

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 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 Muttel - 26 Jun 2025 12:38

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[eerie wrote on 26 Jun 2025 04:59:](#)

As long as **you** keep holding **our** hands, brother.

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With unending brotherly love,

Muttel

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Re: It's all in the name

Posted by eerie - 27 Jun 2025 17:27

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So, it's not getting better yet.

I want to share two points.

One- yes, these days are uncomfortable, literally physically uncomfortable. But I'm not really fighting the urge to do things, because those things are simply not an option. They are off the table. Period

Two- as I see that the main issue is that I'm physically uncomfortable from the sensation in my body, as my body wants something from me, I think a problem that I have, and perhaps society as a whole has, we can't stand being uncomfortable. We have AC for when it's hot (if there's no blackout), we have heaters for the winter, we have machines that will do anything that we want done to be a little more comfortable. Anything we want, we can find with a click of the mouse. And with a good hechsher, too. So, we've trained ourselves that we fulfill every emotional or physical desire. Anything I want, I can get. And if I'm even slightly uncomfortable, I can do the things that will make me comfortable once again. Which makes it so hard when we are challenged with something that makes us uncomfortable. It is very hard for us to not do things that will ake us feel better, at least temporarily.

I don't have much of a solution, except to come to terms with the fact that we sometimes be uncomfortable, and learn to fully accept it

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Re: It's all in the name

Posted by trueme - 27 Jun 2025 20:41

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Hi Eerie.

I'm just noticing something (that I think is obvious but bears mentioning).

You are at 1041 days. I think that means that its safe to say that in terms of rewiring and getting used to not indulging, you have done quite a alot.

And yet you still have urges as you honestly point out, to the point of wanting to give in. (And fighting and abstaining which is -

??? ?? ????? ??????? - ?????? ??"?

I think it behooves all of us to recognize this fight is NEVER over, from NO ONE, no matter how far they have grown.

The avodah always was and is to distance oneself from ?? ??? ?????, and to NEVER be complacent. I would even argue, to never be confident. The nisayon is technically **impossible** and we only have two ways out.

#1 To avoid it - thats the main way **and the only way**, as far as we are concerned.

#2 To be zoche to help from Hashem even if we are stuck with the nisayon in our face. (Which we can assume we will be granted if we do our part, or sometimes a person can do Teshuva then too, like R' Elazar Ben Durdaiya)

This is not like other nisyonos. If I want to learn for a certain amount of time, or a quota, that is a nisayon that I face head on and that's my avoda. Here the avoda is to run away. And if we run away from ?????, Hashem comes closer to us.

Thank you for awakening this jolt in perspective.

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Re: It's all in the name

Posted by vehkam - 29 Jun 2025 02:33

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[trueeme wrote on 27 Jun 2025 20:41:](#)

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Thank you for awakening this jolt in perspective.

One can and should aspire to reach a mehalech where he is confident that the steps he is taking will be successful. One should never be complacent.

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Re: It's all in the name

Posted by upanddown - 30 Jun 2025 00:06

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[eerie wrote on 27 Jun 2025 17:27:](#)

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Two- as I see that the main issue is that I'm physically uncomfortable from the sensation in my body, as my body wants something from me, I think a problem that I have, and perhaps society as a whole has, we can't stand being uncomfortable. We have AC for when it's hot (if there's no blackout), we have heaters for the winter, we have machines that will do anything that we want done to be a little more comfortable. Anything we want, we can find with a click of the mouse. And with a good hechsher, too. **So, we've trained ourselves that we fulfill every emotional or physical desire. Anything I want, I can get. And if I'm even slightly uncomfortable, I can do the things that will make me comfortable once again. Which makes it so hard when we are challenged with something that makes us uncomfortable. It is very hard for us to not do things that will ake us feel better, at least temporarily.**

I don't have much of a solution, except to come to terms with the fact that we sometimes be uncomfortable, and learn to fully accept it

This is such a true point!!

"It's ok to feel uncomfortable. That's life."

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"It's ok to feel uncomfortable. That's life."

I've got to chazer this over a thousand times....

Thanks for sharing!

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Re: It's all in the name

Posted by eerie - 30 Jun 2025 00:10

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[trueeme wrote on 27 Jun 2025 20:41:](#)

And yet you still have urges as you honestly point out, to the point of wanting to give in.

I appreciate your words. You had a few great points

My friend, there is one point which I think you might have misunderstood, and I'd like to point it out

Before I do, I should thank all my wonderful friends, so many of whom have texted and called to check up on me, the caring and brotherhood is so powerful! Every drop was appreciated, dearest friends

BH the urges have mostly passed, beH veiter

To you, trueeme, I want to point out, that BH although it was a few days of urges, I didn't ever consider giving in, and it wasn't a battle. What it was was a physical sensation, a really uncomfortable sensation, where my body wanted something. But I never considered giving it what it wanted. And perhaps that is the way to look at it and treat it. Yes, we will have urges, at 1000 days, at 2000 days, but beH you'll grow stronger and stronger, and those things just won't be an option, and the urges will be just that, urges. Uncomfortable physical sensations. It helps

to share challenges, so I did that, but beH it gets easier in a general way as time goes on. Like a great friend here said, look at it like a tooth ache. It's uncomfortable. Nu. Move on.

Dear friends, thanks so much!

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Re: It's all in the name

Posted by trueme - 30 Jun 2025 03:18

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[eerie wrote on 26 Jun 2025 04:59:](#)

Hi there, wonderful brothers and friends!

Just want to share the past few days I have been dealing with some difficult urges. BH, I'm ok. Life keeps moving, changing, there are a few stresses, some very personal ones, (Yiftach, you're still the only guy I shared it with), and BH that brought a challenging few days, and I don't see it changing anytime soon. And beH I'll make it through in one piece. **Yes, the thought did cross my mind, like just do it, the heck with it, but BH I let the thought go away.** I don't think I'm in danger, I just know that sharing helps

First of all I'm happy the urges are lessening by you. You should stay strong and overcome all your nisyonos and continue to inspire people (myself included).

I dont mean to infer from your words like a ????? but those words that are in bold are solely referring to the physical urge and not that you wanted to give in? I thought you meant the latter.

When I say that a person should not have confidence I mean to **fight the actual nisayon**. Confidence would have a place where we are expected to overcome something based on our bechira. This nisayon is different in that the idea is not even to stray after your eyes because the proceeding steps are beyond bechira (It is fascinating that this is an ????? ???????? that has an extreme charachter of a ????? in that is a **double step removed from the ?????**. First is the looking, then the heart desires, and finally the ??? ????? ??????. This makes sense (In terms of being a ?????????) if you learn the next 2 steps after one's eyes straying are beyond fair ??????. (Although its still not **impossible**, just not a fair free choice) and its eternally **fixed** that way, no matter the level of holiness a person has acheived.)

Thats why when the ??? disguised himself as a woman to ? ????? (Whom we cannot even fathom his level, obviously) he almost fell.

Thats why ? ????? ????? has his story where he had to scream fire and suffer embarrassment in order to save himself.

I believe Rav Shimshon Pinkus learns from the words ?? ??? ??? ?????? which the ???? says - ?? ??? that tayvos nashim is a chok in human nature and our avoda has nothing to do with fighting it. Our avoda is to avoid it.

(I dont think this contradicts the avoda of addicts in any way - although I dont know the 12 steps etc. but it is not about fighting the tayva head on, thats for sure)

In contrast, the desire to steal or be lazy is something that we **could** fight head on and therefore it makes sense to be confident about it. In terms of lust, I think the only confidence that makes sense is in our avoidance and in special siyata dishmaya if we get stuck.

Obviously - it is a person's responsibility to take the preventative measures (or steps to recovery) and if not he could be deemed liable even though the actual nisayon does not seem to be in the realm of fair ?????.

I dont think this discussion is just academic. I think it is an important shift in perspective and avoda.

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Re: It's all in the name

Posted by youknowwho - 30 Jun 2025 16:19

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[eerie wrote on 30 Jun 2025 00:10:](#)

[trueme wrote on 27 Jun 2025 20:41:](#)

And yet you still have urges as you honestly point out, to the point of wanting to give in.

My friend, there is one point which I think you might have misunderstood, and I'd like to point it out

I didn't ever consider giving in, and it wasn't a battle. What it was was a physical sensation, a really uncomfortable sensation, where my body wanted something. But I never considered giving it what it wanted.

Physical sensation, physical senshmasion.

Come on Eerie, we all know that you were on the verge of a complete and total crumble, your gazillion day streak was about to go down the toilet with an unsatisfying "shlooop".

HERO!

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Re: It's all in the name

Posted by eerie - 18 Jul 2025 19:52

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Loved today's Vayimaen video.

[www.torahanytime.com/lectures/382276](http://www.torahanytime.com/lectures/382276)

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Re: It's all in the name

Posted by goal2beabainoini - 18 Jul 2025 21:21

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[upanddown wrote on 30 Jun 2025 00:06:](#)

[eerie wrote on 27 Jun 2025 17:27:](#)

...

Two- as I see that the main issue is that I'm physically uncomfortable from the sensation in my body, as my body wants something from me, I think a problem that I have, and perhaps society as a whole has, we can't stand being uncomfortable. We have AC for when it's hot (if there's no blackout), we have heaters for the winter, we have machines that will do anything that we want done to be a little more comfortable. Anything we want, we can find with a click of the mouse. And with a good hechsher, too. **So, we've trained ourselves that we fulfill every emotional or physical desire. Anything I want, I can get. And if I'm even slightly uncomfortable, I can do the things that will make me comfortable once again. Which makes it so hard when we are challenged with something that makes us uncomfortable. It is very hard for us to not do things that will ake us feel better, at least temporarily.**

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I've got to chazer this over a thousand times....

Thanks for sharing!

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In kuntras umayan it mentions about ????? ?????? ??

that it is a positive mitzvah

(And that We become more course as we get older by eating sleeping, drinking etc. Even If one is on the level that they are doing those things just In order to be able to serve hashem properly)

Some people have a yh like a sheep and some like a ox

but we can actually make our yh stronger by doing things that are allowed not in order to(stay alive and healthy mentally and physically to) be able to serve hashem properly

the opposite is also true when we say no **every time we say no we are making ourselves more ????? and in tune to elokus**

I apologize if This is found to be not related to the issue mentioned or if it's too long And bores you

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Re: It's all in the name

Posted by stopsurvivingstartliving - 18 Jul 2025 22:46

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[eerie wrote on 18 Jul 2025 19:52:](#)

Loved today's Vayimaen video.

[www.torahanytime.com/lectures/382276](http://www.torahanytime.com/lectures/382276)

It's a great one, thanks for the reference.

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Re: It's all in the name

Posted by justmefixed - 19 Jul 2025 19:25

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Hi, I'm Justmefixed (anon). Tried all I can to stop M on my own but it has been very difficult. some relapse occur and it feels like I'd never be able to quit.

I was able to find the leak in my strategy which is being alone and lying on the bed with my phone. But to further put up a fight against this I decided to go a step further to involve social support.

a very big pain point of this lifestyle for me is the fact that it contrasts very much from my public self and so i couldn't find me someone trustworthy enough to share with and have as an accountability partner. That's one of the reasons I came here as my first point of social help.

Current Streak: 0

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Re: It's all in the name

Posted by lamaazavtuni - 20 Jul 2025 04:45

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Hey brother welcome to the fam

you will find the social support very helpful ,

AS a matter of fact im not sure if theres anyone it didn't help to some level. So hatslacha on the journey were happy to support you in our joint struggles that us and many yidden not on here

**Warning: Spoiler!**

Experience,

y dont you start a thread of your own and fill us in on how the fights doing !

Keep at it !!!!      Rooting for your success

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Re: It's all in the name

Posted by eerie - 27 Jul 2025 20:56

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Sharing a thought from a GYE friend

Someone recently told him that he finds it helpful and motivating to stand strong, when faced with a challenge, to think to himself "I want to stand strong so I'll be excited for my wife". But this friend says he feels it's a little too self-centered. Rather, he thinks it a little differently "I'm going to stand strong, because **my wife deserves** someone who is excited about her"

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