

Funny walk to 90 by Yehoshua

Posted by yehoshua - 03 Jun 2010 14:42

blb

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Re: Funny walk to 90 by Yehoshua

Posted by Holy Yid - 14 Jul 2011 06:49

Mazal tov

No need to apologize for being here in spite of non being so observant. This site is lovingly open to all. How observant is someone who spends six hours a day look at p*** online or doing much worse?

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Re: Funny walk to 90 by Yehoshua

Posted by yehoshua - 14 Jul 2011 07:45

92

Eye, thank you for that day. Eye gave me a chance to call him and I did. It felt great, because for the first time in my life I could talk about my addiction. At the time I just fell, very badly through watching p*, I felt suicidal and Eye really was there for me. I also deleted all my posts, because they felt like lies.

Unfortunately I fell again after that talk, one month later. But Eye was there again asking IS THIS WORKING?

I wanted to do it alone. I didn't want my wife to suffer knowing I was part of a sex addiction group. Please don't take it bad my friends, because I am part of GYE, but to openly join a live group was a last resort and it still is. If I were to fall, there wouldn't be another option.

I am simply scared, that I might hurt her and do damage by telling her. I love her and this is why I got sober also.

92 days

I am trying the STATES thing from Pliskin out. He believes that being depressed and lusting for that matter is only a state, that we choose. In our brain we however keep also positive, resourceful states:

One state, I call the FROIM FISCHL STATE. I enter it with these words and attitude: Please Hashem, I am too stupid, too small, too helpless to do anything, please help me.

(i guess also, that this is basicly the first step of the 12)

I pray to Hashem, that it MAY BE HIS DIVINE WILL THAT I STAY SOBER, THAT I DO SOME TASK OR BE JOYFULL.

Cos, Hashem could decide to end my life now or make me an invalid, or take my sanity. So it is really His Will that I am and that I do.

Thank You so much for the question Stuart and thank You Holy Yid for the mazal tov.

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Re: Funny walk to 90 by Yehoshua
Posted by yehoshua - 20 Jul 2011 06:33

I stumbled on the story of Dov.... I am not a BAD person becoming GOOD, I am a SICK person getting WELL. Sounds terrible and it hits the center of me.

Being honest is very important for me.

Right now I am in a lot of fear. What will be of the future, how will I manage. Will I be able. Feelings that will not kill me, but they do drive me to act out. So to what lengths will I go?

My eyes are windows and behind those there is a sick man who needs to be totally honest with him self and with others. So I want to be a man, a husband, a father and I want to give something to this world that is good in the Eyes of Hashem. I am not afraid to die for that.

Honestly I am afraid of facing problems. Am I really not afraid to die for being that. How can I prove myself, can I trust myself?

My mom said, trust yourself. So I will do that.

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Re: Funny walk to 90 by Yehoshua
Posted by Eye.nonymous - 21 Jul 2011 09:06

[yehoshua wrote on 20 Jul 2011 06:33:](#)

I stumbled on the story of Dov.... I am not a BAD person becoming GOOD, I am a SICK person getting WELL. \

Sounds terrible and it hits the center of me.

It's actually a lot better to be SICK getting WELL than to be BAD trying to be GOOD.

It means we can let go of the guilt, the self-blame, and the shame. A person who has diabetes, Lo Aleinu, doesn't beat himself up when his blood sugar is low. He just checks his levels, takes his insulin if necessary, and gets on with life. THAT'S how we're supposed to feel, too.

--Eye.

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Re: Funny walk to 90 by Yehoshua
Posted by yehoshua - 22 Jul 2011 07:29

It's 100 days.

Baruch Hashem.

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Re: Funny walk to 90 by Yehoshua
Posted by shteighecher - 22 Jul 2011 16:27

Wow. Thank you for sharing this with us, it gives us chizzuk, keep it up brother, one day at a time, before you realzie, you got 100 of them. Keep on trucking.

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Re: Funny walk to 90 by Yehoshua
Posted by ZemirosShabbos - 22 Jul 2011 17:04

Beautiful!!

upwards and onwards

thanks for sharing

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Re: Funny walk to 90 by Yehoshua
Posted by yehoshua - 05 Sep 2011 06:57

I FELL

After a long time I fell. Please forgive me for telling the whole story.

It has been many days now that I felt depressed and anxious, also this feeling of not being able to cope with problems came back and back again. I slipped many times (went online typed some dirt and then quickly turned it off - who am I fooling, but I just couldn't resist).

On this FALL I didn't m* and I didn't view any p*, I had a dream. I will tell you about it - there is no explicit thing in the dream, but if you feel like falling, please don't read on.

This is the dream: I was on my way to my wife, because I was bringing something. It was dark, I had my coat on and I crossed some street and went up some stairs. On my way to the top of the stairs (just before i got to the door) I looked in the corner and there was a woman there. She scared me, because i didn't expect anyone.

She just smiled and I apologized. Then she asked me if I have something for her mouth ulcer!? WTF*? Sure I said, I have some after shave, that has alchohol in and it will disinfect. She had strangley big hands and she was dressed casual in a black coat, her hair was black and she seemed tiny, but her hands were quite big. I didn't think about that too much.

[details removed] and suddenly I had an ejaculation.

I don't know if others will agree. But I saw this woman as clearly as if I were awake. She was no ordinary person, her hands gave her away, her ulcer, she tricked me, and I tricked myself. I believe I saw a demon. Baruch Hashem, I didn't sleep with her. And Baruch Hashem, unlike before, after I woke up, I didn't m*. I was sorry, I regret it very much.

I woke up immediately (around 5 am), started to pray and asking for forgiveness, calling on saints and ancient masters to aid me in my struggle.

Then it dawned on me (after I somehow stopped crying and pleading).

I cheated on my wife. I am depressed, I am afraid, I am helpless. I haven't changed one tiny little bit, I haven't moved one jota forward since the time that I first fell into this cycle of pain. Will I die not moving one little bit!?

As Eye asked: Is this working?

To be honest, I am much stronger than before. And yet, I shudder to think, this was a dream, but I was totally aware of everything, just like when I am awake and with that in mind, I would have probably acted the same, if I were awake.

To answer Eye: No, this is not working.

It has been 133 days clean and then I fell. But hey, as all know, a fall doesn't just happen, it builds up. And when it was building I didn't start crying GEWALT.

I shudder to take the next step: What now?

I feel strong enough to think about this. That is good.

I don't want to tell my wife. Because it's not her fault. I don't want to hurt her in any way, even though I did through my action.

I must admit that I often run to the toilet, hit myself on the head until i feel dizzy, cos I can't live up to the ideal that I set for myself and give true joy to others - I just want to run away, but then I try to swallow my ego and do something good - oh dear.

What now? I feel like I want to start smoking again.

Again, what now...

Should I join a group, not telling my wife anything, hiding. Should I ask for sponsorship, start posting more? Reading more?

I can't tell her, she married a man, I married a woman. I don't want to become her patient. So the only thing is to try one more time.

How can I do it differently this time, so that after I hit 90, I will come here and will be humble in saying, Baruch Hashem, I am Your servant, I and my wife are a Human Being in your service!?

When I find a way, I will come back to tell you about it.

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Re: Funny walk to 90 by Yehoshua
Posted by the.guard - 05 Sep 2011 10:26

There is a HUGE difference between our subconscious and our conscious. What you do in your dreams is in NO way indicative of what you would do when conscious, because when we are asleep our logic is turned off, and our ability to calculate the consequences of our actions is turned off. We are NOT responsible for our dreams.

The Zohar says that there are demons that come to a person at night and get them to have nocturnal emissions. But we are not responsible for them and it is only Hashem's way of testing

us to see if it will get us to feel "down". Just ignore it and keep up your wonderful progress.
Hashem is very proud of you.

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Re: Funny walk to 90 by Yehoshua
Posted by Eye.nonymous - 05 Sep 2011 11:39

DREAMS DON'T COUNT AS A FALL!!!

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Re: Funny walk to 90 by Yehoshua
Posted by Kedusha - 05 Sep 2011 14:49

When we make the right decisions in our sleep, that's icing on the cake. However, dreams
never count as a slip, let alone a fall.

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Re: Funny walk to 90 by Yehoshua
Posted by heuni memass - 05 Sep 2011 20:01

Yehoshua- Amazing progress!

133 days - matzel tov!

Keep it up continue your journey.

As all above mentioned no need to restart

you are really special for getting worked up about a dream

but hey- dont let the yetzer hara get the better half of you

run forward

dont look back

he's trying to keep up and hes loosing the fight

so he threw you a curve ball

he wants you to strike out

Dont.

Keep up your great work

day 134 here he comes

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Re: Funny walk to 90 by Yehoshua
Posted by bardichev - 05 Sep 2011 20:25

yehoshua just move along

its nothing and nothing

its like a loose bowel movement (actual quote from a gadol)

move on u didn't fall!!!!!!!!!!!!

keeeeeeepon trucking!!!!!!

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Re: Funny walk to 90 by Yehoshua

Posted by JackAbbey - 05 Sep 2011 22:43

dear yehoshua, you are my mentor! 133 days clean its my dream

it might help to be mispalel daily that hashem shoul bring back all spilled neshomes to the kedusha

also that all dinim should be sweetened in its roots (as they are really only goods) and overturned to goods

why knock your head on the wall when you should dance with your feet knocking on the floor

that you are b"h a ehrlicher yid, heilige yid, been clean for so long

keep posting about that mood issue

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