

It's all in the name

Posted by eerie - 24 Nov 2022 19:25

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Hi there all my anonymous friends!

I am on here for a while, most of the time just to sign in and update where I'm holding, but from time to time I do read around some posts on the forums, and I am really at a loss of words when I try to describe what I think about all of you. I'm simply awed into silence. You guys are all amazing, fighting the terrible urges, sometimes in such difficult circumstances, from complicated pasts, I stand humbled. I am so proud to at least be part of the same nation, even if I don't come close. Keep up the fight and may Hashem be with all of you and may you feel his closeness.

And now, Hi! I gave myself the name eerie because that's what I think about my situation. I am blissfully married to a really special person,(which, I learned from the posts on this site, is not to be taken for granted. It's something that so many of my dear friends here struggle with, their addictions creating issues in their marriage and the problems in their marriage further exacerbating their addictions) and we have a few wonderful kids. I really cannot imagine a better marriage, we respect each other, love each other, communicate beautifully, and my intimate life is wonderful. I believe my wife would say the same. I am a seriously respected member of my community, I am in a position of chinuch (and I think I do a pretty good job:)), so why oh why on earth am I here? What would the people think if they knew? Would I still have a wife? Would they let me talk to my kids? At that point would I even care about my job or my life's mission? I BH had a wonderful upbringing, loving and caring parents who are very proud of their "successful kli kodesh" son. What would they think if they knew? These thoughts were on my mind as I created my account and the feeling I had was "This is eerie. A mechanech. A talmid chacham. Sought after maggid shiur. This is totally eerie." So there you have it. It's all in the name.

A little about me. I think many of you would disagree but I don't think I'm addicted to P&M. I have normal urges like all healthy people. I have no smartphone (if you would only hear me speak about the downfalls), no computer at home. So where and when do/did I fall? I called a talk line by mistake, I was trying to reach a company. I was horrified. I hung up and told my wife about it. But, of course, my curiosity plus urge got me to call. This was probably 10+ years ago, called maybe 10 times total. Can't remember the last time I did that. Then my wife got a smartphone, and we blocked the browser entirely through parental controls, with each of us having half the code. Of course, when I was down I tried a few times and of course I figured out her half. Here and there I would go on really bad sites. Not long thereafter we got rid of that phone. That was also 10+ years ago/ But every once in a while I fall. I once found that one computer in the Yeshiva (!!!!) where I work had no filter. You read that right.. No filter, in the yeshiva computer! I would estimate that once in 2-3 months I went on really bad stuff there. One day I just realized that I need accountability, so I came to GYE. I know I have to answer to someone, I'm going to write it if I fall, and that helps me.

Now you might wonder, what am I writing this for? I am writing it first of all because I feel a kinship and I feel like it's "therapeutic" to tell my story someplace. Because even the people that I really trust, I can't tell them any of this. I sometimes wish there was an anonymous phone line where I could call and tell a Rav what I struggle with, to get it out of my system. When I was

bachur I was really close to my rebbeim, and I shared with them even my deepest secrets and struggles, I would tell my Rebbe if I M'd. BH I didn't struggle with that much, but I did do it a few times in my bachurishe years, and my rebbe knew/knows about it. Maybe I'm weird that I shared that with my rebbe, but that's me. If I felt an attraction to a bachur I told him, and he understood me, always helped me, never judged me. There's no question that having such a person in my life changed me in unimaginable ways. Alas, I don't think I'll ever have the nerve to go to anyone and discuss my normal struggles and mistakes at this point. What would a rav or even my rebbe, whom I am still very close to 20+ years later, think if a person in my position came and said "I struggle with this. Once in a while I can fall into watching P." I can't do that, so I'm saying it here. I'm a healthy person with normal urges and desires and it can happen that I fall sometimes. I try to avoid unfiltered machines, when I'm at my parents' house I don't touch their devices, I told them to never let my kids touch their things and I warn my children to stay away, not even to look at Grandma's phone. But I know that every once in a while I'll find a device, and my urges, desires and curiosity (yes, I am still curious as to what some tags on some sites are supposed to mean. Curiosity is powerful.) can get the better of me. I joined GYE so I have to give an accounting, and I even had a fall since I joined, which I reported. I have a life's story, like everyone else, and here I shared some. Maybe some more another time.

But another reason I write this is because I look at what other people have written here, and I realize how small I am. I, the guy who sits up front at dinners, the guy whom you may have even heard at a dinner or some other place, I look at you in awe. Because I am not torn to shreds like some of you are, I have a happy marriage, and so many of you are working so hard to just keep the pieces in place. You are brutally honest with yourselves, and in spite of being in places I have only read about, doing things out there....in spite of that you are here, trying mightily to get only closer to Hashem, to be good, to be clean. I also struggle, but nowhere nearly as much as most of the people here. And I wish I could shake your hand and tell you how proud I am of you. I am so proud, and I know that I can't imagine how proud Hashem is. Keep it up!!! In this world I'm at the head table at the dinner, but believe me, at the se'udas livyason you guys will be up there, I hope I'll at least be in the crowd!

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Re: It's all in the name

Posted by Ybird - 19 Jan 2023 19:56

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i wish you could divide in smaller paragraphs, my ADHD comes in harder with looong posts

please i want to read it

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Re: It's all in the name

Posted by Eerie - 19 Jan 2023 19:59

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I'll try for you Ybird!

Better now?

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Re: It's all in the name

Posted by Ybird - 19 Jan 2023 21:22

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[Eerie wrote on 19 Jan 2023 19:59:](#)

I'll try for you Ybird!

Better now?

Thanks a million, what a colorful story

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Re: It's all in the name

Posted by yud909 - 20 Jan 2023 00:39

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Wow, great post.

mazel tov on the 150

bezras HaShem many many more days ahead

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Re: It's all in the name

Posted by Eerie - 22 Jan 2023 07:53

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[Vehkam wrote on 19 Jan 2023 19:55:](#)

Mazel tov on 150! You have been an inspiration and a friend since you arrived here.

best

vehkam

Thank you, my friend. For the warm words...and for the friendship! Keep inspiring us all, my holy friend!

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Re: It's all in the name

Posted by chancy - 23 Jan 2023 17:56

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Same here!

I was able to read about half of it and then spaced out.....

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Re: It's all in the name

Posted by Eerie - 24 Jan 2023 22:13

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Hi there holy friends and brothers! I heard a vort that I felt really applied to me. This guy asked why we find in the parsha the mitzva of eating maror. Now, for us, 3335 years later, we need maror to remind us that it was bitter in mitzrayim, but the Torah gave the mitzva to the

Jews leaving Mitzrayim as well, what did they need a reminder for? Didn't they suffer the brutality of the Mitzrim on their own skin, in the loss of their children, the backbreaking labor? (total side note- if you want to know what Mitzrayim was like I would highly recommend reading the book "the Last Slave" by Y. Komornick. I found it gave me a whole new appreciation of Yetzias Mitzrayim) So this guy answered that sometimes when we are in a difficult place, when we suffer, we don't even realize the extent of the evil done until the evil is taken away. It was only when the bad thing goes away that we begin to realize how bad it really was.

What's this gotta do with GYE? I heard the vort and I thought "That sounds like me. I thought I knew what was wrong with me, I thought I knew what needs fixing. I thought I knew the extent of the damage porn had done to me. But now, as I am holding, with Hashem's great mercy, at 155 days, I see that I didn't even realize how far off I'd gone. When I got married I literally did not look at women. Period. If my wife's friends or cousins came, I wouldn't be in the same room as them, wouldn't look at them, would not speak anything I didn't need to. And what happened to me? I came here to stop watching porn, but now I see, what happened to shmiras einayim in general? What happened to the pure Eerie? I realize now how much I was looking at women, at billboards, ads, how much I thought about sex, and I realize that only now that I have some Geula do I realize the extent of the Maror.

Dearest brothers, thanks for being here for me, for sharing all you do, for being my chizuk team, and don't ever forget....KEEP TRUCKING!

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Re: It's all in the name

Posted by Eerie - 25 Jan 2023 21:07

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If I can share a little tip with the Oilam HaGYE HaChashuvim. I'd assume that like myself when you are in a hurry and you need to reach your wife, you call her cell...and it goes to voicemail. You wonder why you pay her cellphone bill. Or why she has a cellphone in the first place. And you hang up, frustrated. Wait!!! Don't hang up yet! A little while ago I thought of this. I can use that same annoying moment to get some points in the game. The game of life that is, you know, the one where G-d keeps score.. Instead of just hanging up, I can leave a short message that can reverberate for days. The message can be something like this: "Hi my favorite person! You are so special to me! I wanted to talk to you about something, but if that didn't happen at least I can tell you how lucky I am to have you as my wife.Bye!"

It can go a far way, my holy friends. Try it out!

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Re: It's all in the name

Posted by Vehkam - 25 Jan 2023 22:21

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[Eerie wrote on 25 Jan 2023 21:07:](#)

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Re: It's all in the name

Posted by Eerie - 05 Feb 2023 19:41

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Hi there, all my holy brothers! I'm sure some of you have had the same thoughts, sharing mine. Davening shachris this morning it hit me as I was saying ????? ??? ????? ??, so much of that kapitel resonated with me as far as GYE is concerned. (translation is mine-I'm not looking for a job at artscroll) "Hashem, I cried to you, and you healed me-Hashem, you lifted me up from the depths, you gave me life and did not allow me to fall into the pit. Sing to Hashem...when things were tranquil I said I will not fall forever. But now I know, Hashem it is only with your will that I am strong, when you hide Your face I am frightened. To You, Hashem, I call out, to my Master I beg. Will there be any gain if I go down...**You have switched my crying to dancing, you have removed my sackcloth and surrounded me with happiness...**"

My friends, that last one was the most powerful one. I came here crying, so down, never believing I would could feel that one day this will end. But ever since I've joined you all, my sadness has been replaced with happiness. I still have a long way to go, but I feel like I will one day be past all this. One day, real soon, we will ALL be past all of these things.

Dearest brothers, thank you for being there for me, thank you for letting me in, and don't forget to KEEP TRUCKING!

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Re: It's all in the name

Posted by chancy - 06 Feb 2023 18:30

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Hi Eeire,

Becuase you are such an amazing inpiraton here, I will reveal a secret to you.

That chapter that you discussed is acutally the biggest and most instrumental chapter involved in lifting up the holy sparks that have fallen from holiness into impurity, The sparks are crying to Hashem, and signing when they are raised to the holiness!

Say the Chapter tomorrow again and try to connect with this new meaning and you will feel something!

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Re: It's all in the name

Posted by Eerie - 09 Feb 2023 01:24

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Hi there, all my holy brothers, friends that are closer than family here at GYE! First of all, I thought of the pasuk "?? ?? ?????", Hashem puts an end to the darkness. The word ?? is gematria 170. Today was day 170 for me, and I really feel like Hashem brought me here to connect to all the wonderful people that are here, to learn from them, to be inspired by them, and thereby get out of the darkness that clouded much of my life. So thank you all for being here every step of the way, for encouraging, showing, sharing, (and even arguing:)). I'm eternally grateful to be standing where I can see the light, thanks to every one of you!

**Edit: Thanks to all the wonderful people that actually read my post and pointed out that my calculator was not working so well, ?? is 190, not 170. Hey, save this post and read it in 20 days!**

I had a thought I wanted to share, I don't know if I'm right and I'd love to hear what the oilam says. I had the zechus of connecting to a very special mentor who would rather go unnamed . I also have connected to some other special people here, and I feel like there's a real help for me in having those friends. And I wondered, if I have a person that teaches me, directs me, what do I get out of connecting to these friends? They are all wonderful people, I love shmoozing with them but what exactly is the gain to be had? Is it just the accountability that it brings, or is there more?

I went to Yeshiva, and I had a rebbe that really inspired me. He's a person that I felt understood me, connected to me, I felt he really loved me. It's been 20+ years and I still feel this way. During my Yeshiva years I would discuss almost everything going in my life with this rebbe, and I still call him to discuss questions that arise. But even though I have a rebbe that I really feel so close to, he really saved me so many times, I love him, he does so much for me, after everything I still need friends. Yes, everyone needs a rebbe, we need someone to connect to in that way, but as part of the need for social connection that we, as human beings, all need, we also need friends. It's not enough to connect in the way of "you be the giver, I'll be the receiver", even if we are connecting to the best people. Rather, we need to connect to people in all different ways. In some relationships you'll be the receiver, in some the giver, in some you'll be just friends, shmoozing, without a delineated giver and receiver. It's the sum total of all those different connections that fulfill the human need for social interaction.

It's the same with connecting to people to help ourselves with the struggles that we are all here for. Many people go to therapy, ??????!! Many reach out to mentors, ??????!! Talking to someone live about these struggles is the most powerful thing we can do to help ourselves. I think the power in opening up is that when we open up we realize this is me. This is my struggle, I stand here today and I know where I would like to be. There's a process of normalization, if I may say it that way, to see the struggle as part of my life, not as taboo issue that we hide from our very own selves. When we bring other people into our struggles with us it helps us face our struggles in a healthy way, as another part of our mission here in this world. It makes our struggles just another facet of our lives, and that makes it so much easier to deal with. It follows that just as in life we need all different types of connections, in this struggle if we connect to people as just friends, that will help us see these struggles for what they really are: Surmountable, normal (I'm sorry cordnoy), parts of our lives.

Whether my pshat is right or not, the fact remains that I feel the friendships I've created here are a big part of my progress. Connecting to some wonderful people, people who have shared experiences, ideas, tips, people who have shared their hearts and accepted me, respected me, and appreciated me, has been a huge part of my journey here. So thank you to all my friends, you know who you are, thank you for extending a hand, for sharing, listening and thank you for ...just being a friend

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Re: It's all in the name

Posted by Eerie - 09 Feb 2023 18:23



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A few nice fellows reached out to me that I made a mistake, ?? is gematria 190 not 170. I must  
Now that you  
guys did read it, my question now is, are you guys maskim to my shtikel Torah as to the pshat in  
having friends with you in the battle?

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say it was such a chizuk to see that somebody is actually reading what I post!

Re. It's all in the name

Posted by Eerie - 10 Feb 2023 19:51

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I had a question I hope some of you can answer. Why is it that when we ask questions nobody  
Oh, nobody  
will answer because I asked, so I'll write this as fact.

Eerie says: When we ask questions people let it pass, but when we state things as fact  
everybody has what to say

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writes anything, but when we are stating our opinion everybody has what to say?