

My CLIMB on the wall

Posted by 2nd-chance - 01 Jan 2011 23:24

---

Started dec 26 after several other starts

trying to keep tight

for ONE day only

now day 7

=====

=====

Re: My CLIMB on the wall

Posted by bardichev - 09 Jan 2011 19:22

---

When I joined GUE (or GYE)

90 days was sooooooooooooooooooooo

Unfathomable

I looked at jack

I said maybe him not me

Not shayach!!

I saw yakovschwartz

I read his story

He went 40 days

40 days I had once done before (only to crash and burn and come back with a vengeance and say I'm a loser and hashem hates me and I'm done toast gone rashaaaaaa. Uchhh hate loser rashshhsaaa hate loser what else can I do that's right lussssssst away!)

So I made a goal of 30 days

I kept a log of every 15 minutes

15!!!!!!!

Do you hear??

I was very hard on myself

When I hit 16 days that's when I posted first (things were a little different back then)

Work work work

Be happy

Keep on trucking

B

=====

=====

Re: My CLIMB on the wall

Posted by ss7107 - 10 Jan 2011 14:58

---

YOU WILL NEVER BE THE SAME AS "EVERYBODY ELSE!"

That said, you know that no one is the same. This person has diabetes, do you know how debilitating that is? This other person is married to an active drug addict. Wow! What a life. Another guy here has allergies to bread and chicken, imagine living that life. You have a God given disease. You don't have to like it (although i'm learning to today) but you have to live with it. Whats it going to be? Are you going to complain about your lot in life or will you look Hashem in the Eyes (as if) and say, BRING IT ON! You can live a happy life with this and make the best of it - and that is not even a stretch! Life is amazing with recovery and sobriety. The less you are enslaved to this the more you have room in your life for other things. Imagine davening without a single fantasy or walking down the avenue without HAVING to look into every store and car window. Its truly a great life.

=====

=====

Re: My CLIMB on the wall

Posted by Eved Hashem (wannabe) - 10 Jan 2011 15:06

---

EBD and SMGW, spot on!

(Fin Barditchev darf menn afile nisht reddem...)

=====

=====

Re: My CLIMB on the wall

Posted by Eved Hashem (wannabe) - 10 Jan 2011 15:18

---

Nu, shoin, ch'vel zuggen a puhr verter.

"Der Zchis finem heiligen Barditchever zul Meigin zahn oif inz alle du, in oif alle vus zennen nuch nisht du, az mier zullen zich shoin arois zehn fin dehm tiefen plunter, in men zul kennen dienen dem Bashefer 'ka'asher im levuveini,' in men zul shoin zoiche zahn antkehgen gein Pnei Moshiach Tzidkeini, l'Malkeini b'Roisheini, b'Mheiru b'Yumeini. Umein."

UMEIIIIIN!!!

"Nu, a Niggen..."

=====

Re: My CLIMB on the wall

Posted by ZemirosShabbos - 10 Jan 2011 16:40

---

Amen!

beautiful posts here

thanks 2ndchance for bringing out all these pearls with your question

i also struggled with this very question. am i sealed for life as an addict? will it always be a battle? am i different than Moshe, Yankel and Chaim?

The answer can be hard to accept and a tough pill to swallow. But it is the truth. Hashem put you in this spot with His infinite wisdom. Our job is to make the best of it. That is every person's job, to make the best of the situation he is in. The rich man, the poor man, the healthy person,

the married person, the bochur, whatever life brings you. Of course it is easier said than done.

With time you will accept it. And with time and effort you will be happy that you are in this spot. You will find that it turned your life from being an 'aimless drive' on a lazy day with occasional flat tires and getting lost and braking down to being a purposeful, fulfilling and gratifying 'journey' to your ultimate destination.

While when pursuing lust the focus is on me me me, what can i get? i need more, i need something different and more exciting.. etc.

That focus and pursuit leaves us as an empty shell. We cannot see outside of our cubicle of desire.

When we realize that our fixation on ourselves is destroying us and there are family, friends, and most of all Hashem, who are part and parcel of our lives we feel the life flowing back into our veins.

The battle will become easier but will never go away. And we are all the better for it. It is Hashem's way of telling us to stop chasing our tails and start living.

=====

Re: My CLIMB on the wall

Posted by Yosef Hatzadik - 10 Jan 2011 16:59

---

So, can we sum it all up in a few simple words?

We can get out of the constant looming struggle & reach a state where we are basically just ~~cr~~uising trucking along.

**BUT**, we will always be at higher risk than the general population of falling back into the Yetzer Horah's net. We must always avoid those 'gray' areas since we can be sucked into the mud easier than the next guy.

BTW, I was told by "A Gutter Yid" that our effort in these areas **does** get passed down to our children. They will have an easier time with such nisyonos due to our having toiled to fight this

=====

Re: My CLIMB on the wall  
Posted by 2nd-chance - 11 Jan 2011 00:18

---

If I would believe that this combat is my goal in life (the purpose I was born) the indefinite fighting would be tolerable.

However being that addictions are not a product of the person's personality (even though the emotions have played a role in making the habit it is not the main reason), it is rather brought upon himself by his despicable conduct. which means that even as he fights successfully, he is using his life to mend the whole he drilled, instead of fixing the things he was destined to repair. YH!

Which sums up that I destroyed myself already and expiring a long and painful death.

=====

Re: My CLIMB on the wall  
Posted by bardichev - 11 Jan 2011 00:31

---

Umayn v'umayyyyyn,!!

=====

Re: My CLIMB on the wall

---

Posted by Yosef Hatzadik - 11 Jan 2011 22:55

---

Many years ago I heard:

In the days of old, a person would just go to a prophet & be told what his individual purpose in life is. Nowadays, he should see in which area the Yetzer Horah makes it the most difficult; that is what HE must accomplish in this world!

The Yezter Horah gave me a preemptive strike. He sucked me into this mess before I even new that it is a sin. no matter how hard I tried to stop, I couldn't resist. I realized then this the area that in which my life's work is, but had no way of attaining it. Now, Thanks to GYE, I am headed in the right direction!

=====

Re: My CLIMB on the wall

Posted by 2nd-chance - 11 Jan 2011 23:52

---

Thanks for the help

there i go again

Busted i knew it will happen

a few days i chatted with bad hiemishe people it killed me

it has to end now

**how?**

=====

Re: My CLIMB on the wall

Posted by chaimhelp - 12 Jan 2011 13:30

---

okay so just get back up.

The big book says the obsession of every alcoholic is to drink like a gentelman. The obsession of every lust addict is to lust like a gentelman. Isnt it a pity i cant peek at porn i cant watch provocotive movies and i cant peek at the pretty candy on the street. What is life all about then. bh the program gives us a new purpose in life. Then i just act like a torah jew. No hirhurim no histaclus and i am a happy tranquil jew.

=====

=====

Re: My CLIMB on the wall  
Posted by 2nd-chance - 12 Jan 2011 16:28

---

starting again the climb

but did not stop FB (deleted but restarted)

=====

=====

Re: My CLIMB on the wall  
Posted by 2nd-chance - 11 Apr 2011 16:10

---

its day 35

hope it ends well

i need to start the steps

i just dont have the JUMP

=====

=====

Re: My CLIMB on the wall  
Posted by 2nd-chance - 11 Apr 2011 16:16

---

another 4 days to reach my longest streak

HASHEM give me courage

bein hazmanim was always my worst



=====

=====