

Been there done that... not really

Posted by geshertzarmeod - 14 Feb 2011 09:48

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I've started the teshuva process before, but never with the support of others. Even if no one is reading this, just the idea that I can post this somewhere is meaningful. One day at a time. So this is day 1. :-\

I think I need to check the attitude handbook.

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Re: Been there done that... not really

Posted by kidushashem - 12 Feb 2012 23:01

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Gesher,

if you stopped being involved with the forum after several months, what *did* keep you going? A sponsor? 12 steps?

Thanks,

KH

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Re: Been there done that... not really

Posted by geshertzarmeod - 13 Feb 2012 21:06

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[kidushashem wrote on 12 Feb 2012 23:01:](#)

Gesher,

if you stopped being involved with the forum after several months, what *did* keep you going? A sponsor? 12 steps?

Thanks,

KH

HKBH !

i wish that was genuine.

i know its true, but i would be lying to say that i really feel it.

i just spent those months applying what i learned here on gye.

it wasnt easy, but after consultations with several gye experts

it seemed that the steps were not necessary for me.

i will admit that shmiras einayim suddenly became much more difficult during that time.

more recently a disscusion with one of my rabbanim

helped deal with that aspect

more to come on that...

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Re: Been there done that... not really  
Posted by geshertzarmeod - 14 Feb 2012 11:28

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Today is exactly one year! (according to the english date)

Just thinking about the difference a year makes

Wow!

Retracing my steps over the past few days made me aware that it isnt one specific thing that helped. In fact many things that I tried in the past and didnt help then, now in combination with

the other tools made a difference.

For example, Chazal tell us that HKBH made the Torah as a tavlin to the YH. ( not that mine needed any additional taste) How many times did i try to bury myself in learning hoping that it would make the YH go away. It didnt work. But once I was on GYE and had broken the YH's grip on me, i added an extra limud of my own daf yomi and that really helped.

Another example: The idea that "she's not for me!" never helped before. In fact even during the first three quarters of this year it didnt help. neither did "she's not my problem" although it is a great line! Only recently after getting some guidance from a rav about redirecting our imagination, did I start to really apply these concepts. I realized that i could actually stop fantasizing and thinking about women by saying, " I choose to think about something else." (see my earlier post about the multi-movie theater) It suddenly dawned on me the absurdity of my imagination. The ladies werent interested in me, my imagination was creating these fantastic stories that were based on nothing. Unfortunately the surrounding society with its movies etc... has created all sorts of fantastic love stories that have no relevance to our reality. Now i couldnt break that before. I wouldnt have been able to hear it. But now i can.

I think that is one of the biggest benefits of this whole process, that I have taken back the steering wheel from the YH. He still fights for it and tries to distract me, but I maintain control. I believe Yosef HaTzaddik said it to me way back when and it really struck a chord. Until now our buttons were stuck, we couldnt push the right ones even if we wanted to. Baruch Hashem for GYE and for "unstucking" my buttons.

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Re: Been there done that... not really  
Posted by ZemirosShabbos - 14 Feb 2012 18:51

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mazel tov GZM!!

hope your buttons stay unstuck ????? ????? ???

thanks for sharing the good stuff

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Re: Been there done that... not really  
Posted by gibbor120 - 14 Feb 2012 20:34

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yes, here here to unstuck buttons! WTG, KUTGW, and most importantly KOT!

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Re: Been there done that... not really  
Posted by geshertzarmeod - 14 Feb 2012 22:36

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thank you Zem and gibor  
all the best to you as well.

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Re: Been there done that... not really  
Posted by geshertzarmeod - 21 Feb 2012 07:11

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So here we are getting on with life.  
Im walking down the street and the YH says  
so how long do you think you can keep this up?  
I mean let's be honest here  
you've been clean for quite a while but...  
all good things must come to an end.  
do you really believe that you've conquered this thing?  
c'mon! who are you fooling?  
so i think that we'll continue posting for a while.

what's interesting is that I started to see the small inroads that the YH makes  
that if not recognized and stopped  
can snowball (even if it didnt snow!) into a real problem  
just two examples

1) Im going to sleep and my mind starts wandering

what would happen if chas v'chalila my wife passed away

who would i marry?

and the we are off to the races!

took the YH 0.2 seconds to get my mind in the wrong place.

and the whole concept is ridiculous

why should i think about that?

It's just his way of presenting a fantasy in a mutar way

you see technically it wouldnt be assur at that point

thats how he starts

we have to nip it in the bud and get our minds elsewhere

2) over the past year I've developed certain good habits in davening and learning

that unfortunately i was not keeping during my "state of lunacy"

These small things, saying all of korbanos (including eizehu mekomom) for example, reminded me of my accomplishments and inner resolve to stay on track.

I found that in the past several days, i started slacking off

this morning i decided to get back on track

I guess the idea is that if i fight Him in other realms it keeps me away from the really problematic battles.

food for thought

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Re: Been there done that... not really

Posted by ZemirosShabbos - 21 Feb 2012 21:24

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great and important ideas to keep in mind

thank you

[Geshertzar Meod wrote on 21 Feb 2012 07:11:](#)

food for thought

can i get doubles?

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Re: Been there done that... not really

Posted by geshertzarmeod - 21 Feb 2012 22:38

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Zem i thought of you today while driving

the radio guy (kol chai) was talking about how many horns giraffes have.

and i said hey! that's Zemmy!

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Re: Been there done that... not really

Posted by geshertzarmeod - 21 Feb 2012 23:16

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WOW!

It's been a long time since i stayed up after 1 AM posting.

it's nice to be back

but I gotta get some sleep!

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Re: Been there done that... not really

Posted by tehillimzugger - 22 Feb 2012 08:13

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[Geshertzar Meod wrote on 21 Feb 2012 22:38:](#)

the radio guy (kol chai) was talking about how many horns giraffes have.

Was he talking about the possibility that the giraffe is the tachash?

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Re: Been there done that... not really

Posted by geshertzar meod - 22 Feb 2012 10:40

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[TehillimZugger wrote on 22 Feb 2012 08:13:](#)

[Geshertzar Meod wrote on 21 Feb 2012 22:38:](#)

the radio guy (kol chai) was talking about how many horns giraffes have.

Was he talking about the possibility that the giraffe is the tachash?

honestly, I have no idea what they were talking about. I just heard something about giraffes and horns. But now thanks to you when I see tachash in the parsha I'll be thinking of Zemmy!

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Re: Been there done that... not really  
Posted by tehillimzugger - 22 Feb 2012 17:05

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Re: Been there done that... not really  
Posted by ZemirosShabbos - 22 Feb 2012 21:02

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truly honored :-[

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happy Adar!

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