

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

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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 The Never Believer - 29 Jul 2010 14:44

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funny i took a ton of melatonin last night and i only read this just now. didnt help much. im afraid it is for the fix that i wake up so often in the middle of the night. the fix and worry/stress.

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Re: Heart Frozen Solid, Thawed Once More By The Spring Of Rage, Despair, And Hopeles  
Posted by MosheF - 30 Jul 2010 12:57

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[The Never Believer wrote on 28 Jul 2010 19:08:](#)

is there an alternative to human interaction for those moments of pure insanity?

Try emailing someone, even if they don't respond right away, it may help.

Does your mind race alot during the day too, when you get home from work? I have that alot. It may be that you need to find ways to calm you mind down prior to going to sleep, excercise, treadmill, reading a novel come to mind, although I can't read a novel when my mind is racing that way.

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Re: Heart Frozen Solid, Thawed Once More By The Spring Of Rage, Despair, And Hopeles  
Posted by The Never Believer - 30 Jul 2010 13:28

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well i took triple the dosage of melatonin last night hoping to get two nights sleep in a row. instead, i woke up at about 5 am. i struggled a little bit but some of my major files were handled this week so my mind was not as busy with work and i was able to get to shul an ish shalem.

mosheF, yes, my mind races a whole lot all day and when i get home from work i cant seem to shut it down. i probably drink more than i should as a result. i think my suicidal thoughts also come from a desire to shut off my brain which i cant seem to do at all.

between chavrusa and helping out a little with the kinders i dont have much time to unwind. i watch a little baseball; try to get a little of my novel in or run on my elliptical but i cant seem to find the time to do it.

when it comes down to it, i lack serenity. i lack peace. i lack menucha. i think, bottom line, this is what causes me to turn to porn.

last week i had this train of thought that i thought kanesher would enjoy: its funny, because on motzei shabbos we pray to be able to have shabbos permeate throughout the week. that is what i am lacking: the shabbos effect on the rest of my week. how can i get shabbos to affect the rest of the week. the 12 steps? perhaps. perhaps i need to ask hashem to allow me some shabbos on tuesdays. hey, wiat a minute, didnt chazal say that learning a mitzvah is like doing a mitzvah? maybe the best way to get shabbos during the week is to learn hilchos shabbos during the week (hey, i wonder if subconsciously i have been learning maseches shabbos for the past 4 years for the same reason). so, yeah, hilchos shabbos will help me stop masturbation. what do you think of that, kanesher?

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Re: Heart Frozen Solid, Thawed Once More By The Spring Of Rage, Despair, And Hopeles  
Posted by ur-a-jew - 30 Jul 2010 13:34

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How about a sefer hilchos shabbos near your bed to study when you wake up in middle of the night?

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Re: Heart Frozen Solid, Thawed Once More By The Spring Of Rage, Despair, And Hopeles  
Posted by Ineedhelp!! - 30 Jul 2010 15:47

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Step 1: We are powerless over lust and out lives are unmanagable because of it.

Step 2: If I cannot help myself then only a power greater than myself can help me

Step 3: Turn my will and life over to the care of God.

Where are you on that NB? You sound like you really believe step 1. Even maybe step 2. But step 3 doesn't sound like it so much. Everything is in God's hands. Our lives are dangling by strings that are directly connected to God. I cannot be worried about things that I cannot control because once I do that, I start thinking I am in control of other things, mainly lust. I am not in control of most of what goes on in life yet I still worry about it. Even the slightest things can show lack of Emunah. Dov gave me this example. He said he can't even look ahead to see if the train is coming if he's at the train station because why does he need to worry if the train is on its way or not? Don't take this to an extreme and say: "Oh so I don't even need to get up in the morning (um, bad example for this thread..) because controls what happens to my money." Although that's true that God controls your Parnassah, there's a concept of Hishtadlus. Hishtadlus is doing what you can where you feel comfortable saying "I did what I can the rest is up to God".

Have a good Shabbos.

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Re: Heart Frozen Solid, Thawed Once More By The Spring Of Rage, Despair, And Hopeless  
Posted by Dov - 01 Aug 2010 05:46

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Is the melatonin you take cherry flavor?

If not, there's your problem right there.

OK. If you do not believe that, then here's something a bit less believable - but a lot more practical:

Before you lie down shuffy, say to G-d that you do not want to act out that night, or in that morning. Tell Him that you plan to go to sleep and that you would like Him to help you out with this night. Then consider asking Him to help you get OK with the fact that if you *still* wake up and act out this night/morning it seems to mean that you are not yet ready to be any freer from it

at this stage of the game, and ask Him to please help you get better soon. No shame in front of Tatty - He knows all the chazerai already anyhow!

I have done this in the past, that is why I am suggesting it. (and posted about it a bit once, too, but can't remember what it was exactly about. But I digress...)

When I do this, I do not try hard, though saying byodcho afkid roochee is particularly meaningful then...staying calm is important, and realizing that it may take a few days or weeks, or may happen right away and keep on happening. It's kind of a 3rd step thing as Dovid suggested, David.

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Re: Heart Frozen Solid, Thawed Once More By The Spring Of Rage, Despair, And Hopeles  
Posted by The Never Believer - 01 Aug 2010 12:09

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Thank you dov I will certainly do that btw it is cherry flavor

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Re: Heart Frozen Solid, Thawed Once More By The Spring Of Rage, Despair, And Hopeles  
Posted by Dov - 01 Aug 2010 14:36

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Bard will give you some Woodford flavored Melatonin, I am sure...

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Re: Heart Frozen Solid, Thawed Once More By The Spring Of Rage, Despair, And Hopeles  
Posted by The Never Believer - 03 Aug 2010 13:49

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Ahh bards! He has the solution to everything right there in a bottle of woodford. So I don't know if this is the best place to put this but I need to write out a dream I had last night and I don't have a blog, a diary or anyone else to share with. So despite taking a lot of melatonin again last night I woke up at 4. This time it wasn't stress from work. I don't even really know why I did. So I did what dov told me to and asked the Big Fella to get me through. I know dov told me to do it

before I went to sleep but whatever better late than never I guess. I then went on GYE a bit read some threads and fell asleep. So I have this recurring nightmare about this imaginary bridge between the bronx and manhattan that is too steep and narrow. This morning I dreamt about it again. In my dream I am at home when all of the sudden all of my devices start pulling up porn pics. I start freaking out but no matter what I do all the pics I ever looked at began coming up like a slideshow on the screens of my laptop and ipod and so on. When I try to figure out what's going on I learn that my daughter did something to my computers and this is happening now. I start to cry out her name but instead of calling out her name I call out the name of someone I lusted over as a child and who was part of my step one. I then realize that I am in the bronx and I need to get to manhattan. I run out of the house and towards this imaginary bridge. I realize I am barefoot. When I get to the bridge I see someone left me my crocs. I put them on. I then walk into a waiting room where I see lots of people that I know. It seems they are all sitting and gathering in this room and noone wants to cross the bridge. I decide I am going to go. I walk to the bridge and after walking out a few steps I see how steep it is and I panic. I can't move forward so I fall to the ground. I am frozen in fear looking down at the water. a bridge employee who is chassidish then comes out to help me. I keep telling him I want to go back but he pushes me forward instead. I am so scared and I fall off the side of the bridge. The chassidish guy leaves me dangling and goes on to help someone else. I am so scared and about to fall off when I wake up. I better lay off the melatonin huh?

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Re: Heart Frozen Solid, Thawed Once More By The Spring Of Rage, Despair, And Hopeles  
Posted by Dov - 04 Aug 2010 04:15

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***Never*** be a trapeze partner with a chossid.

I *always* say that.

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Re: Heart Frozen Solid, Thawed Once More By The Spring Of Rage, Despair, And Hopeles  
Posted by the.guard - 04 Aug 2010 10:30

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Yeh, sorry about that Rage, I had to help that other guy. Sheesh. I don't know how they think I can do ***everything!***

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Re: Heart Frozen Solid, Thawed Once More By The Spring Of Rage, Despair, And Hopeles  
Posted by the.guard - 04 Aug 2010 10:34

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The whole world is a very thin bridge... and the main thing is NOT TO FEAR.

As they say in the 12-Step groups, "Fear is the absence of faith"

and

**F.E.A.R = False Evidence Appearing Real**

You have an amazing soul.

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Re: Heart Frozen Solid, Thawed Once More By The Spring Of Rage, Despair, And Hopeles  
Posted by ur-a-jew - 04 Aug 2010 14:58

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The bridge is obviously Olam Hazeh (kol haolam kulu keshet tzar maoed). The water represents torah (ain mayim eleh torah). We are all hesitant to go down to Olam Hazeh (the waiting room was the otzar aneshamos in shomayim as was the apartment (v'chul massecha bsefer nichtavim)). But Hashem in His wisdom sent down your neshoma. The yetzer hatov (the chosid) is telling you to get off the bridge, i.e., let go of Olam Hazeh and jump into the waters of Torah. For the most part you're almost there, holding on by a couple of fingers. Like most people you want to still hold on just a little bit. But its time to loosen your hold and just let yourself fall into the water of Torah and Kedusha. So just jump already.

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Re: Heart Frozen Solid, Thawed Once More By The Spring Of Rage, Despair, And Hopeles  
Posted by The Never Believer - 04 Aug 2010 15:56

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Thanks guard for your kind words. Dov last night before I went to sleep I asked hashem to help me through the night and baruch hashem it was a good night. Urajew I think there's a lot of truth to what you say. I am going to try once a day to just talk to god. I want to worship him instead of my false gods. I so desperately need him as a real presense in my life.

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