

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 bachurische 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 Eerie - 20 Apr 2023 17:39

I don't think anybody goes to see inappropriate things and thinks it's a mitzva to thereby give tzedaka. The idea here is to knas yourself. Imagine for one minute that your mashgiach in Yeshiva took 5 dollars from you for coming late, and he put it in the Yeshiva pushka. Now imagine that he put it into the vending machine to buy himself breakfast. Which hurts you more? Since the idea is to punish yourself, giving to tzedaka has an element of pacification. So, no, I won't send you the money. Because you are a friend, and I will be happy that it went to you. Maybe I will send it to Democratic Fund to Combat Climate Change. That's as good as ripping it up:)

I really liked your last line

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

Keep trucking, soaring, and yes, you will manage!

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Re: It's all in the name
Posted by Eerie - 21 Apr 2023 04:09

I've seen some people post about stam things that are going on, so I'll take the liberty to do the same. I was gonna post earlier today the following: "I'm having a crazy, stressful day. Like non stop stress through the roof, been handed a subpoena today-don't ask!, while doing a million and a half things. I feel like I can't handle it. Anybody care?"

I was trying to figure out what can I do to reduce the stress

I was so bombed out that I came here and forgot to post it

And then I went home, and I took a little nap, and the world looked so much brighter

?Not Hopefully! Definitely!!!

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Re: It's all in the name
Posted by retrych - 21 Apr 2023 07:58

I saw about a different nisayon, R' Miller suggests giving to a kosher organization you dont like. If there's a group of Kosher Jews you dislike, or a shul or organization. So long as it's a personal negiya, but it's a kosher frum organization/group/shul and objectively the money is going to a

good cause. That way 1 The money is goign to good use 2 You arent happy about giving 3 It removes a bit sinas chinam from your heart.

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Re: It's all in the name

Posted by ytw - 21 Apr 2023 17:50

:grinning:he said it about getting up in the morning, if someone oversleeps.

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Re: It's all in the name

Posted by frank.lee - 23 Apr 2023 20:14

Hi Eerie, I hope Shabbos was great! Hatzlocha and best outcome from the issue that you mentioned.

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Re: It's all in the name

Posted by Eerie - 23 Apr 2023 22:35

I really appreciate that! Yes, Shabbos was beautiful, and we are back at work and busy,
Thanks again! It really means a lot to me that people care about me and my wellbeing

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Re: It's all in the name

Posted by Eerie - 25 Apr 2023 23:27

Hi dear friends. A while back I wrote about email ads that were really presenting me with tests. I figured out how to stop the ads. Back then when the ads would come I would open the emails, and they had pictures of not the most tzniusdig women. Not terrible who-knows-what, but not something I should see. For a long time I have not received those emails. Today such an email came, I was trying to delete it without opening it, but by mistake I opened it. And then I closed

my eyes. I did not see the image in the email. Thank the One above for helping me there, I would be nowhere without all His endless kindness! I am undeserving of the love He has showered upon me the last few months, and I only hope I somehow make Him proud

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Re: It's all in the name

Posted by Grant400 - 26 Apr 2023 00:36

[Eerie wrote on 25 Apr 2023 23:27:](#)

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Gevurah.

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Re: It's all in the name

Posted by EccentricComposer - 26 Apr 2023 00:50

Wow, that is such a hard nisayon!

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Re: It's all in the name

Posted by iwillmanage - 26 Apr 2023 13:14

Very inspiring! Thank you

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Re: It's all in the name

Posted by frank.lee - 27 Apr 2023 14:34

Two things someone showed me. In chrome you can add an extension which blocks all images from showing. You can open specific images by clicking on them, or exclude certain websites etc. Look up wizmage (?).

Also, you can set Gmail to not show images in emails by default. You click on a button to show images per email if you want.

Both great ideas to help guard your eyes.

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Re: It's all in the name

Posted by iLoveHashem247 - 28 Apr 2023 11:42

[frank.lee wrote on 27 Apr 2023 14:34:](#)

Two things someone showed me. In chrome you can add an extension which blocks all images from showing. You can open specific images by clicking on them, or exclude certain websites etc. Look up wizmage (?).

Also, you can set Gmail to not show images in emails by default. You click on a button to show images per email if you want.

Both great ideas to help guard your eyes.

Same thing with Apple email app. You can choose to manually load media. So it shows as empty or blue box with ? Until you click on "load content"

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Re: It's all in the name

Posted by Eerie - 14 May 2023 22:28

Hi there all my holy friends and brothers!

I have written in the past about when I used an unsafe device, which I only do if I contact my accountability partner before and after, and I wrote that I found that I had a real urge to search for stuff I know I should not see, and I wrote about how having somebody that will be looking after me was the thing that helped hold back. I wanted to update the oilam here, and share my experience.

It has happened a few times recently that I needed to use an unsafe device, and each time I texted my partner before and after. And I noticed that my urge to search for inappropriate content was much less than the earlier times.

I think (and hope) that the reason for this is simple. My brain was wired that 'device=internet=search for _____. I avoid the battle, and I don't generally use unsafe devices, but when I needed to use those devices my urges came right back, because my wiring was still the same. But now, since I have used those devices a few times and BH behaved, my wiring has changed. My brain doesn't automatically send the message for my heart to start rushing and pumping just because I have a device in my hand.

This is not to say that I don't have a YH, or that I don't have urges. I definitely do, and I do not trust myself with an unsafe device. But it is comforting to see the change, to see that my wiring is getting the message that we're in for the long haul.

Dearest friends, I can not thank you enough for all you do for me, and I thank Hashem that I'm part of your family!

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Re: It's all in the name

Posted by Grant400 - 14 May 2023 22:45

Great post! The internal changes are legitimate. Love it!

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