

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 yitzchokm - 13 Mar 2024 20:17

If it does count as a fall, helping others might be the best tikun; if you have the time to do so.

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Re: It's all in the name

Posted by chancy - 14 Mar 2024 17:10

I missed you Reb Eerie,

I was wondering where you went to.

I will agree to stick to GYE. Its helped me until now and it still helps.

Knowing that there are people with much bigger struggles then me and that i will disappoint some people if i fail makes it more important for me to stay away. I wanna be able to lecture others.....

I really believe that we should all get together and become closer to each other, I believe in the power of friendship!

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Re: It's all in the name

Posted by yitzchokm - 14 Mar 2024 17:29

[chancy wrote on 14 Mar 2024 17:10:](#)

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I really believe that we should all get together and become closer to each other, I believe in the power of friendship!

It's a shame that we can't all get together in real life in the open but I am sure it will happen in the days of Mashiach or after Techiyas Hameisim. After all, all our sins will be exposed to the

public then, as will our merits. It will be a true celebration. Chazal say that everyone will be burned by the chupah of his friends but it is still worth it. Looking forward.

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Re: It's all in the name

Posted by Hashem Help Me - 15 Mar 2024 05:25

As usual our perfectionist chaver (that adjective describes many of us) went overboard. Not a shemetz of a fall at all. Is there what to fix? Of course, but a fall - no way. Sorry to disappoint you buddy.

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Re: It's all in the name

Posted by eerie - 15 Mar 2024 18:42

LOL! Some disappointment.....

Thinking about it, and talking to some special friends here has made me change some conclusions.

I had thought that Hashem was letting me know that it's time for me to move on from GYE

I had thought that I mamash don't have a taavah for these things anymore

Now I see it all as a test. Not being here, not shmoozing with the true friends I have made here lowered my guard. And thinking I was past all this trash just lowered it further. And all that set the stage

After the fact, the embarrassment I felt at posting the above is a very good thing. It will surely make me think thrice before I follow the YH next narishkeit

So, the takeaway is:

STICK TO YOUR GYE FRIENDS!!!

I will admit that there were times that I doubted the trueness, the realness, of the friendships I made here. For all of you (including BennyH) that doubt it too, believe me, there ain't nothing truer than the friends I made here. To those that haven't yet made a friend here, please, please consider doing so. You will reap benefits way past what you can imagine

I really can't thank my friends here enough, both with the help they have given in this inyan, and listening to me about the earthquakes in my life in general. And even the friends that I didn't get to speak to yet, please know that even just seeing your number on caller ID really helped.

And HHM, I can't tell you enough how touched I was that you shared some personal things just to be mechazek me.

Dear friends, grouchy or not, like it or not, I'll beH be here. To stay.

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Re: It's all in the name
Posted by chaimoigen - 17 Mar 2024 16:40

Earthquakes and distance, aloneness and fear-

Confusion and angst doesn't help one stay clear

To try walking alone in such times is "no go"

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P.s. I like the grouchy ones better-it gives me what to do

Brothers, compatriots, fellow-sufferers - FRIENDS

Together we'll travel to the very world's ends!

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Re: It's all in the name

Posted by eerie - 16 Apr 2024 16:37

Hi there, friends and brothers, comrades who together soar, truck and cargo ship!

BH just reached a milestone, at least in my own eyes. This past Shabbos was 600 days, kein yirbu, please Hashem!!!!

Anyone who ever read any post of mine knows that I believe very strongly in the power of the friendships made here to help us crawl out of the YH's cesspool. It's definitely what got me until here, and what will beH hold me strong in the future as well. And to all those people who are vacillating, scary and wary, not sure if they really want to make friends here, I beg you, for your good, for your future, for your success, reach out!!! **MAKE FRIENDS HERE!!!**

I want to add one thing. I started doing something recently that helps me. When I know that I will entering a place that is compromised, that has its challenges, I text a friend before hand, letting him know that I will be somewhere challenging, and then afterwards I text that I made it through in one piece. It feels good to text a freind "I just passed by woman/sign/screen/display and I didn't look"

My dearest friends, we can utilize that feeling to help us keep going upward. It really works. If you can share your wins it will give you the push to keep winning!

Dearest friends, let's keep climbing, **together!!!**

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Re: It's all in the name

Posted by Heeling - 16 Apr 2024 19:30

As a friend who always talks about friends, I must tell you publicly (even though I said it privately) that you are simply the friend to have. You're the friend I think a lot of people are

looking for.

That smile can be heard over the phone and the same is true with your concern for my (I'm sure others too) well-being. Over the last week and a half, we spoke two times, I was in better spirits during the second conversation, and I was able to feel that pit in your stomach as I was talking to you last Monday. Your love and concern are felt through the phone lines with your advice and support doing wonders for my challenges.

Thank you very much and MAJOR mazel tov on the 600 clean days!

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Re: It's all in the name

Posted by horizon - 16 Apr 2024 20:26

Congrats on the 600 milestone!

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Re: It's all in the name

Posted by eerie - 16 May 2024 17:44

A thought I had, a theory, want to share with the oilam. Don't know if there's anything practical here

I was wondering about an interesting phenomena. As many who struggle with pornography know, we sometimes go longer periods where we are successful in the battles, and we stay clean, and we feel like we finally have a handle on it. A few months go by. Then comes a fall. So many of us tend to view it like we lost all the progress, like we are back to square one.

So the question I had was why is it that way? Why when we do something wrong do we feel that all the time that was clean, holy and special got lost? Why would we feel like losers just because we lost one battle, when we had won so many before that?

Now, really the questions shouldn't be answered, because the question is correct! Of course that way of thinking is wrong! My question is only why would we even have a hava emina to think differently?

I think it may be 2 things

1- The perfectionist within

2- I read an article about memory, and this study claimed, (which, judging from myself, I think it's true), that when we remember something we remember it from the first time we experienced it. Of course, emotional experiences create deeper memories. Porn is an emotional experience. So I was thinking that possibly the reason why we feel like we are right back is because in our memories, when we watch porn, for example, we are remembering the last experience.

Nothing more than Hypothesis

My dear friends, whatever the reason is that we think so, please remember that it's FALSE! When we fall we lose not even one drop of the purity or oilam haba that we gained when we were clean! Keep your chin up and.....

Keep trucking!

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Re: It's all in the name

Posted by gye365s - 16 May 2024 18:05

The brighter the light is, the darker it seems to be when you turn it off. But as you say, whatever we had doesn't disappear just because things temporarily went black. We must know and appreciate our own worth. Turn the light back on and keep illuminating the world!

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Re: It's all in the name

Posted by chooseurname - 16 May 2024 19:13

Excellent question.

Likely it's just a trick of the yetzer hara to make us feel worthless. But to play devil's advocate. Perhaps there's an element of kedusha that is a yes/no state, and one is either kadosh or not. So before the fall you are kadosh and during/after the fall you lost that. You didn't lose the past six months of being a kadosh, but the status of a kadosh is gone.

The positive version of that is that after deciding to change direction one is kadosh even if yesterday he was falling hard.

No source for this. Just today's enthusiastic opinion.

Regardless.

Keep on Trucking!

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Re: It's all in the name

Posted by Heeling - 16 May 2024 19:35

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Keep trucking!

Great point Uncle! As usual.

I think that part of the work we gotta do is not feeling defined by the number of successes but rather focusing on the effort and determination we've got to win this battle. Yes, we might slip but if yesterday we were a hero because of the number of days we had and today we fell so we failed because now we are at zero.

But if we focus on what we put into winning the battle then today's fall doesn't delete yesterday's effort. Also, today's fall doesn't delete all the hours of wrangling with the YH leading up to the fall.

So my friends, whatever it may be. You can do this! We can do this! We are in it together!

Keep rocking!

Keep Rollin'

Keep plowing!

Keep movin'

Keep Cargo Shipping!

Keep Trucking!!

And remember NEVER look back because you are NOT going that way!

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Re: It's all in the name

Posted by gye365s - 16 May 2024 19:49

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No source for this. Just today's enthusiastic opinion.

Regardless.

Keep on Trucking!

I'm in the process of writing a longer piece, but here is a sneak preview. Perhaps you and Heeling are mechavein to the Vilna Gaon who writes in his commentary on the Zohar HaKadosh: "For the [higher] neshama is not enclothed in the body at all, but helps him from above". When we strive to improve ourselves, our higher neshama is elevated. It then radiates its new light back down on us to keep helping us on earth (with our guf and lower neshama). Yasher Koach!

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