it would be without any addiction!

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Re: Zalmandovid's Journey

Posted by DovInIsrael - 15 Apr 2010 09:39

chazak - happy to have you here.

you add something to the forum. (and not just a super squirrel for the rest of us nuts - either)

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