

Thought I wouldn't need to ask for help  
Posted by chaimoigen - 16 May 2023 03:44

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It's hard to admit that I need to reach out.

I help others. A lot, B"H.

I struggled for years. And Hashem helped me. With unbelievable Siyata Dishmaya I have come light-years from where I once was.

I now inhabit a world of Torah and Kedusha and Avoda.

I am a healer and a rebbe. I have been blessed with deep understanding, I learn and teach a lot, and am Zocheh to guide and inspire. I'm still growing.

.....**Mostly.**

...except sometimes when I fall.

.....and then I feel sickened and then I work on myself and try to close the gaps in the fences and fill the gaps in my heart and make changes and find inspiration and do Teshuva and make commitments and truly grow from the mistakes and work to know myself better and realize where the emptiness needs filling. and I learn and daven and grow. I'm not a hypocrite. I really do grow. ... and then I feel confident.

And it lasts for a while. Sometimes a very long while. And BH I'm sure that the last fall was just an anomaly, and I know that who I really am isn't the one who fell [which is true], and that I don't have to be on guard so much [which is a terrible mistake - ???? ??? ????? ????? ?????? ??? ????? ???]

And it lasts.

.... UNTIL IT DOESN'T, DARNITTTTTTTTTT!

And then, then, oh OY Rebonoy Shel Olam, not again.... oh please not again! How, *how can I* be once again hearing the silent, harrowing scream from deep in my soul "AYEKA!!?"

It's about time that I am having the courage to admit that there is still a pattern.

I lurked here for about a month. I had a fall and decided to finally check this site out, not for others but for myself this time. 22 clean days. and now again a "minor" fall.

And I finally decided to reach out for help. To stop being stupid.

And I finally admit it. I need brothers. I need others . Because even though I am never alone, and even though I always whisper to the Rebono Shel Oilam, who always helps me, still - I need chavirim. I need help. I stand in front of you, brothers, humbly ready to admit that I still have a problem. I am thankful on the night of ??? ?????? that it's far, far from the problem I once had. I am thankful and proud of where I am. I do not define myself by my falls. BUT I WANT MORE. I NEED MORE. MY NESHOMA DESERVES MORE

I want to be 1000 days clean and more. I am so UNBELIEVABLY jealous of the heilige yiddin here who are clean for years. I NEED to be 100 percent clean. It's my hearts desire - a white-hot Ratzon Pnimi. But I need help from Hakadosh Boruch Hu and from you.

The deepest part in the center of my Neshoma is sickened by the realization that I may have been still fooling myself [I am not entirely sure if I have been, or if I'm just a work in progress].

I am deeply inspired by the raw honesty and desperate yearning in many posts here. I love that so much. I love honest , searching growing yidden. I want to be an anonymous yid among others who are growing together. I want to grow more, be more, find out what roads are still open to me.

Can you guys help me? Please?

I'm sitting in my office and crying at my computer.

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Re: Thought I wouldn't need to ask for help  
Posted by horizon - 16 May 2023 21:41

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wow. thank you for your post, i appreciated the vort on kedoishim tihiyu, and more importantly thanks for joining the chevra. i feel like we can use such an insightful marbitz toira around here.

p.s.

**Warning: Spoiler!**

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Re: Thought I wouldn't need to ask for help  
Posted by Markz - 16 May 2023 22:35

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“Cord. You wrote to me in a derisive and belittling way”

That section of his comment was not addressed to you AT ALL. It might have helped if he would've started off his first line writing who he is replying to first.

Skip that section.

Read the Rest.

Take a Rest.

Keep on Trucking!

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Re: Thought I wouldn't need to ask for help  
Posted by Grant400 - 17 May 2023 02:46

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Ok, so the forum has definitely woken up a bit. I'm definitely happy about that. Acting slightly political, I'm not here to take sides, but rather to explain my perception of the thinking behind each rationale. Cordnoy quoted Dov as saying that this site isn't anonymous - it's secretive. I

completely understand his point - BUT - only from my perspective after having been on this site for a few years. When a person joins this site, at first they lurk, most either continue lurking or disappear. Only a select few summon up the courage to actually post and participate. It's intimidating and scary, but then when everyone welcomes them, they feel the warmth and acceptance, and some actually stay for the long run and put in the hard work. That's why it's important to be welcoming and encouraging. (Thank you HHM - GYE's angel.) At the same time, although this site definitely has life changing qualities, is a very healthy starting point and can create very healthy and robust foundations to become clean for the long term, sometimes, if the person isn't open to advancing to the next level and exposing himself to uncomfortable situations (only open to the ones that provide pleasure too lol) then he will continue running on the same rat wheel. He will either eventually leave the site in despair, or tearfully post here and there to make himself feel like he's doing something and fighting the good ol fight - and then promptly open his pants again. I am in a better place now, than I have been since I was 13. The reason is definitely because of all that I learned on this site, but what brought it home is because I opened up to live people via phone and in particular, one person, in person, regularly. (Which probably wouldn't have happened without this site too.) Truthfully when I joined, I was in denial or more like unaware about how deep I was invested in lust. If at that point someone would've told me that it's hopeless unless I meet someone and tell them my dark and dirty secrets, I would've freaked out and ran for the hills, feeling that if that's the only way, I'm out. (About a year or so ago I actually posted something to this effect, that everyone should stop jumping down a new posters throat to start calling people, and scare them away, and rather give him time to acclimate and eventually he may be open to it). But after being through many highs and lows and being exposed to a whole world of co-strugglers on GYE, B"H my perspective changed to a healthier one. One that allowed me to make strides I would've balked at in the past, and reach out for help in person. So what is the right way? The answer seems to be timing, and to whom it is directed at. Many need a more gentler approach, and most probably do in the beginning. At the same time, many can definitely benefit from being called out. It can hurt, but a receptive person can understand the necessity. The intention isn't to hurt the person, but to peel away at the layers of self deception, confusion, pain and ignorance. It is out of care and concern for a fellow struggler who is suffering. A seasoned veteran like Cordnoy has been around the block. Quite a number of times. He has helped so many people in grizzly situations see the light at the end of the tunnel. His clarity is sharp and clear. He can see through all the layers that takes us months or years to dig through, in a much shorter span of time. He's definitely here to help, he would probably go out of his way much farther than any of us would to assist someone on the forum. I can say with 100% certainty that his post wasn't meant to chas"vsh belittle or denigrate anyone. It was purely an observation that he thinks (whether we agree or not) will be helpful. Just the fact that Cordnoy posted a reply to a so far one time poster meant that he felt Chaim is a candidate who can be receptive to some real advice. You may not agree with the content or timing, but I believe we can agree on the intention. Chaim, clearly we see you haven't been scared away. I promise you Cordnoy meant no insult, and although the way he writes can seem sharp and pointed - that's his style and is what makes his posts the kind you want to read twice and internalize. Please stick around. You got this. Especially if you got Cordnoy in your corner.

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Re: Thought I wouldn't need to ask for help

Posted by Grant400 - 17 May 2023 02:49

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Especially if you got Cordnoy in your corner.

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Re: Thought I wouldn't need to ask for help  
Posted by chaimoigen - 17 May 2023 03:46

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Thank you. I appreciate your points, Grant.

I'm going to take this one step at a time. And try to figure out what at the right tools to help me through experiencing them...

Grant, Captain and HHM, you asked about triggers, access, and situations.

Of course it was a device. Oy. what else?

It's filtered, and I don't usually have it on me [on purpose]. But I was searching casually.

The search term was truly innocuous. The re-direct, and "hole" in the filter was not intentional.

I clicked a few times after that (and BH stopped).

The filter caught and blocked most, but not all, of the toxic, intoxicating sewage. But I clicked a few times... **even after I knew where i was going.** ARgghhhh

I can no longer, WILL NO LONGER live with that, I need to be clean, I don't want to **be that way** anymore. [but perhaps for the grace of the fact that i stopped and put it away and decided to post....]

But if I am honest, someone of my intelligence and experience knows that "searching casually" is not innocuous. [I generally try, based on experience, not to search without a specific goal and need.] I think that deep down, I was probably going looking for an "unintended casualty". I have some thoughts about triggers that were there that I will probably post about, as I formulate my thoughts better.

But my first thought about taking a positive step [in the direction of ????? ????] was actually what you wrote, Grant, in your earlier post, about being constantly vigilant and not letting my guard down, being alert for the constant battle. I try to learn from a Sefer on Shmiras Einayim every day, but lately I have just been looking briefly and quickly, instead of "getting into it". I haven't been focusing on this weakness and working on myself in this area. complacency is a terrible trap. I have been Zocheh to change for the better in the past, I need to continue to do so.

People in recovery might talk about taking the first step. I don't think I am an addict, but I KNOW that I am infected with a Yetzer and without help from Hakadosh Boruch Hu I won't be able to withstand any Nisyonos.

And the Gemora says that we struggle with the Yetzer Hora every day and : ????? ?????  
????? ?? ????? ??

I think the language indicates that He will **HELP** me - meaning that **I need to be fighting** and **only then** will He give me the Bracha of victory.

Thats where I am starting tonight.

I will also dig deeper, but first lines of defense first [and ill try to fix the filter, too].

I'd appreciate (gentle) suggestions, please

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Re: Thought I wouldn't need to ask for help



Posted by ?????? - 17 May 2023 11:37

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[chaimoigen wrote on 17 May 2023 03:46:](#)

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Thank you for the direct and peaceful post. I am new here and normally feel strange sharing since we have seasoned members handling things. I still feel that way, but after people suggested others get more involved and out of the shadows, I feel like "why not"? I have no maarachos on how to stop, I am still breaking in myself- we know there is inspiration, motivation, partners, mentors, groups, books and all the rest. For me, the sugyos of yosef etc. help with derhoibenkeit and make me remember I'm a yid, which is valuable in itself (recently wrote a nice shtikel about it- is there somewhere I might post it?).

But I think most of all, what I need, and perhaps others as well (it feels too strange to suggest directly to a mentch what he needs) is to change my orientation to internet connected tech. For me, I almost have muscle memory to search for porn on my phone because I have used it so much for that. But not my computer, wife's phone or iPad etc., because I just haven't used them for that (not so much anyway). Meaning, lots of times it is just the availability+boredom+"this is what I am used to doing" that leads me to it. I recently took off my Chrome app and youtube, and even though I can still access everything through other means, even on the phone itself, it has become so much easier. I am slightly lazy to do it in a way I am not used to, it feels funny going on a different browser that I don't normally use. B'kitzur, changing the orientation to the device itself and how I use it, seems to be very important to my help. Especially since I tend to have issues with compulsiveness in other things too. Changing things a bit makes a difference.

From what you wrote, it sounds like you have not fallen as much as me (I mean that respectfully, not making light), so I hope you do not feel offended by what I wrote.

L'maase, the details don't make much difference. Meaning, even if you only looked a little bit, and it didn't lead to masturbation, and you came to post here, and you went back to learning, if it bothers you so much, good for you for helping yourself.

I don't why I feel the need to say this (actually it is probably because I want support), but I do not know if my gisha is right, and I am not even sure I have makom to say anything because an addicted mind can't think straight, but here we are.

Now I can slink back to my corner.

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Re: Thought I wouldn't need to ask for help  
Posted by ?????? ?????? - 17 May 2023 11:38

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Re: Thought I wouldn't need to ask for help  
Posted by Grant400 - 17 May 2023 12:16

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????? Please don't slink back into a corner!

(Can you please post your vort in The Torah & Chizuk Approach forum?)

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Re: Thought I wouldn't need to ask for help  
Posted by chaimoigen - 17 May 2023 13:02

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Thank you ??????

I think your point is a very helpful one, though my personal application will be a drop different.

We're all in the same Milchama together, each has our own battles, whatever is different about us, we probably have more in common.

Yasher Koach.

Please don't slink! - you just gave a Yid a big boost to his day!

It's interesting you mentioned Yosef Hatzadik.

By Shacharis today, when I was saying ?? ??? ???? I realized that those words Mah Betza are the same words that Yehuda used when he was convincing the Shevatim not to kill Yosef when he was in the Bor.

I started thinking about Yosef -

He was betrayed, stripped naked, thrown into a deep filthy pit, and surrounded by Nechasim and Akravim...

And yet there was a Meilitz Yosher saying "Mah Betza!!!!" what value can there be to him becoming lost forever!?

And so Dovid Hamelech gives us those magnificent words to call out with to Hakadosh Boruch Hu -

I was calling - OY Rebono Shel Oilam

"Mah Betza Bidami !!! Please Tateh ! Don't leave me in the filthy pit! Please don't let me succumb to the Nechashim and Akravim! What value will there be in Your sending my Neshoma down here if I and lost in Be'er Shachas!?! Please, please pull me and all the other Yehoseifs out! You can do it."

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Re: Thought I wouldn't need to ask for help  
Posted by ?????? ?????? - 17 May 2023 14:10

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That's moiredig! Hard to believe I gave a yid a big boost, it's an honor--- torah that comes from a mentch in a matzav, living through the vort, is aino domeh!

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Re: Thought I wouldn't need to ask for help  
Posted by cordnoy - 17 May 2023 14:22

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All, I am sorry.

Godspeed

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Re: Thought I wouldn't need to ask for help  
Posted by mggsbms - 17 May 2023 16:44

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Powerful vort!

Curious is this Reb Chaim's or Reb Yehosef's?

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Re: Thought I wouldn't need to ask for help  
Posted by chaimoigen - 17 May 2023 22:15

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It was my thought during Shacharis today.

.....And throughout the whole day today....BH

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Re: Thought I wouldn't need to ask for help  
Posted by Eerie - 19 May 2023 00:08

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Grant, thank you for that masterpiece of a post. And besides for all that you wrote about Cords being true, I want to point out, it takes such strength to write the last post he did in this thread. That one blew me away. I apologize too. I don't think anybody doubted his intention or his expertise. And we are all indebted to him for all he does here, the vast, vast majority of which will remain unknown

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Reb Chaim, how's it going? Reached out to shmooze with Cords yet?