

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 ZemirosShabbos - 16 Jan 2011 05:01

great vort!

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Re: Thank you Hashem
Posted by ur-a-jew - 20 Jan 2011 04:26

I was walking home and I decided to take a short cut and cut across a patch of snow. When I stepped on the snow it was icy and I started to slip. Lesson for recovery: When you go off the beaten and proven path by trying to take shortcuts, there is a good chance you'll slip. Stay with what's proven to work even if takes a little longer.

Thank you Hashem for another sober day and a powerful lesson.

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Re: Thank you Hashem

Posted by ur-a-jew - 20 Jan 2011 16:50

Chazal says, "Whoever has enough to eat today and says, 'What will I eat tomorrow?' such a person is lacking faith." Poshut pshat is the person is lacking in faith because he is worried about tomorrow instead of relying on Hashem. The Kotzker, however, says a different pshat, the reason why he is lacking faith is because he is only worried about tomorrow, you think that the food in your hand today is really secure. In one minute the RBSO can change that too. You have to rely on the RBSO even for what you think you have today.

This is an important insight for recovery as well. People think I'm sober now, I'm not lusting what do I have to worry. I'll read the chizzuk e-mail tomorrow when I feel like I'm lusting. I'll post tomorrow when I feel like I'm in need of help. I'm sober now, I don't really need Hashem now, after all I'm not lusting right now, when I'm lusting I'll admit I'm powerless and turn it over to Hasem. say Chazal: such a person lacks faith.

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Re: Thank you Hashem

Posted by Yosef Hatzadik - 20 Jan 2011 17:03

ooooohhhh!

This post hits home!

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Re: Thank you Hashem

Posted by ur-a-jew - 21 Jan 2011 04:56

The meaning of surrender. It hit me tonight while I was davening maariv. As I was saying Elokaynu, I thought "the master of all strength who is able to do anything." Anything, hey that means He can make my wife be in the mood for me. But then I realized that that's not surrender that's trying to make get Hashem to accept my will. Surrender is when we recognize that I have to accept Hashem's will.

Powerlessness. If we ask how can it work? Just by surrendering our powerlessness is it really going to take away my lust. It's like toivel v'sheretz beyodo. If we realize that Hashem can do anything than obviously he can do away my lust. Once we want to know, how Hashem is going to do it. We are trying to place ourselves back in the drivers seat and direct Hashem how to save us. That's not powerlessness. That's trying to make ourselves powerful.

I think this make sense. No if only I can do it.

Thank You Hashem for keeping sober, yet another day.

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Re: Thank you Hashem

Posted by ur-a-jew - 23 Jan 2011 05:26

This is going to be a long one. But for me, these things spoke to me.

I recently saw a story that made an impression on me but I wasn't sure what it had to do with my lust struggle. Today it all came together. The story is in volume two of "In Their Shadows" a must read book for those who want to grow.

Reb Aharon M'Belz when he was younger got sick and the doctors told him he can't go to the

mikvah. His father knowing that the doctor's warning would not stop him, called in his son and forbade him from going to the mikvah. Shortly thereafter one of his brothers-in-law heard that Reb Aharon was going to the mikvah in middle of the night. He assumed that Reb Aharon had improved. But when he made inquiries he learned that if anything Reb Aharon's health had in deteriorated. He couldn't believe how Reb Aharon could go against his father's command. The brother-in-law decided to hide out in the mikvah. What he observed astounded him. In the middle of the night Reb Aharon entered the mikvah, it was pitch black, he undressed walked to the bottom step of the mikvah and said "I hereby prepare to fulfill the positive commandment of listening to my father, who told me not to toivel in the mikveh" Reb Aharon then turned around, got dressed, bundled himself back up and went home. When the brother-told Reb Aharon's father what he saw, his father Reb Yissachor Dov said: "This is perfection! He doesn't simply heed my instructions for the sake of the mitzvah --- he doesn't want any personal benefit whatsoever in consequence. He therefore doesn't save himself the long walk in bad weather or the time spent in the building; all he skips is the actual tevilah, in fulfillment of my order that he scrupulously observes."

What do we do in such a situation. What happens when for example, we don't say tachnun. We say gevaldig, five minutes less in davening. What's the difference between us and Reb Aharon. Of course alot. But I saw last week from Reb Zilberstein that it starts with an approach to Torah and Mitzvos and a recognition of what a mitzvah is. If we believe that a mitzvah is the opportunity to do the will of the creator of the entire universe then our approach would be much different from one who is doing it just because that is what I need to do so I can maintain my standing in the community and this is the way I was trained to do it all my life. As Reb Zilberstein put it, if we see a tallis as a kingly garment we wouldn't be running to take it off at the end (or before the end) of davening.

Of course acquiring this perspective is a lifetime work. By one of my Rabbeim always says over from Reb Yisroel Salanter we have to nosh from all of the mussar we hear and learn and try to take a little bit for ourselves.

I was thinking about all this when I went to shul this morning. We say every morning. Pokayach Ivrim and Hamaver Shayna May-ayni. Why does Hashem gives us back our eyesight every morning? It's certainly not to watch porn. So at least when I make the brocha of Pokayach Ivrim, let me at least then take a minute and think to myself why Hashem is giving me my eyesight. Perhaps then when something ossur comes my way, I'll be able to turn away.

Now I'm sure that some will be reading this and saying. It all sounds good but the mussar way didn't work for me and it ain't going to work now. To that I say the 12-steps say nothing different. The problem is we were never really learning the mussar in the first place. It all comes down to the same thing. Am I going to approach life superficially or not. I've said this

many times there is nothing new in the 12 steps that's not in the Chovos Halevovos. The 12 Steps just gives us an organizational tool of how to do it. How to become real and live real. The 12-steps are not some magical potion that will make us sober. It's work.

I was very glad to read the following today in the 12 and 12 on the second step:

"Let's take the guy full of faith, but still reeking of alcohol [read lust]. He believes he is devout. [He daven's three times a day and has a seder]. His religious observance is scrupulous [Alla chumros]. He's sure he still believes in G-d, but suspects that G-d doesn't believe in him. He takes pledges and more pledges [Every Yom Kippur he promises that this year will be different]. Following each [usually by Sukkos] he not only drinks [lust, porn or mzl] again, but acts worse than last time. Valiantly he tries to fight alcohol, imploring G-d's help, but the help doesn't come. What then could be the matter? To clergyman, doctors, friends and families, the alcoholic who means well and tries hard is a heartbreaking riddle. To most AA's he is not. There are too many of us who have been just like him, and have found the riddle's answer. The answer has to do with the quality of faith rather than the quantity. This has been our blind spot. We supposed we had humility when really we hadn't. We supposed we had been serious about religious practice when, upon honest appraisal, we had been only superficial. Or, going to the other extreme, we had wallowed in emotionalism [we shuckled like there was no tomorrow] and had mistaken it for true religious feeling. In both cases, we had been asking for something for nothing. The fact was we really hadn't cleaned house so that the grace of G-d could enter us and expel the obsession. In no deep or meaningful sense had we ever taken stock of ourselves [i.e., make a chesbon hanefesh], make amends to those we had harmed, or freely given to any other human being without any demand for reward [and sometimes the reward is in the form of inflating our ego. See generally Shaar Yichud Hamaseh]. We had not even prayed rightly. We had always said, "Grant me my wishes" instead of "Thy will be done." The love of G-d and man we understood not at all. [Shaar Ahavas Hashem comes at the end of Chovos Halevovos for a reason you need everything up to that point to come to true and real Ahavas Hashem]. Therefore we remained self-deceived, and so incapable of receiving enough grace to restore us to sanity."

Thank you Hashem for an uplifting Shabbos and this lesson.

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Re: Thank you Hashem

Posted by Yosef Hatzadik - 23 Jan 2011 17:40

[ur-a-jew wrote on 23 Jan 2011 05:26:](#)

Thank you Hashem for an uplifting Shabbos and this lesson.

And I say:

Thank you **Yur-a-Jew** for an uplifting Shabbos and this lesson!

My Shabbos was quite uplifting after all the help you gave me last week!

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Re: Thank you Hashem

Posted by ZemirosShabbos - 24 Jan 2011 18:56

really liked your last couple of posts, they were gevaldig, thanks for sharing them

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Re: Thank you Hashem

Posted by Yosef Hatzadik - 24 Jan 2011 19:36

[ZemirosShabbos wrote on 24 Jan 2011 18:56:](#)

really liked your last couple of posts, they were gevaldig, thanks for sharing them

Implied in this praise is a request for more. Right?

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Re: Thank you Hashem

Posted by ZemirosShabbos - 24 Jan 2011 19:42

out of concern for the general population i will clear up the mystery regarding the implied implications of my supplications for continued posts from Rabbi UAJ

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Re: Thank you Hashem

Posted by Yosef Hatzadik - 24 Jan 2011 19:44

Ah! NOW you're talking my language!

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Re: Thank you Hashem

Posted by ur-a-jew - 24 Jan 2011 23:20

So yesterday, I was driving my son up to yeshiva. Along the way I noticed that there is a stream that runs alongside the road. It was interesting because despite the frigid weather unlike a lake which freezes over, the stream will get frozen but never completely frozen. The reason being that the stream, unlike the lake, is in constant motion. I realized this is a moshul for me in there as well. If we are constantly moving and trying to work on ourselves we won't freeze up and will keep on going. Sometimes we may hit a rock that may cause us to change direction temporarily
PLEASE KEEP THEM COMING

but in the end we move around it and keep on moving. If however we stop working on ourselves. That's it we freeze up and then we are stuck completely.

Thank you Hashem for another day and another lesson.

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Re: Thank you Hashem
Posted by ZemirosShabbos - 25 Jan 2011 15:42

beautiful, thanks for sharing that

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Re: Thank you Hashem
Posted by im not alone - 25 Jan 2011 19:35

thank [ur-a-jew wrote on 24 Jan 2011 23:20](#):

So yesterday, I was driving my son up to yeshiva. Along the way I noticed that there is a stream that runs alongside the road. It was interesting because despite the frigid weather unlike a lake which freezes over, the stream will get frozen but never completely frozen. The reason being that the stream, unlike the lake, is in constant motion. I realized this is a moshul for me in there as well. If we are constantly moving and trying to work on ourselves we won't freeze up and will keep on going. Sometimes we may hit a rock that may cause us to change direction temporarily but in the end we move around it and keep on moving. If however we stop working on ourselves. That's it we freeze up and then we are stuck completely

wow thanks for sharing that

its so encouraging and true

hashem i might have slipped and again slipped but hashem i'm not freezing i'm still (at least)
working on my addiction

and yes i'm still moving and streaming

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i'm not ice, im working hard

thanks again

(i'm not heading to the drain

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