

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 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 bardichev - 07 Jan 2011 07:53

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Gevaldiggggggggg!!

KOT!!!

2000 here we come!!

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Re: Thank you Hashem  
Posted by ur-a-jew - 07 Jan 2011 16:30

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[ZemirosShabbos wrote on 06 Jan 2011 18:51:](#)

and just a small reminder

before you make INA second-in-command of the United States of UAJ

i gave you semicha a while ago...

Originally, I was going to say the Bardstown foreign ambassador, but given that Bards made no comment on your proposed defection who know the skys the limit.

One think I have to say that the official langauge of the USUAJ is going to have to be Yiddish. I went on the Yiddish thread last night and I chapped such a geleichtig gur groisser than on the Kalta Plotz for dem Muray Shcora.

Ich Red nor a bissul yiddish, efsher ich farshtait a bissel Yinglish. Uber Tayrah Yiddisher Kinder farshtay nisht Porn dos iz de yerusha far de Goyim ubber gayin mit di oiygelach in vachin dem porn afelo im nisht farshtayn. Az a kapparah tzo dem is too epes farshtay di Yiddish als dos is der Yerusha from der heilegah mammas un der tattas.

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so i should at least be a Minister-without-Portfolio

Re: Thank you Hashem

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Posted by ur-a-jew - 09 Jan 2011 04:22

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BH had a wonderful shabbos.

I had a wonderful insight on the parsha. If you read the parsha it seems that the bnei yisroel borrowed from the mitzriam after makkos bechoros which would make some sense since the mitzriam at that point would do anything to get rid of the bnei yisroel. The problem is that the bnei yisroel were not allowed to leave their houses all night and they were chased out at the crack of dawn hence the matzah. The alshich learns that they borrowed everything before makkos bechoros. So it comes out that the mitzreim gave them all their wealth simply based on the niseyas chayn that the rbso instilled in the mitzreim for the bnei yisroel. What's the lesson for us or me? We all know (whether or not we act on it) that our parnassah is dependent on the rbso. But what about the way people perceive us. The possuk is teaching us that this too is dependent on the RBSO. Whether or not you'll find favour in your wife's eyes in the cop who pulled your over is from Hashem. So the next time I want to have sex and my wife is refusing. The address to resolve that issue is upstairs.

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Re: Thank you Hashem

Posted by Yosef Hatzadik - 09 Jan 2011 23:54

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If we must choose between Yiddish or the Goyishe yerushah, then the choice is clear: Mir zener Yidden. Mir reddem Yiddish!!!! :D

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Re: Thank you Hashem

Posted by ur-a-jew - 10 Jan 2011 01:00

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My point got lost in the lack of translation. It was we took on the inheritance of the goyim and something which in essence we don't understand because we have shaychis too it and tried to understand. So in the tikkun stage the least we could do is take something which we do have shaychus to and try and understand it.

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Re: Thank you Hashem

Posted by Yosef Hatzadik - 10 Jan 2011 01:11

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Signing up for Yiddish 101?

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Re: Thank you Hashem

Posted by ur-a-jew - 10 Jan 2011 04:23

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[Yosef Hatzadik wrote on 10 Jan 2011 01:11:](#)

Signing up for Yiddish 101?

Would love to, especially if you're giving it.

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Re: Thank you Hashem

Posted by Yosef Hatzadik - 10 Jan 2011 17:13

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[ur-a-jew wrote on 10 Jan 2011 04:23:](#)

[Yosef Hatzadik wrote on 10 Jan 2011 01:11:](#)

Signing up for Yiddish 101?

Would love to, especially if you're giving it.

Did you see my post over [here](#)?

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Re: Thank you Hashem

Posted by ur-a-jew - 12 Jan 2011 16:09

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So I had a buddy of mine who recently had a hard time staying out of trouble in planning for an upcoming vacation. A feeling I certainly can relate to. For an addict it seems that an essential component of a vacation is sex. Then when you add in warmer climate you run in to the beach problem. Indeed, even if you know you are not going to go to the beach there is the trying to find a way to make it work. Finally, there is always the challenge of the television in the room. Since its there right in front of you it is almost a sin not to use it.

I don't have a solution to all of these problems. But I learned something in the Chovos Halevovos last night that reminded me of it. The Chovos Halevovos says that one of the chesbonei hanefesh a person must make is to consider the plans he makes before he goes away on a trip. There are the travel arrangements, then the hotel, the food, what are we going to do once we get there. Sometimes the planning of the vacation is longer than the actual trip itself. Says the Chovos Halevovos we are all going on a trip, and the trip is for eternity. What plans have we made for that trip. At a minimum the same sort of planning that we do for our earthly trips should be invested in our eternal trip.

I was thinking about this Chovos Halevovos this morning and an interesting thought occurred to me. We know that the pleasure in Olam Haba has no comparison to the pleasure in Olam Hazei. Rav Dessler says that if one wants to get a sense of the pleasure in Olam Haba he should imagine all the pleasure that he has in a year, then add to it the pleasure that he has in the course of his lifetime, then add to it the pleasure of everyone alive, then add to it the pleasure of everyone who has ever lived that does not compare to the pleasure in Olam Haba. So if we are such pleasure seekers (hence the constant focus on sex) how come we pay no heed to the ultimate pleasure that we can get in Olam Haba. The answer I beleive is that either we don't really believe that such pleasure is awaiting us. Or, we really are not so focused on

pleasure. Meaning the porn, the sex, its not really pleasure, an escape maybe, but not real satisfying pleasure, and deep down we know it. So we don't consider ourselves pleasure seekers and therefore we don't focus on the ultimate pleasure either. Does that make sense? Just some thoughts.

Anyways, Thank You Hashem for another day of sobriety for helping me re-connect to my wife and for giving me this wonderful family.

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Re: Thank you Hashem  
Posted by ZemirosShabbos - 12 Jan 2011 16:30

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thanks for sharing that!

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Re: Thank you Hashem  
Posted by Stuart - 12 Jan 2011 18:34

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[ur-a-jew wrote on 12 Jan 2011 16:09:](#)

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I never understood that sex or porn is not *real* pleasure. Le'maseh we enjoy it right now, were



not thinking about anything else, and we don't care of the later consequences. The point is that we were focussed on the moment and thinking about our wives, children, and especially olam haba is too far fetched right now.

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Re: Thank you Hashem

Posted by ZemirosShabbos - 12 Jan 2011 18:53

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Rav Akiva Tatz writes about the fact that sex is such an obsession and is used to market anything and everything from toothpaste to boots.

Reason it is so alluring and such a draw for many is because it is an experience where we feel that we have 'arrived' at the destination. Where everything else fades away and we feel that we are complete and there is no pursuit anymore. As opposed to the majority of time and activities where usually there is something we are working towards, some as-yet unreached point.

(This is also why that is when life is re-generated, at conception, when the process seems to have reached the end, that is when it starts again).

This concept holds true when the sex is in the proper parameters, i.e. with a loving spouse. When it is corrupted and perverted and taking out of its correct context then the pleasure is marred by the guilt and the 'fallen' state of selfish indulgence. That prevents it from feeling as the complete 'arrival' it should be. It feeds on itself. We want that pleasure and feeling of arrival but it cannot be had because it is taken out of context. So we keep looking for more and more and spiral out of control.

We can never be satisfied by porn/lust.

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Re: Thank you Hashem

Posted by ur-a-jew - 12 Jan 2011 18:57

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[Stuart wrote on 12 Jan 2011 18:34:](#)

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So you are saying there is a third alternative which is that as addicts we have dual personalities. There is the "normal" side of us that we present to the public that really believes in schar v'onesh and olam haba, etc, and then there is the addict side which essentially throws all that out the window and sees one thing, and one thing only: Satisfaction of our Lust. Pretty scary. Can't believe I missed that one.

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Re: Thank you Hashem  
Posted by ZemirosShabbos - 12 Jan 2011 19:00

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[ur-a-jew wrote on 12 Jan 2011 18:57:](#)

[Stuart wrote on 12 Jan 2011 18:34:](#)

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is that not the 'addiction', the 'ruach shtus', the 'sickness', whatever it is called that takes over when the lust presents itself?

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