

Heart Frozen Solid, Thawed Once More By The Spring Of Rage, Despair, And Hopeles
Posted by The Never Believer - 21 Jun 2010 14:59

Heart Frozen Solid, Thawed Once More By The Spring Of Rage, Despair, And Hopelessness by
David

Hi, I'm David and I am powerless over lust. I have been going to SA meetings for about 2 months or so. I have never really tried "working the steps" before.

I have struggled with this problem for a very long time. There were times when I tried to stop and other times when I felt resigned to continue acting out forever. As a result, I would see periods of sobriety, sometimes lasting a few months, only to be reduced to the same behaviors eventually.

When I get into a rut I tend to get numb to the whole situation and to life itself. I medicate with liberal applications of porn and lust until I've become completely frozen, like the February ground in Reno.

At some point, I don't exactly know what it is, I convince myself to try again. It is usually the total rage, despair and hopelessness that creeps through despite my best efforts to numb it with more porn. Well, here I am now. I saw that this group was starting up in a chizzuk email and decided i should try my hand. I look forward to recovery but am scared of the steps.

Pray for my soul and I will pray for yours.

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Re: Heart Frozen Solid, Thawed Once More By The Spring Of Rage, Despair, And Hopeles
Posted by ur-a-jew - 07 Jul 2010 16:13

[The Never Believer wrote on 07 Jul 2010 16:01:](#)

i am not angry towards god.

My mistake. I apologize. It was the "giant middle finger" comment that threw me off.

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Re: Heart Frozen Solid, Thawed Once More By The Spring Of Rage, Despair, And Hopeles
Posted by ur-a-jew - 07 Jul 2010 16:29

[The Never Believer wrote on 07 Jul 2010 16:14:](#)

just trying to be a bit colorful. i am a wanna-be fiction writer.

In essence I make my living on writing. But one lesson I think (or hope) I've learned is that you don't mess with things that are bigger than you (especially the One you're going to turn to and ask for help).

As to your underlying question. I beleive there is a faulty assumption in it, although I can't pinpoint it. I defer to someone who has a real handle on the program like Dov to answer.

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Re: Heart Frozen Solid, Thawed Once More By The Spring Of Rage, Despair, And Hopeles
Posted by installed - 07 Jul 2010 16:43

Hey,

Thanks for asking all these questions. I always had issue with this stuff but I learnt to accept things that we do not understand. I'm hoping that people will have good answers for you and that it will help me as well.

urajew, thanks for reminding us of all the good things in our lives. It is so easy to forget how fortunate we are (although I can see why it doesn't really address the problem).

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Re: Heart Frozen Solid, Thawed Once More By The Spring Of Rage, Despair, And Hopeles
Posted by ur-a-jew - 07 Jul 2010 17:13

I don't know if this answers you're question (so I'll be 0 for 2 for today). But your question reminded me of an observation I recently had while reading through the big book. There is a Rambam (end of Hilcos Malochim and Milchomos Perek 11) which says that the purpose of christianity and islam coming in to the world was to acclimate the world to the concepts of Moshiach, Torah and Mitzvos.

This Rambam was censored out of many editions. It is in the Frankel Rambam and pasted below.

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AA and all of the groups that have followed have brought these same concepts to millions of people. There is a whole chapter in the Big Book dealing with agnostics. And I know lots of people raised completely secular that have become frum from doing 12 step programs. So who knows if that's not why it works.

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Re: Heart Frozen Solid, Thawed Once More By The Spring Of Rage, Despair, And Hopeles
Posted by aaron4 - 07 Jul 2010 18:55

Never Believer:

After reading this thread I see two unanswered questions, at least for now (I suspect you have many more). The second one, about exactly what Avodah Zarah is and how the program could work if you treat one as your Higher Power I don't know the answer to. But to be blunt (not that it will help you, but I'm just sharing my thoughts here), I don't care. Because the question is a technical one but the disease is not. So for me, whether I have an answer to a technical question is irrelevant, as long as I have an answer to the disease.

As for your first question, how you know that G-d will actually help, that is an important one because it goes it relates to key beliefs necessary for the Steps to work (the way I currently understand them). You're stuck because you see that plenty of people with cancer pray to Him, and then die. So why should He answer the prayers of an addict. I think there's a crucial difference between the two. When someone has cancer, the disease is clear for all to see. They know they have this disease, they want to live, and there's nothing they can do but pray. Sometimes G-d answers them in the obvious way (they're healed) and sometimes in some other way and they're not. However when someone has an addiction, it is not immediately obvious to them. There's some work needed by the addict FIRST. He needs to recognize and accept that he has this disease and that it's due to HIS OWN actions. He wasn't struck by lightening, he pursued lust until it ensnared him. This knowledge makes all the difference. If you got yourself into a mess, take the first step to get out and He'll do the rest BECAUSE you took the first step and reached out to Him. He'll help because that's how he created the world. Habah Letaher Misayin Osoh. Whereas someone with cancer is governed by different laws.

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Re: Heart Frozen Solid, Thawed Once More By The Spring Of Rage, Despair, And Hopeles
Posted by ur-a-jew - 07 Jul 2010 19:14

Aaron, thank you for articulating so well what was running through my mind but which I couldn't put into words. Ultimately, however, I don't think this answer, (i.e., that the ribono shel halam has given us a haftacha that teshuva works if we just start the process sincerely) is the answer that a programite would give.

Such an answer only applies to something like SA which deals with addictions that are also sins. Whereas the 12-steps applies (and works) as to all sorts of addictions many of which are not sins per se. Moreover, if you ask someone like Dov he will tell you that his approach to the program is not based on a moralistic right or wrong. Meaning that even if porn and masturbation are not sinful, he still can't succumb to them since they make his life

unmanageable. At least that is the way I understood him on the call yesterday. And a proposition that I am coming around to seeing.

So Dov where are you?

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Re: Heart Frozen Solid, Thawed Once More By The Spring Of Rage, Despair, And Hopeles
Posted by ur-a-jew - 07 Jul 2010 20:19

[The Never Believer wrote on 07 Jul 2010 19:57:](#)

ur-a-jew, im mulling your maimonodic response to my second question
I thought I was answering yout third question. But hey, I'll take credit for whatever works.

[The Never Believer wrote on 07 Jul 2010 19:57:](#)

I have been going back and forth about whether the 12 steps actually work in that a "god" comes and removes your lust or rather whether the 12 steps are just an elaborate method developed in order to distract your mind from what your mind regularly swarms with. im curious to what dov has to say on that.

Well my vote, is that the first thing Dov will say is we should all stop thinking so much and do the work.

Second, even if your theory were true, the program only works if you think that it is real. In other words, to the extent that you think it is all a distraction it won't work because you haven't truly distracted yourself by turning yourself over to the "higher power."

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Re: Heart Frozen Solid, Thawed Once More By The Spring Of Rage, Despair, And Hopeles
Posted by aaron4 - 07 Jul 2010 21:32

I agree that the answer is probably to stop thinking so much. If you're about to die from addiction, and there's a program that may help, who cares WHY it works or how it fits in with any moral code.

ur-a-jew, you make an excellent point about my distinction - it's Torah based while the program is not. In thinking about this (I know, a bad idea), I have a technical question of my own. If the program is different than a cancer patient, and if it works only after we accept it and take the first Step, and if it continues to work only if we work it, then isn't that some degree of control? We're not completely powerless if any aspect of recovery is up to us. But as I write this, I remember the answer, I believe it's from Boruch. We're powerless but not helpless. Somehow that's the way the program answers this apparent contradiction although I can't say I fully understand it.

BUT, what I can say is that it DOESN'T REALLY MATTER. If it works, I DO IT.

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Re: Heart Frozen Solid, Thawed Once More By The Spring Of Rage, Despair, And Hopeles
Posted by the.guard - 08 Jul 2010 17:37

sometimes god answers your prayers. but sometimes the answer is no.

True, but if a person has diabetes, won't they take their insulin?

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Re: Heart Frozen Solid, Thawed Once More By The Spring Of Rage, Despair, And Hopeles
Posted by Ineedhelp!! - 08 Jul 2010 17:57

[guardureyes wrote on 08 Jul 2010 17:37:](#)

sometimes god answers your prayers. but sometimes the answer is no.

True, but if a person has diabetes, won't they take their insulin?

This probably broaches on a topic that I brought up here:

www.guardyoureyes.org/forum/index.php?topic=2754.0

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Re: Heart Frozen Solid, Thawed Once More By The Spring Of Rage, Despair, And Hopeles
Posted by installed - 19 Jul 2010 14:59

Thanks, definitely clarifies things...

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Re: Heart Frozen Solid, Thawed Once More By The Spring Of Rage, Despair, And Hopeles
Posted by chaim2000 - 19 Jul 2010 21:03

can we get dovs answer on this? Sounds like we are missing something

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Re: Heart Frozen Solid, Thawed Once More By The Spring Of Rage, Despair, And Hopeles
Posted by Ineedhelp!! - 20 Jul 2010 20:01

Wow Never Beleiver,

I related so much with what you were saying there. The way you have to find the perfect imgae to get your fix. That's me too! Its so crazy seeing that in writing though. Thanks for that.

Here's what I have to say on your lack of God as the chissaron thing. Our lack of God in our lives is what got us here. That being said, it will get us out. Once we learn to FULLY allow God to run our lives, we can live as complete Ovdei Hashem. But once we get there, it doesnt mean we are there forever. We could fall the next minute or even the next second. The cancer patient CAN fully recover. They will be able to live a normal life once again. We can never lust again (and nor should we want to). Regarding God healing us like He does a cancer patient (i.e some yes some no), I dont think its as simple as that. An addict in recovery is the day he steps forth and says I have no other resources. I am POWERLESS. The cancer patient, as much as he says and KNOWS a million times more than we do, cannot get into recovery by purely coming to the realization that he is powerless. He cannot use a spiritual fix. And although God has 100% to do with his recovery, he could sit in his bed for 6 months, not mention God even once, and find out that when the doctor told him he has 6 months to live, he's now going to live a full healthy life. The addict cannot sit around and do nothing and expect something to happen. You wont get past step 1. While both Refuahs come from God, ive never heard of a case where an addict recovered without having a spiritual awakening. The cancer patient CAN remain atheist because science can prove to be the healer, but not so with addiction. Find a scientist who can prove why the 12 steps work. You cant. It just does because this is the only Refuah that Hashem is completely in control of AND SHOWS IT. Most nissim in the world are considered Nistar, hidden. A baby born. Cancer survivor. I see a recovered addict as a Neis Nigleh, revealed. It is so obvious that God is behind this and to me (maybe not to some atheists whom I have talked about this with), God is behind this and theres no other way to prove its success.

I hope that was helpful. May have gotten a little out of hand and off topic but it was good for me nonetheless.

Thanks.

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Re: Heart Frozen Solid, Thawed Once More By The Spring Of Rage, Despair, And Hopeles
Posted by ur-a-jew - 22 Jul 2010 20:14

[ur-a-jew wrote on 30 Jun 2010 18:00:](#)

You were an easy one. Everyone upstairs knows that tzadik Dov from GYE.

[dov wrote on 02 Jul 2010 21:22:](#)

I am not a tzaddik, just another addict doing what I am told is necessary to remain sober today.

I know someone will shoot me for this but I couldn't resist (recognizing that I'm an addict). For those of you who missed the live stream from ChaiFM, today my view was confirmed on International Radio. Dov, keep up the amazing work.

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