

Please gimme some Chizuk and or Mussar.

Posted by Ineedhelp!! - 04 May 2009 05:15

Hi fellow Yiddin,

I am new to the site, but what I've seen so far is extremely comforting. Before I saw this sight, I thought my cause was hopeless. I knew I could never tell anyone my sins in person and here comes this website to allow me to gain advice from people who are in the same boat as me and from poeple who have gone beyond the natural tendencies of man and succeeded.

I am a college student who learns half the day. I need to stop immediately. The internet is the biggest Yetzer Harah since the Nachash in the story of Adam and Chava. Many times I feel they are comparable. The Nachash told Chava that Hashem said she couldnt touch the tree. When in reality Hashem said she couldnt eat from it. After the Nachash pushed Chava into the tree, she saw that maybe the whole condition is canceled and she could now even it from it. We all know the rest of the story. And what was Chava's punishment? She had to go through painfull childbirths. From the Men's perspective we can see this as us doing the same. When we are Nichshal and do this evil sin, we are causing ourselves to go through a painfull childbirth. I dont know about anyone else, but after I finish giving in to my Yetzer Harah, I have the worst feeling in the world. It hurts more than any exterior wound. I really feel like "Shir Hama'alos Mimamakim Kerasicha Hashem!" It genuinely feels like calling to Hashem for help from the depths of earth, like Im on the brink of entering Gehinom. So, if we are about to be Nichshal we should try to rememebr that feeling that we had after the previous time, like were are going through childbirth so that next time we will actually think about our actions and not let our minds go astray.

I really daven everyday that everyone who wishes to, should have the Koach to destroy this Yezer Harah.

Hashem: Please all the Jews here have such holy intentions, give them the strength!

everyone should have a great day and keep your eyes down when walking, constantly think about Torah and what Hashem would want, and daven. (i wish that would all be as easy to do as it is to write)

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Re: Please gimme some Chizuk and or Mussar.

Posted by Ineedhelp!! - 09 Nov 2009 18:03

Hey Rabbosai,

Thanks for the generous words 7up. I need to find a way to not mask my stress. I need to embrace and understand that its all from Hashem no matter what. Stress, anxiety, depression, and the like may all stem from our lack of complete Emunah in Hashem. Anyone have any advice on how to do this?

-INH

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Re: Please gimme some Chizuk and or Mussar.
Posted by the.guard - 09 Nov 2009 20:51

You're on Duvid Chaim's calls, that's a big step in the right direction...

Maybe some stuff on this page could work for you:

www.guardureyes.com/GUE/Tips/SelfTher.asp

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Re: Please gimme some Chizuk and or Mussar.
Posted by 7yipol - 09 Nov 2009 20:52

[Ineedhelp!! wrote on 09 Nov 2009 18:03:](#)

Hey Rabbosai,

Thanks for the generous words 7up. I need to find a way to not mask my stress. I need to embrace and understand that its all from Hashem no matter what. Stress, anxiety, depression, and the like may all stem from our lack of complete Emunah in Hashem. Anyone have any advice on how to do this?

-INH

I can only share what helped me get there:

Hugs!

Make a point of actively noticing all the good Hashem does for you every step of the way through your day. It takes effort and time, but once you start recognizing all His 'hugs', you begin to internalize that if He is there for such 'minor' issues like good lunch and the right bus, then kal vechomer He is carrying you for the biggies.

Check out the HUGS thread.

And start posting!

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Re: Please gimme some Chizuk and or Mussar.
Posted by Dov - 10 Nov 2009 23:28

INH - You are a very lucky man to have insight as you do, and friends like these!!

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Re: Please gimme some Chizuk and or Mussar.
Posted by Ineedhelp!! - 11 Nov 2009 16:41

Thanks Dov,'

-INH

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I really love this place. Is there a GUE Addicts Anonymous??????

Re: Please gimme some Chizuk and or Mussar.
Posted by 7yipol - 11 Nov 2009 21:08

[Ineedhelp!! wrote on 11 Nov 2009 16:41:](#)

Thanks Dov,'

-INH

Someone tried setting one up -

-but none of us were willing to join!

We love this addiction too much!

R' Dov; any advice, or are we beyond help?

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Re: Please gimme some Chizuk and or Mussar.

Posted by Ineedhelp!! - 12 Nov 2009 15:55

Hey everyone,

I fell today again. Hopefully Hashem will bring me back up.

-INH

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Re: Please gimme some Chizuk and or Mussar.

Posted by Dov - 12 Nov 2009 17:47

[7Up wrote on 11 Nov 2009 21:08:](#)

[Ineedhelp!! wrote on 11 Nov 2009 16:41:](#)

Thanks Dov,'

-INH

Someone tried setting one up -

-but none of us were willing to join!

We love this addiction too much!

R' Dov; any advice, or are we beyond help?

Oy, you took the words right out of my brain.

INH - You may need more support than you are getting, particularly the non-virtual kind. After

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Re: Please gimme some Chizuk and or Mussar.

Posted by Ineedhelp!! - 12 Nov 2009 18:32

thanks Dov for the advise but Im not really sure what you mean????

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Re: Please gimme some Chizuk and or Mussar.

Posted by Dov - 12 Nov 2009 22:28

~~all our problem isn't just "virtual"~~
I am absolutely positive that, in my case, there was no substitute for biting the bullet and meeting to talk in *person* with other guys who were sober. Specifically other guys who were at least as bad off as I was (or worse) to start with (in fact, worse off was better, cuz it *proved* more to me of the power of recovery!). We know exactly what it feels like to think of something that is totally self-destructive and **to desire it anyway**. We know the excruciating pain of **not** acting out our mishigas'n - even though they are totally **nuts**. So we are not ashamed of admitting it to eachother, thank G-d, and can *finally* get and remain **completely honest** about it with **somebody**.

How long will the addict remain afraid to get the gruesome details - in all their shameful stupidity - out into the light? That is how long they will probably hold sway over him. (tzetel koton is similar on this)...and that will be just the very first step, you know. G-d has a lot of work to do on

us, cuz we can get a lot better, you know. Stop accepting the scraps off the table. Get a big bite of the **main meal!!**

This virtual thing is a giant leap in the right direction, don't get me wrong please. But if we see that we need more to make it, then how much more do we need to suffer and put our precious relationships at risk before taking the necessary painful steps?

For me, those steps were coming face2face with other addicts who saw right through all my BS and also *exactly* knew my pain, and came out the other side alive. I needed meetings, a sponsor, and an open, open, open fellowship with others like me to get better.

We are all afraid of a different life, until the one we have becomes totally unbearable, of course. It all depends on what you want: the same, or better?

Hey, *you* asked me.... ;D

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Re: Please gimme some Chizuk and or Mussar.
Posted by Ineedhelp!! - 16 Nov 2009 15:38

Hey all,

I am feeling a little weak so I figured I'd post then walk around for a little bit. Hows everyone?
Hope everyone has a great week!

-INH

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Re: Please gimme some Chizuk and or Mussar.
Posted by Dov - 16 Nov 2009 22:02

I'm OK, thanks. Have a nice evening, reb INH.

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Re: Please gimme some Chizuk and or Mussar.
Posted by the.guard - 16 Nov 2009 23:22

Hey INH, what I wouldn't do to get a post like that from Dov on MY thread!! (but no, I won't **fall**
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Remember, a fall will never ever help anything get better, only worse. Be strong! We're all here for you.

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Re: Please gimme some Chizuk and or Mussar.
Posted by Ineedhelp!! - 17 Nov 2009 01:08
for it

Hey Dov and Guard,

I heard something today in the DC group call that I cant rememmberr but made so much sense. WAIT just remembered it! Were not trying to control the addiction were trying to.... forgot the punch line???? anyone know how the saying goes?? It was so great when I heard it. And were also trying to make it that we dont have a Taivah for lust just like we dont have a taivah to walk into Mcdonalds and eat a cheeseburger. Can someone help me out there????

-INH

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