

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 Rising Up - 25 Jan 2011 20:52

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[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.

Thank you Hashem for another day and another lesson.

This reminds me of the moshul comparing life to a man going up the down escalator. As long as he keeps walking but doesn't try too hard he will stay where he is in life. If he runs hard then he'll go up and up. But if he were to stop for even one second, down and down he goes all the way to the bottom.

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Re: Thank you Hashem

Posted by ur-a-jew - 26 Jan 2011 18:54

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Did you ever get the feeling that five minutes after you say brochos in the morning you're not really sure whether you've said them. Well I get it often. One way to remedy the situation is to say them from a siddur. But I often try to say them when I'm on the way to shul, hence the problem. So I decided to follow my own advice that I gave above about thinking what I'm saying first. The past few days, before I say each brocha I talk out what I'm so grateful for. For example, I say "RBSO you didn't have to make me a Yid. You could have made me a Goy with only 7 mitzvos. But instead you gave me 613 mitzvos and torah. Boruch ata Hashem . . . shelo asani goy." I have to say, After going through each brocha like that when I'm done I have no doubt that I've said the brochos. You just have to leave some extra time.

But another advantage to this is that you have to think about what each brocha is saying. So I came to "Oizer Yisroel B'Gevurah." Obviously, it means more than simply a belt. It has to do with the ability to separate the Lev from the Ervah. Which got me thinking as to what does that really mean. The ervah represents taaivah. The lev represents intellect. The RBSO has given us the ability to separate the two, and either the ability to do that is "gevurah" or we are armed with "gevurah" to make that separation. Either way, I realized that this Brocha is extremely powerful (like all brochos), very relevant and one which can certainly assist us in the struggle.

Thank you Hashem for giving us the "might" of GYE to keep us separate from our taivos.

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Re: Thank you Hashem  
Posted by ZemirosShabbos - 26 Jan 2011 19:00

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beautiful!

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Re: Thank you Hashem  
Posted by Rising Up - 26 Jan 2011 20:13

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It takes you 5 minutes? I sometimes cant remember if I said them all like a minute later.

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Re: Thank you Hashem  
Posted by Yosef Hatzadik - 26 Jan 2011 21:58

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I feel **empowered!**

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Re: Thank you Hashem  
Posted by Stuart - 27 Jan 2011 21:24

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So this morning instead of flying through brachos while trying to get my arm into my jacket sleeve and adjusting my tefilin straps, I actually started to think of the brachos before sputtering them out. It's amazing how on the infrequent brachos such as megila or lulav we can say or listen with so much kevana, but on the ones that thank Hashem for the basic necessities we practically dismiss.

Thank you Ur-a-Jew for recognizing and communicating this significant point.

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Re: Thank you Hashem

Posted by ur-a-jew - 01 Feb 2011 21:39

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It's been almost a week since I posted and I feel the effect. B"H I'm still standing. But my wife's total lack of interest certainly took its toll, particularly when we went on a mini-vacation. Luckily, last week I shared with someone that was going through a similar situation some of the tools that I've learned to help deal with this issue so I had them fresh in my mind (and I might as well post them now for what it's worth).

1. Constantly reminding myself that my wife does love me. So if she is not picking up the vibes then there must be a legitimate reason for it.
2. Hashem decides how much sex I'm going to have, my wife is just His local shliach for carrying it out. So if I have complaints, He's the one I need to talk to.
3. If I'm resenting the person who loves me for not giving to me something that I want then there is a problem with me, most probably my ego at work and I need to work on that.

But even with those tools, and going through Steps 4 through 7, I was still having a hard time. At some point, I just couldn't take it and I said I'm just going to ask Hashem to put her in the mood (rather asking Hashem to help me be more accepting and removing my ego).

At this point I was in middle of Shemona Esrai in the brocha of Matzmiyach Keren Yeshua. And the thought hit me, here am I going crazy for my wife, asking Hashem to help me because I'm in such internal pain. Why don't I take a minute to think about Kaviyochul Hashem's pain and longing to be able to bring Moshiach but we act totally uninterested. Sure we love Hashem in the abstract and we want him to bring the geulah. My wife loves me too. But we want more than to just be loved in the abstract. We want our wives to be as totally crazy for us and we are for them. Well why don't I do the same thing with Hashem. At least when I'm saying the brochos talking about the geulah, let me think a little about that.

Ultimately, that time of month came and now things are getting back to normal. Its scary how lust can just overtake me so completely and then poof she's ossur and all that stress just goes away because I recognize (as opposed to before) that there is nothing I can do about it now. I know the test is not over since Friday night will probably be the night.

Throughout all this I did however see the hand of Hashem. For example, my wife did have some rachmunos on me without being asked even if half-heartedly, and on Motzai Shabbos when she sat down to watch television in the hotel room, rather than watching a movie that was questionable (and something that I would be unable to resist), she watched a clean PG movie which was about a sports team (a subject which she would usually have no interest) and had very little in the way of any woman's role. so for all of this I am grateful to Hashem and to GYE.

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Re: Thank you Hashem  
Posted by ben durdayah - 01 Feb 2011 21:57

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That was an astounding post.

Thanks for sharing all of those thoughts.

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Re: Thank you Hashem  
Posted by ZemirosShabbos - 01 Feb 2011 22:23

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UAJ, we are lucky to have someone like you, with such honesty and clarity, to be part of the chaburah here on GYE

i feel your pain and i know how frustrating it can be when the wife is not as interested as we would want her to be

you are doing such great work and you are taking us all along with you

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Re: Thank you Hashem  
Posted by ur-a-jew - 03 Feb 2011 23:23

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So I was learning Chovos Halevovos last night and Rabeinu Bachya talks about the chesbon a person has to make regarding the wonders of creation. The ones we take for granted because they are so common, but that are nonetheless no less amazing. Says the C"H that just because they are common doesn't mean we don't have to appreciate them daily. Moreover, he points out that as we get older we have a responsibility --- because we are wiser --- to appreciate them more. Now we have a greater understanding as to how amazing they truly are. For example (my own) a child who sees the sun doesn't understand the science behind sun he doesn't know what science even is. By contrast an adult knows about physics, chemistry, the solar system, etc. and he can appreciate that the sun is more than just this ball in the sky. (For example, the sun comprises about 99.8632% of the total mass of the Solar System). Says the Chovos Halevovos we have to do this with respect to all the wonders of creation.

I believe the Chovos Halevovos makes a similar observation with respect to tefillah. Most of us learn how to daven as kids. As a result, we are still davening as if we were kids. But we are not kids anymore we are adults. And we have to start re-evaluating what it is we were doing and daven as if we are adults. We know that we have the ability to speak to the creator of the world directly on a constant basis. It's mind-boggling when you think about it seriously.

So anyway's what does this have to do with GYE. I thought to myself, you know I'm not a GYE newbie anymore, today is about 8 months. I learned alot since I came here. About my addiction, about sobriety, about living life. So first I got to appreciate it with an increased grown-up sense of awareness, I got to also take stock of what I've learned and ask myself am I making the most of the tools that I've been given now that based on the increased knowledge I now have.

So THANK YOU Hashem, Guard, Dov and everyone else who makes this site so wonderful, who have helped give me a new lease on life, who have given me the opportunity to get out of isolation, who have given me the opportunity to help others with this struggle. I LOVE THIS PLACE.

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Re: Thank you Hashem  
Posted by Dov - 03 Feb 2011 23:32

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You contribute a lot, probably more than you are aware, because of all the earnest, hurting and searching people who read your posts. And among those people are me, you, Guard, and everybody else who makes up this great place!



So, as a virtually close friend of mine says, let's keep trucking!

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Re: Thank you Hashem

Posted by bardichev - 03 Feb 2011 23:47

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UAJ that was poignant

Rebbereber=Dov blaahh Blaaa Blaaah

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Re: Thank you Hashem

Posted by ur-a-jew - 04 Feb 2011 15:32

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Earlier in the week I debated with one of the chevra whether it's better to post your potential falls and how you overcame then. My own view is that we should. True in some odd way it can lead to gaavah.

I say odd because what's there to have gayvah about for thirty year I was drowning in the muck overindulging. And now I temporarily overcame a nisayon so now I'm Mr. Tzaddik. Who am I fooling (other than myself) and moreover if I'm such a tzaddik with such self control why didn't I exercise it for the past 30 years. So I'm a double menuval because apparently I'm not that addicted and I know how to control myself better than the people who have falls. So if I am honest gayvah should be out and its certainly odd.

Moreover it just shows how sick we are since we are anonymous. So how egotistical can I get that I need to impress myself.

On the other hand speaking for myself and to others I do get these gayvah feelings (as one person said even writing something like this). So is it worth it? What's the benefit for telling? To say to teach others. Is not an answer. The chovos halevovos addresses that in Shaar Yichud hamyseh. Can't quote it now. But suffice it to say that's usually the YH talking. (For all I know he's writing the rest of the post as well).

But last night I think I got the answer.

I was in the office it was late. I had to copy something. Earlier in the day I noticed the paper on the secretary's desk. There was a story on the cover that caught my eye, Diaries of a mistress. Right up my alley. Everytime I passed the desk it caught my eye. So here I am standing at the copier and its sitting on top of the garbage staring up at me. My YH is telling me how much I want to read it. Its probably not so bad anyway. But then I told myself I've posted on the forum that since I started on the site I've never read that paper. Do I really want to ruin that. I can't do it. Had I never posted it in the first place I would have had no problem reading it. But I set myself a higher standard and I don't want to ruin that in the eyes of my anonymous friends and even in my own eyes. Will I lose all my schar for posting this and making myself into some tzaddik. Perhaps. But in return I got sobriety today. I woke up in such a good mood this morning. Would I have that wonderful feeling about life had I read it who knows but one thing I know I don't want to take that chance.

So to all out there. If you have such self-control that you can assure yourselves no more slips and falls while living in isolation. Keep it to yourself and reap all the schar. (You probably don't belong here anyway). As for the rest of us. Post away. Your ups your downs your almost and even your victories. You may be giving up some schar in the process (which don't get me wrong is no small thing). But in return you'll get life and a little sanity. And without that you'll have nothing.

As for me i'll just sit here jealous and in awe of the anonymous guys who sit here at times like a yo-yo but are climbing way higher then I can ever hope to be.

Have a wonderful Shabbos and double Chodesh Adar.

Thank You Hashem for all the Brocha you've showered me with.

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Re: Thank you Hashem  
Posted by Dov - 04 Feb 2011 21:17

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To U-R-ahhhh-ahhh-ahhh! **Chew!!** :

Gezundheit!

To Reb b Shlit"a:

Ah gitten Shabbos Koidesh!

To everybody here and all yiddin everywhere:

I love you and wish you alless gitess this heilige Roish Choidesh!!

PS. It may be my anniversary, I am not really sure.

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