

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!! - 12 Jan 2010 04:04

Thank you all,

I am trying to use this extremely emotional situation to better my relationship with people. I feel that I can open up more and dont need to hide the things I once thought that i needed to hide.

Much Love,

-Yiddle

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Re: Please gimme some Chizuk and or Mussar.

Posted by Steve - 12 Jan 2010 05:37

Yiddle, you are going to make a wonderful father one day. You're gonna learn from the early mistakes of me, Dov, and the rest of us in recovery, and avoid the pitfalls of isolation away from your kids. You're gonna take the best of the healing between you and your dad and avoid the over-controlling that leads to father-son difficulties. You are going to be GREAT, you know why?

Cuz you're **ALREADY GREAT!!**

Plus dear and sweet.

But don't let the guys in the locker room hear me say that....

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Re: Please gimme some Chizuk and or Mussar.

Posted by Dov - 13 Jan 2010 17:14

[Steve wrote on 12 Jan 2010 05:37:](#)

Yiddle, you are going to make a wonderful father one day. You're gonna learn from the early mistakes of me, Dov, and the rest of us in recovery, and avoid the pitfalls of isolation away from your kids.

...what's more, as we are still making mistakes, you'll have us as a wellspring of continuous learning!!! Ha!! ;D 8)

Love you, man....

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Re: Please gimme some Chizuk and or Mussar.
Posted by Steve - 13 Jan 2010 19:47

hee heee.

gevaldig

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Re: Please gimme some Chizuk and or Mussar.
Posted by Kollel Guy - 14 Jan 2010 08:16

[dov wrote on 13 Jan 2010 17:14:](#)

[Steve wrote on 12 Jan 2010 05:37:](#)

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Love you, man....

Can you imagine how utterly pointless life would be if we didn't make any mistakes?

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Re: Please gimme some Chizuk and or Mussar.
Posted by Ineedhelp!! - 14 Jan 2010 14:41

[Kollel Guy wrote on 14 Jan 2010 08:16:](#)

[dov wrote on 13 Jan 2010 17:14:](#)

[Steve wrote on 12 Jan 2010 05:37:](#)

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your kids.

...what's more, as we are still making mistakes, you'll have us as a wellspring of continuous learning!!! Ha!! ;D 8)

Love you, man....

Can you imagine how utterly pointless life would be if we didn't make any mistakes?

Nobody. I mean NOBODY. Doesn't make a mistake in life. Even Moshe Rabbeinu made mistakes in life and he was on the 49th level of Kedusha (No not the GYE member)! If I don't make mistakes even from now and meah veesrim shana, then I am not looking at myself in a constructive manner and I will never improve.

-Yiddle

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Re: Please gimme some Chizuk and or Mussar.
Posted by Dov - 14 Jan 2010 17:56

If a guy like me stopped making any mistakes I'd soon decide I didn't need G-d at all, any more.
(Ask the first man, he'll sadly tell you all about his run-in with "vehiyeesem k'aylokim!")

I guess I am forever 'doomed' to being an oved Hashem....nu, He's a Good Master, after all.

This little shpeel is getting more mileage than a Prius!

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Re: Please gimme some Chizuk and or Mussar.

Posted by Kollel Guy - 14 Jan 2010 18:03

Maybe that's specifically the reason we make mistakes, to demonstrate to us that we simply CANNOT do it on our own.

It's definitely a big potch to the gaavah, to know that "no matter how hard you try, and how much you think, and how slick you think you are, you will mess up 100%, without even the slightest doubt".

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Re: Please gimme some Chizuk and or Mussar.

Posted by Ineedhelp!! - 14 Jan 2010 18:09

Beautifull idea KG!

A little side point: I was granted permission to see the married mens forum. At first I was able to see the posts on that thread. Now I dont see them, just an empty section for married men. Is there a reason for this?

-Yiddle

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Re: Please gimme some Chizuk and or Mussar.

Posted by Ineedhelp!! - 15 Jan 2010 01:43

Man, this is kind of depressing. Nobody has posted anything in over an hour!

-Yiddle

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Re: Please gimme some Chizuk and or Mussar.
Posted by Ineedhelp!! - 15 Jan 2010 15:18

Everyone: HAVE A GREAT SHABBOS!!!

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Re: Please gimme some Chizuk and or Mussar.
Posted by silentbattle - 15 Jan 2010 15:58

[Yiddle2 wrote on 14 Jan 2010 14:41:](#)

If I dont make mistakes even from now ad meah veesrim shana, then I am not looking at myself in a constructive manner and I will never improve.

Well said - whenever we improve, we need to look at ourselves again, and with our new, enhanced vision, figure out what can be changed and improved now.

Hope your shabbos is great, too!

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Re: Please gimme some Chizuk and or Mussar.
Posted by Ineedhelp!! - 16 Jan 2010 23:52

Gut Voch everyone,

Lets all have a great week dedicated and devoted to Hashem and only Hashem. I have often thought of this idea that I have and wonder what it would be like to put it into action. My idea is to take one day, that's one day out of my whole life, and completely dedicate it to helping other people aside from myself. I would do whatever I need for my Avodas Hashem which would include Tefillah, eating, and going to the bathroom. But other than that I want to dedicate the left over hours of the day to helping other people. This might sound difficult and probably is. But I can just imagine the feeling at the end of that day. I want to ask myself every second of the day: "How can I be of service to anyone but myself?" One mght say, "Well you are not around people all day!" Well I can make that happen. Let me know what you guys think of this idea.

Shavua Tov

-Yiddle

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Re: Please gimme some Chizuk and or Mussar.
Posted by Dov - 17 Jan 2010 19:42

Wow, Yiddle2!

There used to be a line written on a card in my wallet that went something like this: "If there were *any* other way to stay sober than being focused on being useful to *others*, I'd take it. But there isn't." Kind of funny, I think...

Have you read the 3rd step prayer of AA lately? Check it out and you'll see what I am referring to...

We had quite a time with this idea on GYE a few months ago, and there was some discussion abt what it has to do with recovery from our problem. If you are interested in that, you may find that material with a search of keywords like selfish, self-centered, or "being useful". Whatever you do, thanks for brining this up!

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