

Thank you Hashem

Posted by ur-a-jew - 07 Sep 2010 17:24

Ahh what a feeling. 90 days. Thank you Hashem for sending me here and walking me along, to Guard for setting up the site and to all the wonderful members for giving me chizuk and advice all the way. I started writing this post after just being on the site for two weeks but it somehow got deleted and then I kept pushing it off. I figured once I got 90 days I would just write a whole long megilla as to what the GYE community means to me.

1. I once met a chasuva balabus who works with at-risk kids and he told me over a conversation he once had around Yom Kippur with one of these kids. He was telling the kid that on Yom Kippur we can do teshuva and our aveiros become zechuyos. The kid turns to him and says you explain to me how the XXX movie I just watched will be a zechus. The balabus turns to me and says I didn't know what to say but Hashem put the following in my mind which I told the kid. He said, I'll tell you. Because you're going to resole to change and you're going to become better and work on raising a jewsih family and you're going to meet a kid like you where who feels they were hopeless. At that point you'll tell the kid, never lose hope, you can never sink too low. I also saw the shmutz that you saw, I saw the same XXX movies, but look I was able to turn around. At that point says the balabus you'll understand how that XXX movie can be a zechus. The message hit home and the kid went on to change. All I can say is that there are a lot of interesting and unique "zechusim" on this site.

2. I've learned how to grow in Ahavas Yisroel. Just like the addiction does not discriminate neither does the site. All walks of yiddishkeit are here and the camaraderie that is displayed is trully remarkable.

3. My tefillos have improved. There are a lot of people to thank for this. Most promenantly is Dov who has encouraged me to talk to Hashem on a regular basis. Just two days ago, Jooboy wrote me something which gave me a tefilah that I now add. Hashem give me the ability to place my trust and my dependance only in You and not in any human including my wife.

4. I realize I am not alone.

5. I have hope. In the back of my mind I also had this fear that I had completely ruined my chances to be mekabel pnei moshiach and for olam haba based on my actions. Would I ever really be able to do teshuva. The site tells me that although it is hard work (as could be expected given the reward) teshuva is possible. It really is possible to stop.

6. The 12 Steps. In the past as part of my efforts to stop. I had always looked into ways to online SA meetings. It never worked in large part because I could not relate to any of the people that were members. Here I feel that I am amidst family since we are all bnei av echad. B"H I am making my way through the steps.

7. The knowledge that sex is optional. This is a hard one. But I am grateful for the knowledge and one of these years I hope to be truly able to implement it in my life.

8. Making shemiras einyayim part of my conscience. I can proudly say that for the past 90 days I have not picked up a New York Post or a New York or New Yorker magazine, all of which were part of my daily or weekly routine since they are readily available in my office. I have come to realize I don't need them and the potential triggers they bring with them.

9. A filter. After years of just saying I need one I know have one both in the office and at home.

10. No facebook. This was probably my biggest michshal in the past year. What a wonderful feeling when I click on a link that directs me to facebook and K-9 comes up to block it.

11. No youtube. Another source of anguish consumed by the canines.

12. A garden of peace. I found this book here. And anyone who has read it knows what I mean. Anyone who hasn't, what are you waiting for.

13. A better marriage. When I don't have all the baggage, things necessarily are better.

14. The daily chizuk emails, all three of them. Even if I don't always get to read them. There is a certain comfort knowing that they are there just for the looking. There is a noticeable absence when Guard is away.

15. The GYE Handbooks.

16. Virtual meetings.

17. Google chat to know that someone can check on me and the ability to offer chizzuk to others.

18. Rather than mention names and mistakenly leave someone out. I appreciate everyone who has helped me along this journey. You all know who you are. I hope to continue with you all to the next level.

My list can go on and on (and I hope to continue it but I got to work a little today). My tefillah to Hashem is that I recognize that this first 90 days is just a stepping stone along the path and that I merit to continue to stay sober day by day, and that I not forget that I was never able to do this alone so I should never think of moving away from the site and the wonderful people that I have met and continue to meet here.

Ksiva V'Chasima Tova to all.

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Re: Thank you Hashem
Posted by Yosef Hatzadik - 07 Mar 2011 16:06

Reb **Ur-A-Jew**, Ur growing by leaps & bounds!!!!

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Re: Thank you Hashem
Posted by ur-a-jew - 10 Mar 2011 19:58

Yesterday was one of those days that on a professional level I would have preferred to have skipped. But B"H I'm sober and alive and on a professional level I did gain a lot this past month. Thank You Hashem for everything. I know even when it hurts it's all part of the Master plan.

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Re: Thank you Hashem
Posted by 1daat - 14 Mar 2011 04:53

"Sober and alive" and giving so much to us. Your thread and your posts to our threads are always gold. For the Mishkan. In all of us.

Thanks

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Re: Thank you Hashem
Posted by ur-a-jew - 14 Mar 2011 15:52

After a weekend full of death -- the brutal massacre in Eretz Yisroel, more than 10,000 people killed in Japan, and someone who I worked closely with recently committed suicide -- I would be remiss if I didn't take some time to contemplate the gift of life. My recent practice of speaking out the birchas hashachar before I say the actual brocha made me immediately realize that it truly is a brocha to be a Yid. Given the constant ability to do a mitzvah, there is no circumstance that a Yid can say "I would be better off dead," making it worth taking one's own life. Every action that we do is an opportunity to get a mitzvah.

So lesson number one is appreciate the opportunity I have in my ability to always perform a mitzvah.

I had not heard about the E"Y massacre until this morning. First through an email then on JM in the AM. One of my first reactions was one of embarrassment. Yesterday I was busy shopping for my son's bar mitzvah. I thought to myself we are so caught up in the gashmiyus that I can be totally oblivious to what others in klal yisroel were going through. True I may not have had an opportunity to hear about the massacre but I certainly am aware of people that are struggling to put food on their table. A struggle that at least I can appreciate from my own financial struggles. Moreover, listening to some of the people in the store -- one guy telling his son to get three hats since why should he have to "shlep" a hat home from Yeshiva -- makes me wonder

whether we are missing both the forest and the trees.

So lesson number two is contemplate my surroundings. Ask myself is what I am about to do going to lead me to fulfill my purpose in life. If I am gone tomorrow (c"v) would what I am about to do be necessary, would I have done it differently if I knew that today could be my last day.

After listening to an interview of one of the rescue workers that came to the massacred house, they played Carlebach's nachamu. Which made me realize that as tragic as the situation is, think about the pain (kaviyochul) of Avinu Sheboshomayim. Look at how much He lost and look at how much He is yearning for all of this suffering and tragedy to end. What have I done to help Him bring moshiach closer? Which made me realize that the only things I really have to offer are just being a better Yid, and a better person. Every second that I am shomer my eiynayim is making a difference in fighting terror, as is every minute that I push myself to learn --- and it truly is a push, one which I have had a pretty hard time doing ---I am making a difference, the same goes for saying a kind word to my wife or my child. It was interesting because as I pulled up to my house returning from carpool I saw my son leave again late to school. Normally I would let him walk. But today I said I should be happy that I have this opportunity and I drove him which he certainly appreciated. There is really nothing else that I can do to make a difference but to live life properly.

So lesson number three I guess is that I have in my own small way the ability to make a difference. I just have to seize the moment.

The final thing, thinking about what is going on in Japan is really just a chazarah of everything I wrote above. Reb Matisyahu Solomon Shlita always quotes the chazal that "Ain Yesurin Bo LOlam Elah B'shvil Yisroel. The death toll in Japan is for one reason and one reason only. To tell klal yisroel wake up it's time to change.

If I could at least internalize at least one of these messages, it won't bring anyone back to life but it will at least make that all this death was not in vain.

Thank You Hashem for the precious gift of life, please help me live it to its fullest.

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Re: Thank you Hashem

Posted by ur-a-jew - 18 Mar 2011 21:08

Thank you Hashem for another sober week. Being less busy equated with a more lustful week. Fortunately I had GYE to turn to when I was bored and I was able to distract myself. I have no doubt that had I not discovered GYE this past year, this past week would not have been a good one.

Thank you Hashem for sleep this week. Being more lustful just made me want to be with my wife more. Having GYE and the tools I've learned made me prepared when G-d's plans (and

therefore my wife's) were not the same as mine. So whereas in the past I would have sexless and sleepless nights now I slept.

Thank you Hashem for helping me be able to talk things out (I think) when the financial blues hit again and for helping the cruddy moods that followed dissipate.

Thank you Hashem for giving us Shabbos.

Thank you Hashem for Purim and for assisting me in being mehapech my life as I've known it for too long.

A wonderful Shabbos to all.

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Re: Thank you Hashem

Posted by ur-a-jew - 23 Mar 2011 13:51

Someone asked me yesterday how I was doing and I wanted to write, would feel better if I had had sex the night before. But I was reminded of the story I think with the Chofetz Chaim in which he asked someone how he was doing. To which the person responded "could be better". The Chofetz Chaim answered "if it could be better it would be better". You were put in this matzav by the RBSO because that is best thing for you right now. So no it would not have been better had I had sex the night before. Got to keep reminding myself. Fortunately while the bedroom has been a bit shaky these days the one thing I still have is the ability to talk to Hashem whenever I want. Thank You Hashem for that and please give me the strength to put my trust and faith only in you.

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Re: Thank you Hashem

Posted by ur-a-jew - 30 Mar 2011 20:59

For honesty's sake and for the selfish reason that I want to stay sober, I have to admit that I read for work more than what was necessary from a sexually explicit document. I don't consider it a fall since there was nothing so triggering, but in my pre-GYE days reading that same document piqued my curiosity and ultimately led me to some bad stuff. Sometimes we never learn. It's always good to remind myself that I can never be too complacent since this addiction is not going away anytime soon and that curiosity can kill the cat and the addict.

On other fronts, Thank Hashem all is well.

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Re: Thank you Hashem

Posted by ZemirosShabbos - 30 Mar 2011 21:41

[ur-a-jew wrote on 30 Mar 2011 20:59:](#)

For honesty's sake

you are doing great!

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Re: Thank you Hashem

Posted by Dov - 30 Mar 2011 23:28

You are no stranger to recovery, so you know what I am about to say:

Ashrecha, v'ashrecha.

See-ya!

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you should get a top-hat, you are giving Honest Abe a run for his money...

Re: Thank you Hashem

Posted by ur-a-jew - 06 Apr 2011 15:05

I recently heard a vort from Reb Lopian (not sure if it was the son or grandson), we say Aveinu Malkaynu Kusvaynu B'Sefer Zechuyos, he asked either we have the zechuyos or we don't have them, so what precisely are we asking for? Reb Lopian answered that sometimes we will be in a situation where timing is everything. Being in Sefer Zechuyos is about having the Zechus to be in the right place at the right time. Yesterday, I went online to buy something and I had to get info and I initiated an instant chat. The lady comes on and she had one of those names (Rachav Mzinah Bishma). I thought to myself that sounds like a name to research. But I didn't let my mind process that thought, because I knew that I don't want to even go there. Within the half hour I get a chat from a buddy saying I'm reaching out to you since you'll understand, a name came up that I want to research. I told him what perfect timing since I had just experienced the same feeling, the discussion worked and sholom al yisroel (at least for this time as he pointed out today). That is what it means being written B'Sefer Zechuyos, just being in the right place at the right time.

So I learned something interesting. When I went on to the site and saw the triggering name, I could have gotten all depressed why is G-d doing this to me? Does He hate me? Here I am trying to get better and look what happens. If I would have thought that it would have been much harder to resist and do away with the feeling. It likely could have spiraled to a situation where I would have been conducting some search when my buddy contacted me. What would have I said. "Don't do it, I'm doing it right now and its not worth it" or said nothing because I was so embarrassed and he getting no response starts doing the same thing. The RBSO wasn't sending me that name because He hates me. Just the opposite He was sending me the name, because He knew that I could overcome it, and that I would have the ability to relate to my buddy better when he reached out for me. My buddy having someone to speak out his feelings to was able to move on, I get to write this post and Moshiach is two steps closer and the rest is history. In short, when presented with a nisayon, don't look at it as rejection from above, but acceptance. Second, when someone reaches out to you, there is no need to tell them don't do that, relating to their desires and feelings is often enough to help us see the insanity of the actions that we want to take.

Thank you Hashem for another sober day, for more lessons for living and for giving me the opportunity to be in the right place at the right time.

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Re: Thank you Hashem

Posted by ZemirosShabbos - 06 Apr 2011 15:35

Thank you Hashem for such kind-hearted and truly good people like UAJ!

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Re: Thank you Hashem

Posted by Dov - 06 Apr 2011 15:54

This is very nice to read, thanks again sir!

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Re: Thank you Hashem

Posted by Yosef Hatzadik - 06 Apr 2011 22:50

Megalgalin zchus al yedai zakai.

Reb **Ur-a-Jew**, YOU are a *zakai*!!!!

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Re: Thank you Hashem

Posted by ToAdd - 07 Apr 2011 05:33

Thank you, Jew, for the beautiful posts.

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