

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 - 16 Apr 2010 01:25

Sounds good - remind yourself that it's not depriving your eyes - it's allowing your eyes to rest!

It's hard to feel that deeply, but reminding yourself of it can help a bit. Repeating it several times can be helpful, too.

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Re: Zalmandovid's Journey

Posted by Chazak Amenu - 16 Apr 2010 02:24

It most certainly is not depriving your eyes it is helping them! how many times have all of us finished watching p**n or "spilling seed" and after you are depressed and angry and other things where are our deprived eyes then? we wish we had helped our eyes by not looking at the shmutz!

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Re: Zalmandovid's Journey

Posted by zalmandovid - 16 Apr 2010 03:06

I feel so good after I finish talking to Hashem at Krias Shma. Krias Shma is such a beautiful meaningful Tefillah. According to The Baal Hatanya saying Krias Shma properly is very much connected to Kapparah of Zerah Levatala. Aggutenacht my holy brothers. May you have a great day tommorow!

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Re: Zalmandovid's Journey

Posted by Steve - 16 Apr 2010 05:17

ZD,

thanx for all your kind words to me.

Have an AWESOME shabbos.

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Re: Zalmandovid's Journey

Posted by strugglingyid - 16 Apr 2010 09:51

Zalman Dovid, your fall reminds me of mine. I had been able to stop M about 5 years ago. I do not remember when but I think about a Year and a half after stopping I had a fall. Now here I was on this great streak and bam! My first thought was how can I face this and keep this up. Will I be able to go another year and a half again, seems so long just to match my previous best. Then I realized I don't really care that much for such thoughts. Why do I have to worry about matching my streak, just worry about today. What will be tomorrow is unknown. Good to say since then I have not fallen again (came close once or twice). Each moment and each day is a Simcha, it is a moment of freedom. Don't get down over the fall it just ain't worth it, not when today and tomorrow can be so much better.

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Re: Zalmandovid's Journey

Posted by Dov - 16 Apr 2010 17:28

Have a nice Shabbos, ZD, and all y'all!

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Re: Zalmandovid's Journey

Posted by zalmandovid - 16 Apr 2010 17:37

have a good shabbos guys. Looking forward to some serious g-d time (spending time talking o him)

ZD

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Re: Zalmandovid's Journey

Posted by silentbattle - 16 Apr 2010 20:07

Sounds cool - enjoy, and have a great shabbos!

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Re: Zalmandovid's Journey

Posted by zalmandovid - 18 Apr 2010 05:25

So I was feeling lately. P*rn feels really good. It is such a nice pleasure. It makes me feel good. Where can I get a pleasure like this? If I am cutting out the one thing in my life that gives me pleasure I will be depressed. Where is the real pleasure? I have never had a deep emotionally satisfying relationship and don't know how to create one probably. What is the real thing? How do I make g-d a real thing in my life. I can't see him feel him hear him talking back to me. For my relationship with p*rn all I have to do is log on and the p*rn is happy to see me.

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Re: Zalmandovid's Journey

Posted by DovInIsrael - 18 Apr 2010 09:50

hey zd.

if you just fell - realize it will take you a few days (lethargic, haziness, guilt, frustration, etc) before you will have a clear head to REALLY focus on the spiritual dimension.

but when you are ready - why not focus on ONE mitzvah... make it special...think about it...take your time...enjoy it, treasure that ONE mitzvah... make it YOUR mitzvah..

this is a good starting point to build a relationship with Hashem

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Re: Zalmandovid's Journey

Posted by Steve - 18 Apr 2010 11:57

ZD - it's a rollercoaster ride, this life.... the highs are spiritual, for us the lows are lustual (is that a WORD?).

You know what? I think I'm on the wrong track. I wanna change rides.

I wanna get on one that's an even keel. then I wanna get on one that's moving up, SLOWLY. Then levels off for a while, then goes only UP again to the next plateau, etc. GET MY DRIFT?

So FIRST I gotta CHANGE. I have to re-wire my brain to seek different, REAL PLEASURES INSTEAD OF THE FALSE ONES. So when I experience pain, I turn to a HEALTHY medication, like FRIENDS to shmooze it out with, a SPONSOR to cry to, and a HOBBY or EXERCISE to occupy myself with that I have pleasure from succeeding in. I'm not on that madrega, but i've heard of people who turn to Hashem by reading Tehillim (obviously UNDERSTANDING the words they read so therer is an impact) and reaching him that way.

But the P and M? LET'S FACE IT - IT'S ONLY A TEMPORARY PLEASURE, AND WHEN IT'S OVER, THE SAME PROBLEMS EXIST AND HAVE NOT BEEN HELPED AT ALL, AND NOW YOU'VE GOT **MORE** PROBLEMS BCAUSE OF THE NEW GUILT OVER WHAT YOU JUST DID, AND NOW THE YH IS ALL OVER YOU LIKE "OH, C'MON, YOU MIGHT AS WELL GIVE UP, YOU LOSER" AND YOU GET MORE DEPRESSED AND WANT TO MEDICATE AGAIN.

CAN'T WE SEE THAT WE ARE BEING MANIPULATED UNTO ACTING THIS WAY?

I want my **FREEDOM!!** I **REFUSE** TO BE MANIPULATED!! So even if right now I can't think of anything else, I'm **NOT** gonna fall into that trap again.

It's not worth it.

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Re: Zalmandovid's Journey

Posted by zalmandovid - 18 Apr 2010 14:24

i did not fall in the end.

My life as a lust addict: spend three hours on my computer typing every obscenity in just "to see" if I can bypass the filter. I actually was able to bypass it in the end and access porn. It was as if I needed to know that I could access it. At that point I just went to sleep.

Does this make sense?

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Re: Zalmandovid's Journey

Posted by DovInIsrael - 18 Apr 2010 14:42

the YH will try to trap you any way possible - makes no difference to the YH.

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Re: Zalmandovid's Journey

Posted by Chazak Amenu - 18 Apr 2010 14:56

I know that feeling! I know it is much easier said than done but i suppose when your are in that situation and tired like that you should either say "wow this is so pointless i am not even planning at looking at the stuff" or "you could say "right now i am going to sleep but tomorrow i will try again" and you could postpone it and maybe wake up with a clearer head when you have some zzzzzzzzzzz and you could decide what to do next.

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