

The life of a soldier in hashems army

Posted by mnman415 - 16 Nov 2010 03:54

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my last thread was called starting over after 37 days and the one before that was called this time im in it to win it.

very quickly. im 16. got into this at 11 years old. always said ill stop after my bar mitzvah. in 8th grade i talked to girls. in summer going into 9th i decided to stop talking to them because i felt guilty about m\*\*\*\*\*. skipping ahead. here i am now as an addict. a teenage addict trying to get close to hashem.

the only way i can do it is with his help, without hashem i am helpless.

so here is what we are doing. we are DAVENING 3 times a day. not saying the words but talking to hashem. if possible, talk to hashem often.

filling my day with as much torah as possible.and maintining kedusha. thursday nights i will try to exercise to get rid of some extra hormone buildup. and get rid of sexual energy.

there is so much more to do, but this is the main outline.

today was day 1. it was good, i was careful with my eyes. i learned a lot. i feel really good. i just decided. by next schoolyear, going into 12th grade, i WILL know how to learn. im still pushing myself in shiur. but out of shiur, i am taking a jastrow (dictionary) and learning torah. i am learning the entire masechta bekiyus that we are doing in school. we are only going to cover 20 or so dafim of gemorah so i am doing thr whole thing. over the vacations when i have more time i will try to learn how to learn be'iyun. but i first need to get down the basics.

anyways. i feel really pumped to keep going and really make it to 90 days this time. and with hashems help and only with his help will i be able to make it.

HS

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Re: The life of a soldier in hashems army

Posted by Shteeble - 12 Jun 2012 19:35

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welcome back

exciting to hear about your graduation

what's on par for next year?

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Re: The life of a soldier in hashems army

Posted by Dov - 12 Jun 2012 19:38

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Shteebs!!!

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Re: The life of a soldier in hashems army

Posted by ZemirosShabbos - 12 Jun 2012 19:49

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hi HS,

good to see you on gye

mazel tov on the gradulation!

Hi there

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Re: The life of a soldier in hashems army

Posted by mnman415 - 14 Jun 2012 03:29

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spending the year in the holy land.

btw....good to be seen on gye

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Re: The life of a soldier in hashems army  
Posted by mnman415 - 14 Jun 2012 22:59

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k to be rigorously honest last night the minhag of my school is that all the families of the graduates come and have a big dinner before the actual graduation. and my family was only a few ppl so we got put at the same table as another family of my friend. and my friend had a sister. we didnt necessarily actually talk. i had to be polite so a couple times i said something to her it felt awkward but it reminded me of the days when i spoke to girls and made me miss those days. i also have here image in my head.

i am helpless to addiciton, hashem please help me, only u can help me.

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Re: The life of a soldier in hashems army  
Posted by mnman415 - 15 Jun 2012 21:18

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i love parshas tzitzis. ever since i was young i always loved it to the point that i learned how to make it. aspecially once i started getting addicted to lust i put a lot of emphasis on tzitzis....as we know that they say that there is a segualh to look at them. i even learned how to make every shita of tzitizis..... welllll originally i had a good thought that this was going to lead into but as i started typing i forgot it. ( no i dont have short term memory....i just got distracted by other people when i started typing)

gut shabbas

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Re: The life of a soldier in hashems army  
Posted by Machshovo Tova - 18 Jun 2012 14:32

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may I suggest that you look at your tzitzis so you'll remember...

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Re: The life of a soldier in hashems army  
Posted by mnman415 - 18 Jun 2012 20:43

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how is everyone doing.

hashem has been giving me much help even though it is the summer and we all know that this nissayon is stronger during the summer.

the fact that i am doing much better now is probably connected to the fact that i came back to GYE

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Re: The life of a soldier in hashems army  
Posted by mnman415 - 22 Jun 2012 03:13

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im ready to admit that im probably not completly emotionaly healthy.

i have low self esteem,

i am very self conscious

i have tendencies to be depressed.

im not sure if i ever realized these before. im sure i have made posts admitting these issues before but any other time i have i probably tried to deny it by saying that it not true and said that any issue was probably because of the situations i was in. aspecially cus of the enviroment i was in at school.

well here i am, finished with school and still have issues.

i am fully admitting these issues.

what now.

(dov what do u have to say?)

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Re: The life of a soldier in hashems army  
Posted by mnman415 - 24 Jun 2012 21:49

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no comments?

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Re: The life of a soldier in hashems army  
Posted by Dov - 25 Jun 2012 04:00

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[HashemsSoldier wrote on 22 Jun 2012 03:13:](#)

**im ready to admit that im probably not completly emotionally healthy.**

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well here i am, finished with school and still have issues.

**i am fully admitting these issues.**

**what now.**

Essentially you are saying that you are growing up a bit. You are getting a tiny objective glimpse of yourself. That often happens when we change environments (end of year, new job or new

friends) or go through big events (win lottery, get married, lose a loved one, get seriously ill or injured).

When I get that, it feels kind of good, wholesome. It gives me a feeling of hope, as though maybe with this clearer perspective, I'll do a better job this time.

Unfortunately, it never, ever lasts very long. Maybe a few days or a week. Then 'shigrah' sets in, as Alei Shur puts it. We learn how to 'fit in' with our new situation just fine - **with** all our good old familiar coping mechanisms and idiosyncrasies - in other words, our defects of character.

So what now?

What you have admitted is so important and so basic that it is not part of any step - admitting these 'issues' is certainly not the **4th** step. It's just a glimpse in the mirror. Your eyes are a bit more open now - and that's great.

So, what now?

Well, I suggest you decide if you are living today - not this week or the past year or this lifetime...but just today - along good, wholesome, honest and *real* spiritual lines? Pursuing 'the maximum of kedusha possible' is probably poison for you, as it is surely is for so many of us. More than most other self-centered pursuits of ours, it is based on *gayvoh*: the true, deep, inner expectation of "GREATNESS". To *vy* with the *gedolei olam*, to hold with the likes of Yosef hatzaddik or Rabee Akiva. To - as rav Noach Weinberg used to admit - expect and hope to be the moshiach himself. A tzaddik in our time.

No wonder we are so self-pitying, No wonder we have such low self-esteem and tend toward the depressive! It's not because of an essential self-esteem problem, at all - it is because of our immature arrogance! *We truly, secretly hope and expect to be 'the best guy in yeshivah'...and we just are not. Mediocrity is disgusting to us. So we end up seeing ourselves as failures at life...and most acutely, as failures in yiddishkeit.*

*And on top of **that** we masturbated ourselves and wasted sperm on the ground and did all that damage...boy, have we let G-d down...*

I used to think that way all the time...though I never saw it until after I gave it up.

With sick, childish, self-obsessed (yet very spiritual) thinking like all that, *no wonder* we end up hurting so much that we have to masturbate ourselves again and again - just to medicate our pain and self-loathing!

So, what next?

I dunno. Do you want to work the steps? Do you want to read and work on the book UUAJ suggested to you at the begining of this thread bt Rav Avigdor Millr zt"l on Chovos halevavos? Do you want to hold your breath with all the others who say that all you need to do is 'hold back the yetzer hora'...till you can't any more (at least you get to reap all the schar for all the hisgabrus *till* then! Yippe.)...Do you have a plan for engaging in *real* life this summer in a way that will exercise your **Usefulness Muscles** without getting all twisted up into the familiar pretzel of self-analysis and ruchniyusdige self-obsession that you and I know oh, so well?

Whats next, indeed?

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Re: The life of a soldier in hashems army  
Posted by mnman415 - 26 Jun 2012 02:48

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ok the 1st response i have...my lust doesnt make me depressed. the other areas of depression i have might lead to lust but lust does not lead to further depression for me anymore. lust now makes me looks at what i was feeling at the time and what i was thinking at the time of fall.

2nd, i have a schedule for my summer. im keeping busy and useful. someone pre-baught a meggilah from me that im putting a lot of time into finishing.....have a number of chavrusas set up....i have an out of country wedding i will spend 2 weeks at.....im not sitting and doing nothing.

3rd....since i have started putting more effort into making it back to this forum, i ahve also been

putting more effort into improving myself. started rading chizzuk emails again. starting the 12 steps again. lookign for moree to start doing.

4th.....the truth is that the specific thing that provocted me to make that post of admittance to depression and more is becasue of a specific event. there is one person in my life that has helped me enormously and also his family to which in turn i have put in so much effort into trying to connect with him...more specifically a rav. the only problem is that HE DOESNT TALK TO ME. he doenst shmuz with me (im not saying that he is specifically ignoring me but that is what i feel like) this is as much as i will say on the public post. now, this bothers me tremendously that after all this effort he doesnt talk to me. this itsefl has led me to depressing thoughts (actually it just added onto previous feelings of being isolated...these earlier feeling were not motivated by lust....) this is where the depressive thoughts and feeling i mentioned com from. then i tried to figure out why this makes me feel that way to which i came to the conclusion that i have a low self esteem. and i am very self conscious

i dont think that this is motivated by me wanting to be the best and not settleing with mediocrity

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Re: The life of a soldier in hashems army  
Posted by Dov - 26 Jun 2012 02:55

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I get it, thanks for clarifying.

But why is it that we can give so much power to another person and essentially end up giving **another**the reigns of our own self-concept, joy, and sheleimus?

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Re: The life of a soldier in hashems army  
Posted by mnman415 - 26 Jun 2012 03:07

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its an extremely long story....actually my entire life story leads into this one person. he was there when i needed him. i gave up for him. i did so much.

how can i not be bothered form the fact that he doesnt talk to me?  
meaning, i know that in fact he does care for me, i am a ben bayis by him, ive spent so much time for him and with him. im very close with his family (except him teenage daughter, i have managed to have barely talk to her) the only thing is that when it comes to just being me and him i just have nothing to say....absolutly nothing. i want to shmuz with him but when i try to say



something he kinda just gives a quick answer....and thats it. u kinda get the picture. i think its becasue he has gotten so used to me that its just like im there (not sure if that made sence) u getting the picture?

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