

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 Steve - 19 Nov 2009 20:37

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Silly me. What do I know? I also went to one of those **B**ecome a **T**zaddik Yeshivas.

Actually, I went to a few.

And NO, I didn't get thrown out. I was crazy enough to return to Chutz LaEretz :o !

But hey, that was last century...

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Re: Please gimme some Chizuk and or Mussar.

Posted by Ineedhelp!! - 23 Nov 2009 15:44

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Hey all,

Hope everyone has a great week!

-INH

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Re: Please gimme some Chizuk and or Mussar.

Posted by Ineedhelp!! - 24 Nov 2009 14:25

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Feeling kind of weak today. I keep surrendering the battle to Hashem but it keeps coming back stronger. Hopefull Hashem will keep me clean for today!

-INH

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Re: Please gimme some Chizuk and or Mussar.  
Posted by jerusalemsexaddict - 24 Nov 2009 15:14

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INH,

You are the man.

Love from a fellow tzaddik,

Uri

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Re: Please gimme some Chizuk and or Mussar.  
Posted by Ineedhelp!! - 30 Nov 2009 14:47

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Dear INH - This is not addressed necessarily to you. I assume you *are* taking actions to put the steps into practice in some way in your daily life. But I need to express this anyway, because you wrote that "something's gotta change". For some folks (like me), I believe it's this:

Are these steps *ideas* that you fully accept *in your heart*?

Or...

Are they *actions* that you actually *take* in order to make them **real**?

Take Lust, for example. We all eventually needed some kind of action/behavior to fulfill our lust...fantasy was never *really* enough for us in the end, right? ....Given that simple fact, why did we all - to a man - expect to get all better just by **wanting to** (really badly)? "Not acting out" isn't an action, at all, so why *should* it do anything positive to change us?

If really, *really* accepting his mitzvos in our hearts was "enough" to Hashem, then Avraham would not have *actually* had to schlep Yitchok up that mountain and reach for the knife, right? Hashem *knew* he'd do it anyway. And our religion would look a lot more like christianity, where resting on the sabbath is a *profound idea*, love and *avodah* of their g-d-concept is a *sincere feeling*, and where keeping kosher, sukkah and circumcision are not *actually necessary*. Lo zu haderech.

Sure, "*recovery is an inside job*", as they say. But *this is a program of action*, where simple spiritual principles are made accessible even to absolute idiots - because they are put into *simple action*. And *anyone* can do actions! That's why it can work for anyone, even for thick-headed lust-drunks like me, b"H.

By the same token, length of sobriety is not really "proof" of anything. I'd say that the closest thing to "proof" that a person has really accepted these ideas fully in their hearts, is their grateful sobriety **today**. And the only way to get there is by **working** the steps. ("...here are the steps **we took**:", AA ch 5.)

So. I'm still an annoying pain in the buttock. What's new?

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Re: Please gimme some Chizuk and or Mussar.  
Posted by Ineedhelp!! - 02 Dec 2009 18:50

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Hey guys,

Just changed my name form Ineedhelp!! to Yiddle2 becuase thats my gmail address and I think its just easier for people to follow if they are the same.

thanks,

-Yiddle

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

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But...but..."INH" was so natural. Y2? Nu, to quote Menachem Begin: "alright."

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Re: Please gimme some Chizuk and or Mussar.  
Posted by Kedusha - 02 Dec 2009 22:26

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[Yiddle2 wrote on 02 Dec 2009 18:50:](#)

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Re: Please gimme some Chizuk and or Mussar.  
Posted by Ineedhelp!! - 06 Dec 2009 16:23

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I just found this article. Look what lust can do to us! A husband injects his WIFE with HIV so that she will have relations with him. I wouldnt suggest going to the website cause there might be inappropriate pictures there but i copied the article here: [Moderator's note: For this reason, I deleted the source of the article].

### HIV Man Injects Sleeping Wife With Own Blood

An HIV-positive man has confessed to injecting his blood into his sleeping wife and infecting her with the virus that can cause Aids, reports have said.

A picture taken under a microscope of the HIV 1 virus

The HIV virus: Woman was infected as she slept

It is believed the man wanted to give her the disease so she would start having sex with him again, New Zealand's Sunday Star-Times said.

Court documents detailed how the man, 35, twice pricked his 33-year-old wife with a sewing needle laced with his infected blood.

The husband discovered he was HIV-positive - but his partner and children were not - during health checks imposed on them when the family arrived in New Zealand in 2004.

I got up... and I flicked the blankets... I looked at (the husband) and he was wide awake.

Victim tells of how she was infected

The woman had said she wanted to maintain the relationship for the sake of the children.

But she refused to have sex with her husband for fear of contracting the disease.

In the documents, the wife described how, in May, 2008, she found a sting-like mark on her left thigh and two days later awoke to a stinging feeling in her leg.

The HIV virus close-up

She said: "I got up... and I flicked the blankets... I looked at (the husband) and he was wide awake."

The wife asked him if he had pricked her and he said, 'No'. But she later found evidence of "blood sprinkles" on their duvet, which she said her husband tried to hide from her.

During a routine check-up four months later, doctors revealed she was HIV-positive.

The woman confronted her husband, who admitted dipping a needle in his blood and pricking her with it.

"All he said (was) he was sorry. He said, 'I used needles on you because I wanted you to be the same as me so that you can live with me and you won't leave me'," she said.

The husband has admitted wilfully infecting another with a disease and faces up to 14 years in jail when he is sentenced at Auckland High Court next year.

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Re: Please gimme some Chizuk and or Mussar.  
Posted by Dov - 06 Dec 2009 23:27

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As sick as that is, I can remember feeling the same way as that guy.

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Re: Please gimme some Chizuk and or Mussar.  
Posted by Ineedhelp!! - 07 Dec 2009 04:04

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I know what you mean... :-\

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Re: Please gimme some Chizuk and or Mussar.  
Posted by the.guard - 07 Dec 2009 10:13

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[Yiddle2 wrote on 30 Nov 2009 14:47:](#)

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I read this post from INH and I'm saying to myself, wow, this sounds an awful lot like Dovish to me, and **I know Dovish**. And I was amazed at the depth of it and I was just about to post my amazement to INH on his profound post when I saw that it was addressed **TO INH**... And then I noticed at the bottom "Last modified by Dov"... So it seems that somehow Dov modified a post

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Re: Please gimme some Chizuk and or Mussar.

Posted by Ineedhelp!! - 07 Dec 2009 14:56

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Haha ya whens its too good to be true it probably is

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Re: Please gimme some Chizuk and or Mussar.

Posted by Dov - 07 Dec 2009 17:54

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Lo hamedrash ha'ikkar, ella hama'aseh, so who cares *who* it came out of?

(now, how do I absentmindedly edit this into yet *another* person's ID?)

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