

Just getting started

Posted by monseyid41 - 13 Mar 2023 03:24

Hello everyone, I am a new member of GYE and I am excited to be joining this chaburah of Yidden who are striving to come closer to Hashem. I would like to start out with a confession of sorts. I actually signed up about 2 months ago, not really knowing what this was all about, but hopeful that it could be helpful to me. Before I actually checked in or started any kind of program, I was reading a lot of the different comments from people in the forum, just to get a feel of what people were struggling with and to see if there was anything in common with my own struggles, and I was actually kind of turned off. Because when I was reading all the different stories of people with the challenges they have, I started thinking: "This is really not for me. True, I struggle with Shmiras Einayim, and I have looked at things and done things I shouldn't have, but these people are talking about addiction to porn, masturbating daily for years at a time, etc. these people have serious issues, I'm just a regular person who once in a while gets caught up with the Yetzer Hara. This is not the kind of crowd I belong in". Yes, that's the view that I had from up on my high horse. But some time after that I fell again, with porn and masturbation, and when I was feeling all guilty and horrible about myself, it hit me. Maybe I do need some help. Maybe I'm not any better than all those people in GYE that I so casually dismissed. So I went back on and started reading some more. And one of the first things I read in the forum was from Eerie, entitled "It's all in the name", and I literally broke down crying. Because I have so many things in common with his story. For one, I don't believe that I'm addicted, but it really doesn't matter if you give yourself (or anyone else) that label. The main thing is I have fallen many times in the past, and I am looking to improve myself, and that is true about everyone here. Also, I too am in chinuch and I am dealing with the same feelings that Eerie expressed about the hypocrisy of someone teaching Torah and giving over our heilige mesorah to the next generation when he himself gets caught up in the worst Aveiros (I read the responses as well and I found them very much on target). And then, when he mentioned that he discovered one computer in his school that had unfiltered internet, I almost fell off my chair. This literally happened to me as well (do we work in the same school?) So, thank you Eerie, for opening my eyes and allowing me to realize that we are all here for the same reason; not to judge anyone else and decide who's better than whom, but to grow together and help each other in our shared goal of Kirvas Elokim. And thank you as well to everyone else (if you're still reading at this point, double thank you!) for allowing me to join you all in this holy endeavor. I haven't actually gotten to my story yet, but I think this is enough for now. I would like to wish you all much Hatzlacha in your Avodas Hakodesh and I hope this can be a fresh start for me as well.

=====
=====

Re: Just getting started

Posted by cordnoy - 05 May 2023 04:43

[cordnoy wrote on 04 May 2023 18:08:](#)

[Eerie wrote on 04 May 2023 17:17:](#)

[cordnoy wrote on 03 May 2023 15:47:](#)

[cordnoy wrote on 03 May 2023 15:23:](#)

[monseyid41 wrote on 03 May 2023 14:57:](#)

Okay, confession time. I spent an hour and a half yesterday on Youtube. Nothing bad, just sports. So maybe technically not a fall, and I guess I should be happy that I'm still "clean" but I'm feeling more anxious than happy. I have been on this road before and I know where it ends up. I desperately want to turn around and go back to where I was the past 2 months.

Growing up as a fan of a particular sports team, I always had a passion for this sport. When I went to yeshiva and got serious about my learning, I left it behind, but it never completely left me. So, a bunch of years ago, when I started slipping and spending a lot of time on youtube, one of the things that I got into was following my old team. I would watch highlights of the games, and things like that. Thankfully, for the last couple years my team hasn't made it very far. But yesterday, after almost 2 months of completely cutting myself off from any kind of news, I had some extra time on my hands and the Y"H convinced me to check the scores. When I did, I was shocked to see that my team had won the first playoff series, something they haven't done in a long time. I immediately got such a high from it (sports fans out there know exactly what I mean) that I decided to go on Youtube and watch all the highlights from the series.

Now I'm really conflicted. This fever has really gotten hold of me, but like I said, I know where this road leads to and I don't want to go there. **How do I extract myself before something worse happens?**

You can hope (or pray) that the Lightnin' or the Heat knock your team out!

Oops, I'm slippin'.

I was thinkin' the same

We communicated somewhat via pm and straightened out the teams. Go Panthers and Warriors!!!

Next time, that's where I should have put my money.

=====
=====

Re: Just getting started

Posted by monseyid41 - 05 May 2023 14:37

[connected wrote on 20 Apr 2023 15:00:](#)

There is a famous letter from Rav Hutner Zt"l

Where can one see the letter?

Okay, just an update. I previously quoted a line from a letter that Rav Hutner wrote and I was asked where it can be found. "retrich" responded with a translation from Torah.org. I don't know who translated it, but he did a good job, It was pretty accurate. Nevertheless, I am attaching the original letter here in ????? ????? for anyone who wants to see it. It is written so beautifully and I have received much chizuk from it over the years.

=====
=====

Re: Just getting started

Posted by Hashem Help Me - 07 May 2023 12:55

Thank you for this letter. A masterpiece - not that the Rosh Yeshiva needs my haskama. A great tool to show anyone struggling who feels yi'ush.

=====
=====

Re: Just getting started
Posted by monseyid41 - 14 May 2023 15:53

Hey, everyone. I just wanted to give a shout-out to our friend Gevurah Shebyesod. I was

=====
=====

Re: Just getting started
Posted by monseyid41 - 15 May 2023 14:31

So I came really close to slipping this morning. Instead, I reached day 70 of my streak. I should be happy (ecstatic even), but I'm not. And I don't know why. It seems really unfair. In the past, whenever I had a fall, I would get that awful, disgusting feeling that we are all familiar with. But it doesn't seem to happen the other way. Why am I not in a state of euphoria that I overcame this test, and reached a milestone? Instead I feel very bland, and even a little bit down that I almost slipped. Anyone know what I'm talking about?
thinking about you all Shabbos

=====
=====

Re: Just getting started
Posted by retrych - 15 May 2023 15:33

It's similar to the opposite extreme, when someone already entrenched slips. It doesn't feel as bad as a smaller slip when you're clean, because it's continuing what you are doing already.

You've already become someone who doesn't fall, so it feels natural.

Mazel Tov

alternately, this shows the feeling of disgust is at least partially the yetzer hara trying to make us give up. If it were really all us feeling we're too low, we'd also feel the opposite.

=====
=====

Re: Just getting started
Posted by excellence - 15 May 2023 22:34

[monseyid41 wrote on 15 May 2023 14:31:](#)

So I came really close to slipping this morning. Instead, I reached day 70 of my streak. I should be happy (ecstatic even), but I'm not. And I don't know why. It seems really unfair. In the past, whenever I had a fall, I would get that awful, disgusting feeling that we are all familiar with. But it doesn't seem to happen the other way. Why am I not in a state of euphoria that I overcame this test, and reached a milestone? Instead I feel very bland, and even a little bit down that I almost slipped. Anyone know what I'm talking about?

Very normal feelings. Fully relate. Possibly because we don't see sufficient reason to rejoice, based on many silly excuses... It's the Yetzer Hora. wether or no t u feel it, your neshama is dancing, it's enjoying itself in your guf, alot more than in the past. Get up, go buy yourself a treat as a reward, and share with us here what you bought...

=====
=====

Re: Just getting started
Posted by monseyid41 - 05 Jun 2023 15:00

The Yetzer Hara is a Ganev. Plain and simple. He doesn't jump on you to go straight to the bad aveiros. Rather he steals a glance or a peak. Just one look is all he needs and then you're in the quicksand. This morning he got me to go somewhere I should not have been, and from there it was easy for him. So although technically a slip, not a fall, I'm now feeling angry, frustrated, and anxious. Angry at myself for being somewhere I should not have been, frustrated that instead of celebrating reaching 90 clean days, I'm dealing with all the negative feeling that the slip caused, and anxious that the slip shouldn't turn into a fall.

=====
=====

Re: Just getting started
Posted by true_self - 05 Jun 2023 18:50

[monseyid41 wrote on 05 Jun 2023 15:00:](#)

The Yetzer Hara is a Ganev. Plain and simple. He doesn't jump on you to go straight to the bad aveiros. Rather he steals a glance or a peak. Just one look is all he needs and then you're in the quicksand. This morning he got me to go somewhere I should not have been, and from there it was easy for him. So although technically a slip, not a fall, I'm now feeling angry, frustrated, and anxious. Angry at myself for being somewhere I should not have been, frustrated that instead of celebrating reaching 90 clean days, I'm dealing with all the negative feeling that the slip caused, and anxious that the slip shouldn't turn into a fall.

Reb Yid!

Celebrate your reaching 90 days, TODAY before its too late.

Its all ??? ???? , he doesnt want you to keep on sheteiging, he knows that celebrating victories, brings along more victories, and that's exactly what he is scared of, he wants to ruin it all.

Don't let yourself into his trap! there's nothing to be angry at yourself now, in fact being angry at yourself is the worst thing you can do right now. Look at your past 90 days, can you imagine what kind of tremendous nachas ruach that brings for Hashem? its unbelievable!!! so keep on shteiging, celebrate your victory, get yourself a special treat, so that you will stay with the sweet taste of victory, and reach many more bekarov!

Rooting for you!

True self

=====
=====

Re: Just getting started

Posted by Eerie - 05 Jun 2023 20:23

[monseyid41 wrote on 05 Jun 2023 15:00:](#)

The Yetzer Hara is a Ganev. Plain and simple. He doesn't jump on you to go straight to the bad aveiros. Rather he steals a glance or a peak. Just one look is all he needs and then you're in the quicksand. This morning he got me to go somewhere I should not have been, and from there it was easy for him. So although technically a slip, not a fall, I'm now feeling angry, frustrated, and anxious. Angry at myself for being somewhere I should not have been, frustrated that instead of celebrating reaching 90 clean days, I'm dealing with all the negative feeling that the slip caused, and anxious that the slip shouldn't turn into a fall.

My friend, you said it so well. We all know that the simcha that we feel when we feel accomplished in our struggles is what gives us the strength and the desire to keep fighting. Sometimes our nisayon is not whether we should do or not. Rather, we are faced with a challenge of whether we should be excited and happy with what we have accomplished, whether we will let the YH convince us that we are _____, or will we remember that we are Beloved children of Hashem, who give him such nachas, whom he calls His malachim to show as examples of true servants who fight for His honor. My friend, don't let him steal your inspiration, your happiness, your true accomplishments. Kick him really hard in the pants and move right on! You have come so far and done so much, and beH you'll keep trucking onward and upward for many long, happy and healthy years!

=====
=====