

Please gimme some Chizuk and or Mussar.

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

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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 Dov - 17 Nov 2009 17:58

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[Ineedhelp!! wrote on 17 Nov 2009 01:08:](#)

Hey Dov and Guard,

I heard something today in the DC group call that I cant rememmbber 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

Dear INH,

Uh oh, get the airbag again...

1- it's "Guard, *then* Dov";

2- you are so lucky to be part of DC's group;

3- "trying to make it that we don't have a tayva for lust just like..."? Lust ***is*** tayva, first of all. Secondly, they tell us that it was our ***very best thinking*** that got us into the lusting habit in the first place. So, the answer cannot, by definition, be within us. It must come from a Power greater than ourselves. That, to me, means that wishing for power over our lust is just that: more lust. It's the problem, not the solution.

I'd look for something other than control or holiness, entirely.

Sanity is a good place to start.

See step 2.

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- Dov

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Re: Please gimme some Chizuk and or Mussar.  
Posted by the.guard - 17 Nov 2009 22:26

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1- it's "Guard, then Dov";

Nice try R' Dov, but you're older than me and much wiser. And you're sober for over 10 years and have changed your life around completely and became a different person - selfless and humble (don't deny the humble, it won't help you :D). So just cuz I had the good luck of starting GYE doesn't put me first. If I could, I'd sit on the floor at your feet and learn the wisdom of life from you. (For example; is life like a river or a mountain??)

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Re: Please gimme some Chizuk and or Mussar.  
Posted by Ineedhelp!! - 17 Nov 2009 23:20

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Speak of which, Guard, we never heard YOUR story????

-INH

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Re: Please gimme some Chizuk and or Mussar.  
Posted by Ineedhelp!! - 18 Nov 2009 14:21

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Good morning. I actually had a fall last night. I dont know what caused it. May have been stressed that I incurred from a midterm I took yesterday or may have been me trying to control my addiction. Whatever the reason if you can call it I think it was a "not as bad as normal fall". I was able to recognize in the middle of all the chaos what I was doing and instead of spending the usuall few hours falling, I spent minimal time. Hopefully mt tatte will pick me up.

-INH

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Re: Please gimme some Chizuk and or Mussar.  
Posted by Steve - 18 Nov 2009 16:33

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INH,

Thanx for your reply post on DC's Call log.

Even after all that hisorirus, I also had a fall this morming, but not the lust kind. Although I had so much to do and needed to get out to an early minyan, I vegged out reading one of the kid's Harry Potter books. I lost over 2 hours from my life! When I faced myself, I saw clearly it was escapism brought on by another RID depression. But that anxious feeling of being unable to stop, while in the back of my mind I know I should, IT'S THE SAME as when I would find myself surfing the bad web sites. So I'm seeing it's NOT necessarily a DESIRE to LUST, but the FEAR and "NEED" to ESCAPE AN UNCOMFORTABLE REALITY that drives me into these manic moods. LUST and looking at women has become so second nature, that that is the direction the escapism channels to most.

Me and you and our chevra need to face our fears head-on, swallow hard and stop beating ourselves up over our poor judgement of ourselves. I AM NOT THE MISTAKE I THOUGHT I WAS!

I'm gonna stop reacting now, and get back to work. In stead of STRESSING, I'm gonna TACKLE that project I've been avoiding, AND DO MY BEST with it. Kol Hascholas Kashos! But once we start, it get easier. And if it comes out not as perfect as it could have, well, neither am I!! But at least I gave it an honest try.

Keep your head up, my friend. We're all gonna get better soon. See you on the call...

Steve

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Re: Please gimme some Chizuk and or Mussar.  
Posted by 7yipol - 18 Nov 2009 17:29

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INH and Steve, your posts are inspiring.

INH:

Sorry to hear about the fall INH, but the way you minimized it is commendable.

And your 'post-fall' attitude is where its at!

You gave the yh a few hours, but deprived him of his main goal - bringing you to depression and surrender.

Hopefully mt tatte will pick me up.  
Amen!

Steve:

Sounds to me like a lot of internal introspection and growth is going on in there.

Keep up the good work!

I AM NOT THE MISTAKE I THOUGHT I WAS!

"Hashem made me and He doesnt make junk!"

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Re: Please gimme some Chizuk and or Mussar.  
Posted by Steve - 18 Nov 2009 18:24

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Thanx, 7 Up. I'm trying, but the credit goes to DC. He's inspiring, honest, fun too, but most of all knows how to say what we need to hear. He reads my mind, and what he says opens up what's deep inside. He's made me face a lot, I'm trying not to run even tho' I could never hide.

INH and everyone else on this call are the real heros. I'm so blessed to be part of this group. I'm not alone in my struggle, and like Shlomo HaMelech said about 2 being better than one - if one falls, who will pick him up?

Gotta go to lunch now. I may be a pickle, but I'm gonna become a stuffed pepper...

Steve

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Re: Please gimme some Chizuk and or Mussar.  
Posted by Ineedhelp!! - 19 Nov 2009 00:59

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Haha Steve I love that last line.

where's your red onion joke? BTW Steve you are "the man" (sorry but Hashem is "THE MAN"). Great insight on everything. Keep it up.

-INH

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Re: Please gimme some Chizuk and or Mussar.

Posted by Steve - 19 Nov 2009 06:43

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Wasn't it Shrek that said that Ogres have layers, too..

Anyway, I'm still digesting the red onion thingy. Especially in light of the age old Yiddish "Blessing" (and may 7 Up forgive my spelling):

"Zols du vaktzen vi a tzibbella, mit der feese arouf und der kapf in drerd."

which means:

"May you grow like an Onion, with your feet in the air and your head in the dirt!"

Ah, there's nothing like Yiddish... shame I've exhausted my vocabulary...

Gnite, "y'all!"

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Re: Please gimme some Chizuk and or Mussar.

Posted by Ineedhelp!! - 19 Nov 2009 15:08

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I think I am starting a new system for myself. The 90 days makes me look to far ahead. I am going to make a 5 day goal, a 10 day goal, a 20 day goal, and 30, and so on. I think this will get me off to a start. I know that I should be looking at each day as a goal but in the beginning i think its important to get yourself a nice streak then look at every individual day. So today is day 2 and only 3 more days until I hit my goal!

-INH

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Re: Please gimme some Chizuk and or Mussar.

Posted by Steve - 19 Nov 2009 15:53

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GREAT IDEA!! Can you change your name to ITINHBIRSOTBIG? Oh, that stands for "I Think I Need Help But I'm So On The Ball It's Gevaldik."

One of the Rabbeim in my yeshiva way back when, in a mussar shmooz, mentioned 2 strategies against the YH, one of which you were just mechaven to!! He said when faced with a YH that looks overwhelming, so you are afraid to even start the battle, it helps to "chop the Yetzer Hara into bite-size pieces." Instead of saying I'll refrain from lusting for a month, etc., say "OK, no L from now until lunch. No commitment for after that, just for the next 3 hours. I can handle that." Lunchtime comes, and he says "that wasn't so hard, let me make a commitment from now until dinner. No promises after that. We'll wait and see." And dinnertime, rinse and repeat, etc. After a few days like this, then take on 6-hr. intervals, building up to a day, etc.

(Just a reminder, these are all "being on guard" thingies that we are learning in DC's 12-Step Program are just temporary band-aids, they're not the real solution, that's deep below the smelly onion layers, but hey we're only in week 5 so we didn't get there yet...)

And if the YH tricks you, and I'll bet it could only happen "suddenly", don't beat yourself up over it. You didn't ask for this YH, and the fact that we've got it isn't our fault, so don't get depressed with guilt. Look instead at how much you've accomplished, how fantastic it has been all those days, hours, minutes and seconds of tremendous zechusim when you were able to keep "sober!" Do we even realize the love Hashem has for us, how aware he is of our struggle to break free? Winning is not up to us, that's up to Hashem - all that's in our power to do is to keep fighting.

So the second strategy he said was, "If the YH trips you up, consider it like a patch. Are you gonna stand there and take a patch from anyone other than your Father or parents? NO! So, PATCH HIM BACK!! C'mon, give him a "PATCH FOR A PATCH." He messed up your count, so PATCH HIM BACK with an extra blatt of learning that day, or some extra tehillim, or a little more tzedakkah, or make your next tefillah slower with more kavanah, or do a "random act of kindness," or call your parents just to say hello and tell them you love them, or someone who'd appreciate it or who is lonely, or spend 15 minutes quality time with your kids, get down on the



floor and read or play a game with them, etc. And when you do it, do it with kavannah and say to yourself that you're getting even, that you're doing this to patch him back, so you'll be able to get closer to Hashem.

Imagine how good you'll feel after giving him that patch back. You'll remember how much of a "winner" you really are. So feel good about yourself. YOU'RE DOING GREAT!!!

"See" you on the call...

Steve

PS - Thanx for making me remember this advice from the good ol' days. I needed that Chizuk, too!

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Re: Please gimme some Chizuk and or Mussar.  
Posted by Ineedhelp!! - 19 Nov 2009 16:10

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Thnx Steve,

Ya the "being constantly on guard" thing is very difficult to grasp. On the one hand we want to get RID (DC shout out) of our addiction to lust so were always on such close watch. But on the other if we guard then we are thinking we are in control. I think another reason being on constant guard is dangerous is because of the following mashal. Imagine you are a guard for the king's palace. Your job is really to just stand there and really dont make it obvious that you are watching everyone that walks by. Making sure nothing suspicious is going on and nobody without permission gets into the palace. If the guard starts getting too investigative and starts dialing in in people that walk by, then he's going to miss if somebody sneaks into the palace while he is searching an 85 year old lady's handbag. But if he steps back and has periphiral vision and doesnt be too makpid, he'll be able to catch a scoundrel who tries to get into the palace. But then of course we cant be on guard at all, we need to leave it up to Hashem so what the guard of the palace is really there for is for show like in Buckingham Palace. They dont really need those guards, they probably have the best technology money can buy. So remember as we are "on guard", its just a show. Lets let the best technology Tefillos can buy,

Hashem, do he real work.

-ITINHBIRSOTBIG

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Re: Please gimme some Chizuk and or Mussar.

Posted by 7yipol - 19 Nov 2009 16:15

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ME??!

I speak less Yiddish than an Indian chief!

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Re: Please gimme some Chizuk and or Mussar.

Posted by Steve - 19 Nov 2009 16:44

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ME??!

I speak less Yiddish than an Indian chief!

Its a BT thing

BT...? BT...? Oh, you mean "Been There" without the "Done That?"

Steve

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