

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 geshertzarmeod - 05 Mar 2011 23:30

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So as expected, as we make progress, the YH gets stronger. Friday night, Leil shabbos, major time of kedusha, right? Watch out!

The zohar says that the YH doesnt have shlita on shabbos. Well someone forgot to tell my YH about that. I woke up in the middle of the night, couldnt fall back asleep. Boredom is the second greatest cause of M, after stress, for me at least. I said I gotta do something fast! So I grabbed a biography of Reb Yitzchak Silber, a Russian refusenik, and read for a while. I said if he could be moser nefesh in his circumstances I think I can handle a little temptation and boredom. BH I didnt fall. I dont remember who said it to me, but in a different thread about "clarity" someone used a mashal of our buttons being stuck. I really feel that since joining GYE, my buttons have been unstuck, and i can actually make a decision not to listen to my YH. Its frightening with hindsight to see how stuck into a certain groove i was.

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Re: Been there done that... not really

Posted by geshertzarmeod - 07 Mar 2011 22:08

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OK so we survived the plane ride, the airport, the steardesses and every thing the YH threw at us. I know the jet lag is going to keep me up at crazy hours and I have a bunch of things planned to keep me busy- learning reading etc... Just remind me that you guys are still around ok? I need to know that I have my reserves to back me up. thanks.

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Re: Been there done that... not really

Posted by Rising Up - 07 Mar 2011 22:23

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Re: Been there done that... not really

Posted by Reb Yid - 07 Mar 2011 22:34

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Just a few pointers from a simple Jew.

First, congratulations on level 3!! (ok. that's not really a pointer.)

Second - Instead of using Bitachon to fight depression, I try to focus on all the wonderful things that I do have. When we stop to think, we really have much more bracha in our lives than we realize. I started a thread here [www.guardyoureyes.org/forum/index.php?topic=3632.0](http://www.guardyoureyes.org/forum/index.php?topic=3632.0) where we can all go to thank all those (including Hashem of course) who have helped us and given us so much. By increasing our awareness of the good, it makes the not so good sting a little less.

Third - I am also away from home on business. I have a lot of time on my hands. I am totally alone. My wife has been unavailable for almost 6 weeks (and we did not have a kid) and I have a tv in my room and unfiltered internet in the hotel lobby. Yet, Ba"h, I HAVE NOT EVEN SLIPPED!!! Did not turn on the tv once. Did not go on the computer in the lobby. No books or

inapropriate reading materials. No touching. Nothing!! And I am almost finished the entire Sefer Tehilim!! Why am I telling you this? Because I have made this trip 5 times before, and every single time it was a terrible disaster!!! But this time is different. With help from people like you and the others here, as well as my wife, I have been able to conquer and succeed. So my message to you is, YOU CAN TOO!!!

Keep up the great work and remember - it's your job to fight, but it's Hashem's job to win!!!

Hatzlocha!!

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Re: Been there done that... not really  
Posted by ZemirosShabbos - 07 Mar 2011 22:38

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Reb Yid, that is awesomegevaldigwonderfulsuperduper!

wow

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Re: Been there done that... not really  
Posted by Yosef Hatzadik - 07 Mar 2011 22:54

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...and I used to think that I call myself a TZADDIK!?!?!?

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Re: Been there done that... not really  
Posted by geshertzarmeod - 08 Mar 2011 01:42

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thanks guys. i knew i could count on you!

Reb yid thanks for the chizuk!

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Re: Been there done that... not really  
Posted by geshertzarmeod - 08 Mar 2011 16:00

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Discovered a new aspect of this whole thing today. Well its not really new, I just finally paid attention to it. While driving back to my host's home after some errands I felt the YH pop up. Nothing to do right now, go back home and you know what. I thought why should that pop up now of all times? I am in a situation that is beyond my comfort zone, so the best answer is avoidance and self comfort. BANG!

So I started thinking what can I do? HKBH popped in with a phone call from someone who wants to see me. phew! disaster avoided!

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Re: Been there done that... not really  
Posted by ZemirosShabbos - 08 Mar 2011 17:33

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you are more a w a r e

a good thing!

KOT

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Re: Been there done that... not really  
Posted by geshertzarmeod - 08 Mar 2011 20:53

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feeling extremely vulnerable. Daven for me guys!

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Re: Been there done that... not really

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Posted by Kedusha - 08 Mar 2011 20:56

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I said Tehillim 130 for you.

Hatzlacha!

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Re: Been there done that... not really  
Posted by geshertzarmeod - 08 Mar 2011 20:57

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Wow! That's fast service! Can I have a pizza with mushrooms?

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Re: Been there done that... not really  
Posted by geshertzarmeod - 08 Mar 2011 21:08

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Thank you kedusha. You mamash got me on track! I realized that I still hadnt put on Tefillin  
dRabeinu Tam, and that I have to say tehillim for somone and mishnayos for someone else.  
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its also amazing that you answered so fast. The first thing that went thru my mind was if  
Kedusha is paying attention, then kal vachomer HKBH is paying attention. thanks for being  
there. I owe you one.

well more than one, but who's counting?

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Re: Been there done that... not really  
Posted by ZemirosShabbos - 08 Mar 2011 21:14

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