

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 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 ZemirosShabbos - 12 Apr 2011 20:48

reb UAJ, your honesty, clarity and insight are gevaldig!

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Re: Thank you Hashem
Posted by ur-a-jew - 18 Apr 2011 17:32

Saw a chinuch this shabbos mitzvah 188 - ??? ?????? ??? ???? ??????

that warrants extra emphasis.

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In other words as Dov likes to say that may be good for a normal person but not for an addict like me.

Wishing everyone a wonderful, sober Yom Tov. And Thank You Hashem Sehechyanu, VKiyamunu Lzman Hazeh.

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Re: Thank you Hashem
Posted by ur-a-jew - 24 Apr 2011 03:57

BH Yom Tov is great. But life goes on and that time of month comes regardless of my schedule. In anticipation I was hoping I would have one more night. In fact I was even dreaming that perhaps I would have at least the morning before the night. While I joked about it with my wife I knew it was mostly a dream especially when all the kids kept us up way too late the night before. But this was the frame of mind I woke up in this morning. Es chatai ani mazkir hayom, I even had playing in my head the line of a goyish song of my youth: "one more night . . ." At that point I stopped myself and thought what's really going on here. It was really two problems. First, I'm making my wife into a god. In the sense that I'm placing my ability to find happiness and satisfaction in my being with her when it doesn't need to be. Its a nice thing to be with her but I don't need it to be happy. Second, I was living totally in the here and now without giving any thought to the future. If life took its normal course in less than two weeks she would be back in my arms. Looking at the big picture its not like I would be somehow better if something happened today. What I was looking for would happen its just a matter of time. And if c"v I died

tomorrow I doubt I would be lying in my grave saying if only I had been with my wife one more time. A morbid type of thought but one that allowed me to put life in a little perspective. Which was a good thing since by the time I got home from shul it was too late. But I was already mentally prepared.

G-d is good and He makes life good. Thank You Hashem.

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Re: Thank you Hashem
Posted by Dov - 24 Apr 2011 04:35

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The two of you can be together any time you like, whether you two are mutar or not. You do not need to be sexual or even physical to enjoy each others company tonight. This fact came as a shock to me, though my wife has known this forever....

While I was out there busy trying to find a fake or real woman to be 'really fake' with me and make me feel loved...even just by her image sometimes....she was waiting at home for me.

Very sad, really.

Nu. But at least we are finally together again. All because I am sober today.

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As I am learning now, be"H, you can still have "one more night", Mr Collins. (haha :

Re: Thank you Hashem
Posted by laagvokeles - 24 Apr 2011 14:16

[ur-a-jew wrote on 18 Apr 2011 17:32:](#)

Saw a chinuch this shabbos mitzvah 188 - ??? ?????? ????? ??? ???????

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thank you wonderfool shtikel!

(by the way he speacks to non addicts also that they simply have a huge taava....)

thank you again for sharing!

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Re: Thank you Hashem

Posted by ur-a-jew - 17 May 2011 13:28

Yesterday as a result of talking through an issue with one of my close GYE friends I gained clarity in a different issue (I think). At one point in the conversation the observation was made that it seems there is a difference between a sex addiction and other addictions in that we don't need to drink alcohol, we don't need to eat certain foods by contrast we all hope to get married and sex is an essential part of married life and it involves another person and their needs as well. The answer of course is that we are not attempting to limit sex we are attempting to limit lust. If I'm masturbating I'm lusting, if I'm looking at porn I'm lusting, if I'm having sex with a participant that's been pressured to submit that's lusting and if I lose my sanity because someone doesn't want to have sex that's lusting too. I do have the ability -- certainly with Hashem's help -- to not do these things.

All this I knew. What I got clarity in was that I'm not going to reprogram my brain to never lust or to only want sex when my wife wants it. G-d made me in a way that I want sex often. That's ok. Its no different from the fact that even if I resolve not to look at provocative images I have no

guarantee that I won't be faced with those images again. The trick is how I handle it from there on. If I pressure my wife into having sex then I'm acting on my lust and acting out. If I sit and sulk because my wife doesn't want to have sex I'm also acting out. By contrast, If my wife wants to have sex. I'm giving then. While there may be some people who can make that act wholly altruistic and have no lust wrapped in it. That would be demanding perfection and I'm just not there yet. I'm not going to eat myself up over it. If G-d made me a luster that His chesbon and my job is to direct it in permissible directions and refrain from impermissible.

Last night I really wanted to have sex. My wife didn't. Armed with the clarity and with a little tefillah to Hashem I accepted it. I'm a more content person today notwithstanding the fact that I would still like to have sex with my wife. Thank you Hashem for bringing me to this point. I'm sure there are higher heights to reach but I'm grateful that I got to this point.

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Re: Thank you Hashem
Posted by Dov - 17 May 2011 16:34

Excuse me dear chaver, but don't you think a post like this better belongs in the baal habatim's section? Really. I will not remove it, but will flag it for the other mods. Hope that's OK w/you.

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Re: Thank you Hashem
Posted by ur-a-jew - 26 May 2011 15:40

Just saw a sign with a quote from Babe Ruth "Never let the fear of striking out get in your way." In other words, just because you think you may fall don't give up on trying to stay clean.

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Re: Thank you Hashem
Posted by kutan - 26 May 2011 16:20

[dov wrote on 17 May 2011 16:34:](#)

I am also a huge gigantic fan of Ur-a-jew maybe his biggest one yet and I'm not sure that it does. My reasoning is that the majority of people here are here because they have a lust problem. If they are married it doesn't make a difference. If they are single and addicts they should know that married life doesn't solve the problem. Now I know you'll tell me that there are 643 quests viewing as I write, and half of them are 9 year old kids that don't know what sex is. I guess I have no answer to that one. Of course if we are discussing . . . then that should definitely go in the ballei batim section.

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Re: Thank you Hashem
Posted by Dov - 29 May 2011 11:42

Maybe yer right. Whaddever. Gut voch!!

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Re: Thank you Hashem
Posted by ur-a-jew - 29 May 2011 13:37

[dov wrote on 29 May 2011 11:42:](#)

Maybe yer right. Whaddever. Gut voch!!

Too late, I already made up to start a new thread in the ballei battim section: Thank You Hashem (the Rated R version). Coming to theaters near you.

I was reading through my wife's 12 and 12 on the first step and she had a handwritten notation which I thought was right on the mark and apropo of Parshas Bamidbar and Shavuos. It said: "Abstinence is not the foundation of sobriety, Willingness is the foundation of sobriety." We all have stopped "for good," some of us more times than other, but it never seems to somehow last. Because there is more to being sober than simply being abstinent. Those who are

successful in staying sober do so because they have a willingness to recognize that they don't know how to do it on their own. So they swallow their pride and say to someone who has been sober teach me how to do it. I am willing to do it the way you suggest that I do it and not the way I think it should be done.

The same lehavdil -- I say lehavdil hesitatingly since this is all a part of Torah since a self-centered person cannot be an oved hashem -- is with Torah. Torah needed to be given in a midbar. A person has to make himself hefker and then he can be mikbal torah. It doesn't work any other way.

Thank You Hashem for sending me this timely message.

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Re: Thank you Hashem
Posted by Dov - 30 May 2011 02:09

Funny how it works. Sometimes I am brought to abstinence by first becoming willing. And sometimes I am brought to willingness through first being abstinent.

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