

Chaim starting over - again

Posted by chaim77 - 26 Oct 2010 21:39

I am feeling so broken and distraught as I write this. I feel at a complete loss. I have struggled with this addiction and fought it for 20 years and it has beaten me again and again. I had 18 months of sobriety ending with a slip this past April. Now I struggle to get through one day without acting out.

Yet with all that I am so grateful I have found this site and this community. I have tasted extended sobriety. I believe that I can get back there, but right now I feel like I'm buried in a tunnel. I can't think. I can hardly focus. I can hardly even sit up and type this. All I can do is to groan from the depths of my broken heart. Help me, Father in Heaven! Please help me! I have nothing left. I can't fight this anymore. Not one more day. It's got me beat.

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Day 14

Posted by chaim77 - 22 Nov 2010 14:56

Thanks Frumfiend and Installed. G-d willing all of our posts should serve to strengthen us to growth everyday - starting today.

Today is day 14. This morning my mind was wanting to play tricks on me. I would consider myself on a state of high alert. Whatever nisayon or urge comes my way, I must trust in my heart that Hashem is more powerful and infact that nisayon has no real power, only perceived power. The point today is not to get in a fight with it; I cannot engage or flirt with the YH today. No doing handstands on the ledge of the grand canyon today. Today's a day to just stay out of the state of Arizona. I need Hashem right here to day all day and if I will be humble and willing, He will be here. What a blessing - I don't need to fight this on my own!

A good Monday to everyone!

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Day 15 - Good Shiurim Recommendations

Posted by chaim77 - 23 Nov 2010 15:41

This morning kicks off day 15 for me. Today will be a bit hectic as I try to get loose ends tied up at work and then pack to go to the in-laws tomorrow for Thanksgiving. So our children will sleep in the car we tend to leave at 3am in the morning so by the time they wake up we're already 1/2 way there. It works out well for the children, but I'm tired just thinking about it. I'll have my i-pod with Joe and Charlie and some music loaded up. I'm going to poke around and see if I can find a shiur or two to listen to as well. There's nothing quite like watching the sunrise while driving 80mph behind the wheel of a Toyota sienna!

If anyone has any good shiurim recommendations I'd love to hear them. What's the most inspiring shiur that you've listened to lately? I really enjoye L. Keleman, Akiva Tatz and the like. I could use something uplifting.

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Re: Chaim starting over - again

Posted by ZemirosShabbos - 23 Nov 2010 15:49

simpletoremember.com has a lot of shiurim from Rabbi Akiva Tatz and some from Rabbi Lawrence Kelemen. Rabbi David Orlofsky has a very humorous way of presenting things, you should try him as well.

check out this page as well for shiurim pertaining to struggling with lust:

www.guardyoureyes.org/forum/index.php?topic=402.0

have a safe trip!

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Day 16

Posted by chaim77 - 24 Nov 2010 20:43

We'll we made it to the in laws after waking up at 2:15am and leaving the house at 3am. I just woke up from a little shloof. Not much to say, but wanted to report in. I am away from the office

and my normal life for 5 days now and I'm looking for a little reset. It's been great not to be acting out these last 2 weeks, but I've been procrastinating a lot and also discovering a lot of projects that I've swept under the rug while acting out. This is very stressful and creates a lot of fear in me. Not good.

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Re: Chaim starting over - again
Posted by ZemirosShabbos - 24 Nov 2010 20:58

try having a talk with the Boss...

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Re: Chaim starting over - again
Posted by frumfiend - 24 Nov 2010 21:26

chaim you are so honest and perceptive

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Re: Chaim starting over - again
Posted by silentbattle - 25 Nov 2010 06:43

You might want to to check out Rav Yitzchok Berkovitz, if you can get hold of his stuff. He has a lot of good things to say.

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Re: Chaim starting over - again
Posted by chaim77 - 25 Nov 2010 12:01

[ZemirosShabbos wrote on 24 Nov 2010 20:58:](#)

try having a talk with the Boss...

ZS - Those may be the most important 6 words I read today. Thanks!

This morning is day 17. I'm up early with the baby who is bouncing like a madman in his chair bouncer. I'd write more, but it's time for some early AM bonding with the little man.

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Re: Chaim starting over - again
Posted by briut - 25 Nov 2010 12:41

[chaim77 wrote on 25 Nov 2010 12:01:](#)

[ZemirosShabbos wrote on 24 Nov 2010 20:58:](#)

try having a talk with the Boss...

ZS - Those may be the most important 6 words I read today.

I understand that when a person gets really distracted and irritated, his concentration for math can disappear. (Or maybe there's no need to use the word 'having' so the count was actually right. Dan l'kaf zchus.) I'm just trying to inject a little levity here....

Keep on trucking, and enjoy both the baby and the spouse.

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Re: Chaim starting over - again

Posted by ZemirosShabbos - 25 Nov 2010 16:19

Briut, maybe he 'holds' that the correct spelling is "theBoss", cause after all, He is THE Boss

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Re: Chaim starting over - again

Posted by ZemirosShabbos - 25 Nov 2010 16:30

[silentbattle wrote on 25 Nov 2010 06:43:](#)

You might want to to check out Rav Yitzchok Berkovitz, if you can get hold of his stuff. He has a lot of good things to say.

i enthusiastically second that motion, Rabbi Berkowitz has a clarity i have rarely seen elsewhere. if you do find his recorded shiurim can you share the source? i've don't think i've seen any available

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Re: Chaim starting over - again

Posted by chaim77 - 25 Nov 2010 18:56

That's hilarious! It was like 5:30 when I posted that. So it's 7 words.

I will check out R. Berkowitz for the drive back. Any particulary recommendations?

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Re: Chaim starting over - again

Posted by ZemirosShabbos - 25 Nov 2010 19:03

www.aishaudio.com/ssi/aish/speaker/rabbi-yitzchak-berkowitz.php

at aishaudio.com they have many shiurim, but they are not free. here are some free shiurim:

www.classicsinai.com/

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Re: Chaim starting over - again

Posted by chaim77 - 26 Nov 2010 13:53

Day 18 on this. Chai!!! May we all be blessed with a day of recovery today. Thanks for the tips on the audio. I have downloads loaded up for the trip back - however since we're doing the drive back home during the day, I probably won't get a chance to listen for a while. Kol Tuv.

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