

Thank you Hashem

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

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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 eynayim 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 kutan - 02 Nov 2010 17:07

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Phenomenal.

And may I interrupt for a commercial broadcast... we have found Mrs. Dina Friedman's one year parenting course to be the best investment we have made in a long time....

visit [www.clparenting.com](http://www.clparenting.com) for more information...

The course starts this week, and goes for a year... so NOW is the time!

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Re: Thank you Hashem  
Posted by ur-a-jew - 07 Nov 2010 01:28

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Day 151 (Yes I know its one day at a time but I'm counting because then maybe I'll think twice before I do something knowing how much I love we're I am now and how much I have to lose if I act out now; it also may tell someone who just reached 90 days that the struggle doesn't stop once you reach 90 days so don't think you can reach 90 days and check out of here; and it makes me feel good and I still haven't gotten over my gaavah issues).

So on Erev Shabbos I came home after a long week of being in the mood to be with my wife but nothing happening (through no fault of hers). Comes Erev Shabbos and my wife is all tense and had been all day because of exhaustion and a house full of kids not listening. As I walked in from work I just tensed up from seeing how tense she was, immediately thinking that if she stays like this it doesn't bode well for tonight. Having done a fourth step on this earlier in the week, I knew it was my own selfishness that was causing it. So as I ran out to do some errands I decided to reach out and give it over to someone. I wrote it all out and googlechatted it to someone. Writing it out helped but I was hoping to get some feedback not surprisingly since it was almost Shabbos I didn't get an answer right away. Just then I noticed someone else had come online. I sent him the send thing and he started texting me back. He told me about the third step and then he said "I believe He wants me to use my sex powers to give to my wife and make her feel loved not to make me feel loved. If I have a need to feel loved I need to focus on being loved by God and giving to others and most importantly my wife and children." When I heard that last point about focusing on Hashem for my needs. It all just clicked into place. I said a small tefillah to Hashem. Felt much better and realized that even if nothing happened that night I could deal with it because I could turn to Hashem for fulfillment of my needs. My job was just to focus on giving. I came back home with the tension lifted from me. Then the first person texted me back as well, giving me additional chizzuk. I came into Shabbos a different person from the way I came home from work. My wife obviously sensed it since by the time we went to sleep she had completely turned around her mood.

It's amazing how just reaching out to someone turned around not only my Shabbos but my whole family since I was a different person then. Thank You Hashem (and your local agents Jooboy and Stuart).

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Re: Thank you Hashem  
Posted by jewinpain - 07 Nov 2010 02:35

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Ur a jew I'm proud of ur progress, especially how u dealt with that situation on friday, its clearly the credit of joining the. 12 step call, keep it up and u will see that 150 will become 300 just be going 1 day at a time and yes its nice to hear that u say wife is seeing a change in u , I can say the same & u know what else, hashem sees the change and he's so proud of u and he'll help u in this struggle

U got some gr8 buddies stuart and jooboy, they are the pros just keep tight with them u will be good

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Re: Thank you Hashem  
Posted by kutan - 07 Nov 2010 21:47

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Are you SURE you still have gaava issues? I don't see that... never mind!

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Re: Thank you Hashem  
Posted by ur-a-jew - 11 Nov 2010 22:43

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Beginning of the week was a little rough on the wife issue, but fortunately I reached out to Dov and got alot if it off my chest. While I still didn't have as restful A night as I would have preferred I did not take it out on my wife. Ultimately, however, I came to realize how grateful I have to be to Hashem. In the past when these things happened there were either two alternatives: either drive my wife crazy or have all my feelings sit inside of me which inevitably came spilling out anyways on those around me. Now I have the ability to talk with someone who really understands the way I feel. I can get out my feelings and move on. Thank you Hashem (and GYE) for this brocha.

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Re: Thank you Hashem

Posted by ur-a-jew - 14 Nov 2010 06:06

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I just heard a vort from the Kotzker. He once asked his chassidim if two people are on a ladder one on the fifth rung and one on the tenth who is higher? The chassidim looked at him quizzically. To which he responded you're probably thinking the one on the 10th, but it all depends on which way you're going. If you are going up "bnei aliyah" it doesn't matter which rung you are on. You're on the way up and you're higher than a bnei yeridah no matter which rung he's on. Boruch Hashem I was zoche to put my feet on the ladder together with all the bnei aliyah who are here. We may be coming from the muck but if we are here it is because we want to go up. We want to be bnei aliyah. And that's what counts.

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Re: Thank you Hashem

Posted by ur-a-jew - 17 Nov 2010 15:28

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Memo to G-d (copy to self)

1. Thank you for 160+ days of sobriety and the attendant growth that it brings and please help me continue.
2. Please help me improve way way further and come to appreciate that:
  - a. Women are people not bodies with breasts.
  - b. Shabbos is a day of growth and coming closer to You and to others not simply a nice time to have sex.
  - c. Vacations are a time to relax and develop relationships not just a place to have sex.
  - d. Ladies clothing stores do not require anyone who comes in (men or women) to browse for or purchase lingerie.
  - e. There is more to the calendar than muttar and ossur days.
  - f. Life is about living.

Thanks, one of Your many children.

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Re: Thank you Hashem  
Posted by ZemirosShabbos - 17 Nov 2010 15:46

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reb UAJ,

i venture to say that G-d absolutely loves reading this thread!

(and, lehavdil, so do I)

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Re: Thank you Hashem  
Posted by frumfiend - 17 Nov 2010 18:22

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You hit it on the nail with that post!

shkoach

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Re: Thank you Hashem  
Posted by ur-a-jew - 18 Nov 2010 00:23

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Addendum to memo:

g. Just because my wife says "I love you" and gives me a kiss doesn't mean she wants to have sex.

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Re: Thank you Hashem

Posted by bardichev - 18 Nov 2010 01:54

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UAJ

Thanks for ur blunt memo

Can I add a thank you

Thank you for my sobriety. It taught me that politeness is not to be taken as an advance

Some people are genuinely polite

When a teller/checkout/stewardess says hello goodmorning

May I help you

All they mean is

Hello=recognizing your presence

Good morning= a blessing



May I help you= I have a job. What is it I can help you with within the professional level of my job

Thats all

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Re: Thank you Hashem  
Posted by ur-a-jew - 19 Nov 2010 15:45

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[ur-a-jew wrote on 17 Nov 2010 15:28:](#)

- 2. Please help me improve way way further and come to appreciate that:
  - a. Women are people not bodies with breasts.

Okay I am looking for eitzos on how to deal with this. A typical example of this I go to a wedding and one of two things happen either I see 200 chests running around. It's not that I am necessarily lusting after this. It's just that I don't see 200 people just coming to enjoy a chasuna. Or, I have the holier than thou attitude and I can't even look and carry on a normal conversation and I develop a certain resentment why do they have to dress this way, etc.

I know one eitzza is to focus on the tzelem Elokim in everyone. But some practical guidance and insight would be useful.

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Re: Thank you Hashem  
Posted by Stuart - 19 Nov 2010 16:01

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How about thinking of your wife instead of those 200?

Another aitzta is to perhaps just keep your distance, and not necessarily only physical distance. The other night I was sitting at a mixed event with my friend's very cute wife. Instead of going out of my way to converse with her, I just kept our interaction to the minimum.

I realize this doesn't entirely answer your question, but just trying to start something off.

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Re: Thank you Hashem  
Posted by KiviYVY - 19 Nov 2010 16:11

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[Stuart wrote on 19 Nov 2010 16:01:](#)

Another aitzta is to perhaps just keep your distance, and not necessarily only physical distance. The other night I was sitting at a mixed event with my friend's very cute wife. Instead of going out of my way to converse with her, I just kept our interaction to the minimum.

I've heard that advice before from my Rosh Chabura. He was referring to neighbors wives. If you sense some attraction, stay far away - nothing more than common courtesies like Good Morning/Shabbos, etc.

To think more in the long term, such attraction is a red flag for a deep-seated lust that requires some 12-step overhauling.

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