

It's all in the name

Posted by eerie - 24 Nov 2022 19:25

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 iLoveHashem247 - 26 Mar 2023 13:56

When you reached the highest point you've ever reached, there is a new and even more deviously clever YH waiting for you there.

chazak ubaruch it means you've reached the next level.

not sure if you ever played classic video games or arcade games, but even if you're fighting the

same boss at the higher level, it is always more difficult

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also I am curious - you, Eerie, are an educator. There are many other educators on this site. Do you have such a special opportunity to give strength to students who may be struggling in this area. Has this opportunity ever come up, and if so, what have you done when it has,?

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Re: It's all in the name

Posted by Emes-a-Yid - 26 Mar 2023 18:35

[Eerie wrote on 13 Mar 2023 19:20:](#)

I'm not sure if I should share this, I hate sharing negative things, but I feel it is important. I think the YH tested me from a new angle, and I want the people here to know that such a thing exists. I was emailed yesterday by a person claiming to be a woman, who started the conversation that she just found my email on her husband's computer, and she discovered that he's struggling. I'm not going to go into the details, but it is clear to me that this person, maybe female, maybe male, was looking for trouble, not help. Rabboisai, my dear friends, we are trying to run away from the YH, but the YH **WILL** run after us! We must remain vigilant! There are all types of people, and some of the types we'd rather not meet come here. We must protect ourselves! If you get suspicious emails, contact a safe friend right away so that someone else knows what is going on. And I believe you can set up that emails should be blocked from specific email addresses. Protect yourselves! If you have different ideas on how to protect yourself from such things, please post

I would like to add, I reached out to Cordnoy to ask whether I should post this, it turns out that this person tried joining GYE, and was stopped from doing so by Cordnoy. I don't know how he realized that this person is up to no good, but I am very grateful that we have people here watching out for us and doing their best that we remain safe. So thank you dear moderators!

Hey Eerie, thanks for sharing, BH you are doing as well now they run to you from ways never even imagined, scary but such a reality exists. Hatzlacha!

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Re: It's all in the name

Posted by Eerie - 26 Mar 2023 19:04

[iLoveHashem247 wrote on 26 Mar 2023 13:56:](#)

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Hi! Great question. No, such an opportunity has not arisen yet, besides for one exception. But being here has given me much insight in ways of how to be proactive in educating our children, beH. It has also shifted my whole way of viewing people in general, I used to be much more negative and judgmental, and this journey has changed me a lot.

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Re: It's all in the name

Posted by iwillmanage - 26 Mar 2023 20:35

[Eerie wrote on 26 Mar 2023 19:04:](#)

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being here has given me much insight in ways of how to be proactive in educating our children, beH. It has also shifted my whole way of viewing people in general, I used to be much more negative and judgmental, and this journey has changed me a lot.

Eerie negative and judgemental?!

Hard to imagine!

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Re: It's all in the name

Posted by simchastorah - 26 Mar 2023 21:09

I relate to that as well. Maybe it's because part of the way the yetzer keeps us pinned down is by telling us that the bad things we have done and do define us. And the journey of breaking free involves becoming free of that way of looking at ourselves, of freeing the true good within us from the reign of the bad which exists within us too. And as we learn to look at ourselves as good people in spite of the painful things we have done, we automatically look at others that way as well

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Re: It's all in the name

Posted by Eerie - 27 Mar 2023 20:19

[simchastorah wrote on 26 Mar 2023 21:09:](#)

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Absolutely! Beautifully said. And I will manage, I appreciate that, but you know me from my journey here. I think I was always a caring person, but now I learned how to look at a person.

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Re: It's all in the name

Posted by Misgaber96 - 15 Apr 2023 13:18

Wow Dear friend Reb Eerie,

I could not believe that I didn't see that post on day 200 when you had almost lost it all thank you for sharing that!

Behatzlacha Raba

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Re: It's all in the name

Posted by Eerie - 16 Apr 2023 16:36

Thank you, my friend. BH for filters, and BH for the friends who were there for me then, and continue to be at my side.

Over Yom Tov I was thinking a lot about my journey, I was looking at the bochurim that came back home for bein hazmanim, and I wondered how many of them struggle. I wondered about how many of them think that they are doomed to struggle forever, how many of them think that the struggle is insurmountable, that nothing will ever really change. I know that it's not the same for everyone, but many people here have expressed the sentiment of how joining here changed everything, which is what I feel, too. I has a desire to go over and tell some of them that there's hope! There is a way out! You CAN be different!

Of course I did nothing of the sort, but I daven that every struggling Jew find this place and learn that he really can change.

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Re: It's all in the name

Posted by Emes-a-Yid - 17 Apr 2023 04:21

[Eerie wrote on 16 Apr 2023 16:36:](#)

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Of course I did nothing of the sort, but I daven that every struggling Jew find this place and learn that he really can change.

Hey eerie nice to hear your shmoozin again

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Re: It's all in the name

Posted by Eerie - 19 Apr 2023 17:11

[Misgaber96 wrote on 15 Apr 2023 13:18:](#)

Wow Dear friend Reb Eerie,

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Behatzlacha Raba

I appreciate that, my friend. But I would not call it "almost lost it all", maybe I almost fell, but if I fell would I have lost it all? I would have nothing more than the moment that I messed up. The 200 days that I had before would have still been mine, and they will be mine forever and ever. Falling does not make us lose even one drop of the success of the clean times. This is something that is so important to keep reminding ourselves! If a person falls every 10th day, at the end of the year he has 35 days to give an accounting for **and 320 shining, beautiful days to be proud of!!!** Of course he has to work on himself to keep growing and do all he can to keep minimizing the falls, but he has to always remind himself of the accomplishments of the 9 day streaks that he has, and that in itself will give him the power to keep growing

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Re: It's all in the name

Posted by Eerie - 19 Apr 2023 17:59

Wanted to share with the oilam.

I am BH up to 240 days, kein yirbu beH. I recently posted how BH this journey has been mostly much easier than I expected it to be, and in the past few months I have sometimes thought that I am past all this, I will never fall again. BH I still did not fall, but I learned again of my weakness and of all the safeguards we need in place.

One of the first I did when I started my journey upwards was that I made a kabbalah that I do not use an unsafe device, and if the need arises I will text my accountability partner before I get on it, and I will report to him when I get off. If I use it without texting first I will rip \$200 to shreds Yesterday I needed to use an unsafe device for something, and I texted my partner that I will be on. While I was using it I had a very strong urge to use it to "just check something, news maybe etc....", I really wanted to click on the browser, and the YH put up quite a fight, but what kept me strong was that I knew I have a partner to answer to.

Lesson learned: I still have a YH (surprise, surprise!) that is very powerful! And having an accountability partner is invaluable! So thank you Hashem for friends that stand by me and hold me strong, and thanks to my accountability partner for everything!

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Re: It's all in the name

Posted by EccentricComposer - 19 Apr 2023 20:52

I had the same type of thing over Bein Hazmanim, the main thing that kept me strong was my accountability partner. Thank you so much for sharing this!

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Re: It's all in the name

Posted by doingtshuva - 19 Apr 2023 22:03

[Eerie wrote on 19 Apr 2023 17:11:](#)

[Misgaber96 wrote on 15 Apr 2023 13:18:](#)

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Erie, I love your post.

I am here close to 9 1/2 years, and out of that, I have been 2375 days clean. That's like 6 1/2 years clean.

My longest strike was 489 days

So it wasn't in one strike, but it was with hundreds and thousands times saying NO and by always getting up and continue to fight.

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Re: It's all in the name

Posted by iwillmanage - 19 Apr 2023 23:40

[Eerie wrote on 19 Apr 2023 17:59:](#)

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Thank you for sharing that! Kol hakavod for pulling through on the nissoyon! We really can't take any breaks and let the guard down.

Can I ask, if it c"v ever comes to it, that you give me the money to rip up?

I don't fully get the inyan of shredding good cash. I understand that there's a psychological effect of some sort and it's a lot more painful than just donating to tzedoko, but is that extra pain necessary to achieve the desired effect. Have there been reported cases of the YH convincing guys that it's actually a mitzvah to go on that site because you'll get the zechus of giving tzedoko as well? It's not that it bothers me what someone else does with his money, it doesn't. It's only that it was nogaya for me today. I also found myself with an unfiltered device and I hadn't made a plan for the scenario. So the YH used the age old tactic of putting me onto the slippery slope by getting me to search for something as ridiculous as 'kosher pics of women' (badatz porn or something?). Bh I didn't slip further (maybe the pictures that came up were a damper) but I decided to make myself a kenas to donate to GYE if I do that again. Should I change it to ripping up the money instead? I'm not sure that it sits well with me to waste the money like that. (Like we shouldn't waste seed. K, we'll leave that out).

Hey. I'm not sure why I'm getting so into something that's never gonna actually happen. Hopefully.

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