

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

---

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.

=====

Re: Thought I wouldn't need to ask for help  
Posted by bright - 06 Oct 2023 03:04

---

Well, you told me that you miss my posts, so here goes, although it will be in disagreement to yours.

"Beriah chadashah" - I don't know when that exists (and if there are mekoros and all agree to that), but I'd assume that this is reserved for a real thorough teshuvah - with all the trimmin's.

Let's use your murderer mashal: He kills a fellow, does teshuvah (however); then he sees the almanah and six kids without a dollar to their name, kids gettin' beaten up in school for they have no father to back them up, wife and kids in and out of therapy, etc. "Not my problem - I'm a new creation!" - I would say that's hogwash.

Someone watched years and years of porn and then did teshuvah (again, assumin' with all the intricacies), and those images keep vividly playin' on rewind - those are challenges and not his responsibility? I don't think so; those are his to keep.

Now, although that is the case (accordin' to little me), I still don't think that it's somethin' to get down upon, and as Reb Chaim and I spoke today - one simply needs to move on and focus on the growth, but let's own up to what's ours - the good and the bad.

Godspeed to all

Glad to have you back! As for mekoros see shmatsa in introduction, based on midrash, aderes eliahu parshas reeh. The mesila yasharim when describing tshuva specifically uses murder example to say how big of a chesed and seemingly illogical it is for tshuva to work. Any full fledged tshuva should certainly do it. However part of tshuva certainly is constantly keeping it on your mind and being bitter about it see sharei tshuva and that would certainly include caring for almana and yesomim, besides for the fact that there is a separate sin he did against them, which needs its own tshuva, which incldes rectification of his actions like any bein adam lechavairo until they forgive. Thanks and piske tove.

=====  
=====

Re: Thought I wouldn't need to ask for help  
Posted by cordnoy - 06 Oct 2023 05:05

---

[mggsbms wrote on 06 Oct 2023 01:38:](#)

[cordnoy wrote on 05 Oct 2023 23:46:](#)

[bright wrote on 05 Oct 2023 19:26:](#)

But let's be honest here. Had I not made some very bad **choices** in my past I would **never** have known what my friend was talking about when he made the reference. If not for my many errors I would not have all these unlovely images preserved in the vault of my head and heart.

It's a simple truth that a person isn't accountable for random thoughts that occur during Tefilla. But a person **does** have to take responsibility for the fact that the stuff is there in his lexicon of images...

I have BH stayed far, far away from any inappropriate images for the last 141 days. In fact, those specific images are from many years ago. I'm hoping they fade with time, and become irretrievable as I grow. I am looking forwards to what I am becoming, working on what is within my grasp. But I live with the knowledge that my current struggles are impacted by my past misdeeds. I like to think that most of the special Yiddin with whom I daven don't have these "clips" stored and easily available for viewing during Shemona Esre. I have my own accomplishments to be proud of, as I said, I am not discouraged. But I am also honest, and I sincerely wish I had made better choices in the past. [Yes, I'm glad I am making good choices now, with Hashem's kindness, and that's the main thing.]

I am terrified to argue with you over here especially bec I may be arguing with your YH which is quite a formidable opponent:) You clearly have done a significant tshuva. Teshuva does not mean rectifying all the ramifications of your aveiros, if so a murderer would not be able to repent. Rather it means changing yourself to be a different person to the best of your abilities. Once you do that, you are a bria chadasha, you are forgiven, lock, stock and barrel. Any thoughts that come up and are properly handled are not your responsibility, rather they are your challenge. Recognize the awesomeness of your repentance, and thank Hashem for being the merciful gd he is, but do not deny that mercy exists. That would be a grave error!

Well, you told me that you miss my posts, so here goes, although it will be in disagreement to yours.

"Beriah chadashah" - I don't know when that exists (and if there are mekoros and all agree to that), but I'd assume that this is reserved for a real thorough teshuvah - with all the trimmin's.

Let's use your murderer mashal: He kills a fellow, does teshuvah (however); then he sees the

almanah and six kids without a dollar to their name, kids gettin' beaten up in school for they have no father to back them up, wife and kids in and out of therapy, etc. "Not my problem - I'm a new creation!" - I would say that's hogwash.

Someone watched years and years of porn and then did teshuvah (again, assumin' with all the intricacies), and those images keep vividly playin' on rewind - those are challenges and not his responsibility? I don't think so; those are his to keep.

Now, although that is the case (accordin' to little me), I still don't think that it's somethin' to get down upon, and as Reb Chaim and I spoke today - one simply needs to move on and focus on the growth, but let's own up to what's ours - the good and the bad.

Godspeed to all

The bal haturim in parshas kedoshim by the parsha of one who "murders" his own son to the molech, points out that teshuva would make that murder into "zichiyos" - please look it up. In other words teshuva would make it into a righteous act (akeidas yitzchok?).

And even if that's true (on a level that has any understandin' at all), so what?

=====

Re: Thought I wouldn't need to ask for help  
Posted by cordnoy - 06 Oct 2023 05:07

---

[bright wrote on 06 Oct 2023 03:04:](#)

Well, you told me that you miss my posts, so here goes, although it will be in disagreement to yours.

"Beriah chadashah" - I don't know when that exists (and if there are mekoros and all agree to that), but I'd assume that this is reserved for a real thorough teshuvah - with all the trimmin's.

Let's use your murderer mashal: He kills a fellow, does teshuvah (however); then he sees the almanah and six kids without a dollar to their name, kids gettin' beaten up in school for they have no father to back them up, wife and kids in and out of therapy, etc. "Not my problem - I'm a new creation!" - I would say that's hogwash.

Someone watched years and years of porn and then did teshuvah (again, assumin' with all the intricacies), and those images keep vividly playin' on rewind - those are challenges and not his responsibility? I don't think so; those are his to keep.

Now, although that is the case (accordin' to little me), I still don't think that it's somethin' to get down upon, and as Reb Chaim and I spoke today - one simply needs to move on and focus on the growth, but let's own up to what's ours - the good and the bad.

Godspeed to all

Glad to have you back! As for mekoros see shmatsa in introduction, based on midrash, aderet eliahu parshas reeh. The mesila yasharim when describing tshuva specifically uses murder example to say how big of a chesed and seemingly illogical it is for tshuva to work. Any full fledged tshuva should certainly do it. However part of tshuva certainly is constantly keeping it on your mind and being bitter about it see sharei tshuva and that would certainly include caring for almana and yesomim, besides for the fact that there is a separate sin he did against them, which needs its own tshuva, which incldes rectification of his actions like any bein adam lechavairo until they forgive. Thanks and piske tove.

Thank you; although I'm not sure how the above is related to the discussion at hand.

=====  
=====

Re: Thought I wouldn't need to ask for help  
Posted by cordnoy - 06 Oct 2023 05:11

---

[Captain wrote on 06 Oct 2023 01:44:](#)

[cordnoy wrote on 05 Oct 2023 23:46:](#)

Let's use your murderer mashal: He kills a fellow, does teshuvah (however); then he sees the almanah and six kids without a dollar to their name, kids gettin' beaten up in school for they have no father to back them up, wife and kids in and out of therapy, etc. "Not my problem - I'm a new creation!" - I would say that's hogwash.

Someone watched years and years of porn and then did teshuvah (again, assumin' with all the intricacies), and those images keep vividly playin' on rewind - those are challenges and not his responsibility? I don't think so; those are his to keep.

Godspeed to all

I don't understand how a person who ignores the poor victims is the same as a person who gets desires and tries to fight them. I would think that even though he caused those desires, his teshuva can still be serious and have all the trimmings and he could still experience those thoughts because of his past, and that doesn't mean that his teshuva is lacking. As opposed to someone who ignores the consequences of his actions like in the murderer example. Perhaps you can explain better.

I was comparin' the two for one point, and that is that although one did a complete teshuvah, there are still consequences.

Additionally, I did not say that experiencin' thoughts of the past is an indicator that his teshuvah was lackin'.

My point is a simple one: One can do a complete teshuvah and still experience thoughts from the past - that is a result of his actions, not a new challenge. [The poster was bothered by a question: How can he be sufferin' from past actions when he did teshuvah? On account of this, he answered that it is a new challenge. Hence, my argument.]

=====  
=====

Re: Thought I wouldn't need to ask for help  
Posted by chaimoigen - 06 Oct 2023 08:24

---

4:20 AM, Leil Hoshana Rabba, ??? ??? ????? ???? ?

***Enayich Yonim***

*By Chaim Oigen*

***Once upon a midnight dreary, while I pondered, weak and weary  
Over many a holy volume aflame with Light and Life and more  
Five hours of Retzufos going, heart apumping, face aglowing  
LIVING in the Tosfos and the Rambam just as in my days of yore  
Presently my heart grew stronger; hesitating then no longer  
Daring to dream dreams this man has forgone to dream before  
Before the Aron Kodesh standing, soul ablaze, entreats, demanding  
Lead me, steep me in Your Torah, cherished, fill me to my core  
There I find my heart and healing, my Neshoma finds its feeling  
And I implore You, toward the shadows, let me sink - oh NEVERMORE!...***

=====

Re: Thought I wouldn't need to ask for help  
Posted by Grant400 - 06 Oct 2023 15:18

---

[chaimoigen wrote on 06 Oct 2023 08:24:](#)

4:20 AM, Leil Hoshana Rabba, ??? ??? ????? ????

***Enayich Yonim***

*By Chaim Oigen*

***Once upon a midnight dreary, while I pondered, weak and weary***



***Over many a holy volume aflame with Light and Life and more***  
***Five hours of Retzufos going, heart apumping, face aglowing***  
***LIVING in the Tosfos and the Rambam just as in my days of yore***  
***Presently my heart grew stronger; hesitating then no longer***  
***Daring to dream dreams this man has forgone to dream before***  
***Before the Aron Kodesh standing, soul ablaze, entreats, demanding***  
***Lead me, steep me in Your Torah, cherished, fill me to my core***  
***There I find my heart and healing, my Neshoma finds its feeling***  
***And I implore You, toward the shadows, let me sink - oh NEVERMORE!...***

Beautiful!

May your strengthened heart remain strong eternally!

=====  
=====

Re: Thought I wouldn't need to ask for help  
Posted by bright - 06 Oct 2023 22:59

---

[cordnoy wrote on 06 Oct 2023 05:11:](#)

[Captain wrote on 06 Oct 2023 01:44:](#)

[cordnoy wrote on 05 Oct 2023 23:46:](#)

Let's use your murderer mashal: He kills a fellow, does teshuvah (however); then he sees the almanah and six kids without a dollar to their name, kids gettin' beaten up in school for they

have no father to back them up, wife and kids in and out of therapy, etc. "Not my problem - I'm a new creation!" - I would say that's hogwash.

Someone watched years and years of porn and then did teshuvah (again, assumin' with all the intricacies), and those images keep vividly playin' on rewind - those are challenges and not his responsibility? I don't think so; those are his to keep.

Godspeed to all

I don't understand how a person who ignores the poor victims is the same as a person who gets desires and tries to fight them. I would think that even though he caused those desires, his teshuva can still be serious and have all the trimmings and he could still experience those thoughts because of his past, and that doesn't mean that his teshuva is lacking. As opposed to someone who ignores the consequences of his actions like in the murderer example. Perhaps you can explain better.

I was comparin' the two for one point, and that is that although one did a complete teshuvah, there are still consequences.

Additionally, I did not say that experiencin' thoughts of the past is an indicator that his teshuvah was lackin'.

My point is a simple one: One can do a complete teshuvah and still experience thoughts from the past - that is a result of his actions, not a new challenge. [The poster was bothered by a question: How can he be sufferin' from past actions when he did teshuvah? On account of this, he answered that it is a new challenge. Hence, my argument.]

My point is that he is as responsible for those thoughts as a person who never did those behaviors and is suddenly plagued by thoughts. Meaning, not responsible for the thoughts themselves, rather for what he does with them. IYH Hashem will take them away, but for now this is the reality. We dont change overnight even if there was a complete tshuva as you said, Cordnoy. Sorry if there was misunderstanding on my part.

=====

Re: Thought I wouldn't need to ask for help  
Posted by cordnoy - 09 Oct 2023 15:53

---

[bright wrote on 06 Oct 2023 22:59:](#)

[cordnoy wrote on 06 Oct 2023 05:11:](#)

[Captain wrote on 06 Oct 2023 01:44:](#)

[cordnoy wrote on 05 Oct 2023 23:46:](#)

Let's use your murderer mashal: He kills a fellow, does teshuvah (however); then he sees the almanah and six kids without a dollar to their name, kids gettin' beaten up in school for they have no father to back them up, wife and kids in and out of therapy, etc. "Not my problem - I'm a new creation!" - I would say that's hogwash.

Someone watched years and years of porn and then did teshuvah (again, assumin' with all the intricacies), and those images keep vividly playin' on rewind - those are challenges and not his responsibility? I don't think so; those are his to keep.

Godspeed to all

I don't understand how a person who ignores the poor victims is the same as a person who gets desires and tries to fight them. I would think that even though he caused those desires, his teshuva can still be serious and have all the trimmings and he could still experience those thoughts because of his past, and that doesn't mean that his teshuva is lacking. As opposed to someone who ignores the consequences of his actions like in the murderer example. Perhaps you can explain better.

I was comparin' the two for one point, and that is that although one did a complete teshuvah, there are still consequences.

Additionally, I did not say that experiencin' thoughts of the past is an indicator that his teshuvah was lackin'.

My point is a simple one: One can do a complete teshuvah and still experience thoughts from the past - that is a result of his actions, not a new challenge. [The poster was bothered by a question: How can he be sufferin' from past actions when he did teshuvah? On account of this, he answered that it is a new challenge. Hence, my argument.]

My point is that he is as responsible for those thoughts as a person who never did those behaviors and is suddenly plagued by thoughts. Meaning, not responsible for the thoughts themselves, rather for what he does with them. IYH Hashem will take them away, but for now this is the reality. We dont change overnight even if there was a complete tshuva as you said, Cordnoy. Sorry if there was misunderstanding on my part.

Nothin' to be sorry about; thanks for clarifyin'. I think your point is a good one, although I'm not certain I agree. I'm not certain I don't either. Tis a good question, I think. [And just to calrify, I am uncertain regardin' both halves: 1. A person who watched porn extensively and frequented houses of ill-repute, and then did teshuvah (in what capacity?), and later those images and scenes conjure up in his head (especially in Shemoneh Esrei - read my posts from years ago where this is discussed in-depth), is he responsible for those thoughts alone - even without actin' upon them? Normally, we are not liable for thoughts, but these, he created. By the way, is he responsible for thoughts alone that do not lead to action (i.e., fantasy) prior to his teshuvah? 2. Is he more responsible for those actions that came about as a result of those thoughts just the same as a fellow who did the same, but was never steeped in that behavior beforehand?

Godspeed

=====

Re: Thought I wouldn't need to ask for help  
Posted by chaimoigen - 09 Oct 2023 22:22

---

[bright wrote on 06 Oct 2023 22:59:](#)

[cordnoy wrote on 06 Oct 2023 05:11:](#)

[Captain wrote on 06 Oct 2023 01:44:](#)

[cordnoy wrote on 05 Oct 2023 23:46:](#)

Let's use your murderer mashal: He kills a fellow, does teshuvah (however); then he sees the almanah and six kids without a dollar to their name, kids gettin' beaten up in school for they have no father to back them up, wife and kids in and out of therapy, etc. "Not my problem - I'm a new creation!" - I would say that's hogwash.

Someone watched years and years of porn and then did teshuvah (again, assumin' with all the intricacies), and those images keep vividly playin' on rewind - those are challenges and not his responsibility? I don't think so; those are his to keep.

Godspeed to all

I don't understand how a person who ignores the poor victims is the same as a person who gets desires and tries to fight them. I would think that even though he caused those desires, his teshuva can still be serious and have all the trimmings and he could still experience those thoughts because of his past, and that doesn't mean that his teshuva is lacking. As opposed to someone who ignores the consequences of his actions like in the murderer example. Perhaps you can explain better.

I was comparin' the two for one point, and that is that although one did a complete teshuvah, there are still consequences.

Additionally, I did not say that experiencin' thoughts of the past is an indicator that his teshuvah was lackin'.

My point is a simple one: One can do a complete teshuvah and still experience thoughts from the past - that is a result of his actions, not a new challenge. [The poster was bothered by a question: How can he be sufferin' from past actions when he did teshuvah? On account of this, he answered that it is a new challenge. Hence, my argument.]

My point is that he is as responsible for those thoughts as a person who never did those behaviors and is suddenly plagued by thoughts. Meaning, not responsible for the thoughts themselves, rather for what he does with them. IYH Hashem will take them away, but for now this is the reality. We dont change overnight even if there was a complete tshuva as you said, Cordnoy. Sorry if there was misunderstanding on my part.

[p]Nothin' to be sorry about; thanks for clarifyin'. I think your point is a good one, although I'm not certain I agree. I'm not certain I don't either. Tis a good question, I think. [And just to calrify, I am uncertain regardin' both halves: 1. A person who watched porn extensively and frequented houses of ill-repute, and then did teshuvah (in what capacity?), and later those images and scenes conjure up in his head (especially in Shemoneh Esrei - read my posts from years ago where this is discussed in-depth), is he responsible for those thoughts alone - even without actin' upon them? Normally, we are not liable for thoughts, but these, he created. By the way, is he responsible for thoughts alone that do not lead to action (i.e., fantasy) prior to his teshuvah? 2. Is he more responsible for those actions that came about as a result of those thoughts just the same as a fellow who did the same, but was never steeped in that behavior beforehand?

Godspeed[/p]

I appreciate the entire discussion.

Here are a few points that I think are relevant and germane, even though what I'm going to write doesn't necessarily take a side on the specific question last raised. That question is a good one, and im also not entirely sure what I think about it. I do feel that it's a bit theoretical, as I'll explain.

These points are meaningful to me, personally, and I've thought a lot about this, so please forgive the length of my post.

1. Rabbeinu Yona (??? ? ??? ?) speaks about the many varying levels of Teshuva. He makes a point that, much like a dirtied garment, a basic wash removes the filth, but it takes a lot of bleaching to remove the final vestige of the stain from the fabric. So too, basic Teshuva achieves Selicha, but it takes much work to accomplish complete and total Teshuva, to be considered completely pure and clean (what Cordnoy calls "Teshuva with all the trimmin's).

Rabbeinu Yona says that what's needed for that final level is ????? ????? ????? ?? ??? ?????? ??

???? , and he cites the Posuk ???? ??? ? ???? ? ? ???? ???? ???? . A full examination of the paragraph, to my reading, shows that a person can have fully stopped doing a negative behavior, have made a true Kabla for the future, and truly is considered a Baal Teshuva. But, nevertheless, if he still harbours a “soft-spot” for his former actions deep in his heart, Rabbeinu Yona says he still has work to do to achieve complete cleanliness. That why Rabbeinu Yona teaches us 20 iklarim of Teshuva, not just 3 - so we can reach a final, pure level of complete Teshuva. Learning them all paints a vivid picture of the luminous beauty of a full Baal Teshuva; his wholehearted fullness of being imbued with ???? ????? .

Accordin' to Rabbeinu Yona, I think that a person who is triumphantly (and sometimes exhaustingly) counting clean days, yet who is still having lustful thoughts would probably fit the bill of an as-of-yet incomplete Baal Teshuva. That's still a wonderful achievement! But, accordin'ly, he'd probably be held accountable for those thoughts, as they flow from the as-of-yet unbleached stain on his heart. (To quote Lady Macbeth: “Out, out! Da@ned spot!”).

2. Notwithstanding this truth, I think it's not productive or healthy to dwell on it much.

Because the best and only thing a man can do is keep moving forwards and growing. One step at a time. We aren't asked to do more than that, or anything else. That conversation I had with you, Cordnoy, helped a lot.

3. I think that it's good that only the Rebono Shel Olam is in charge of deciding who is culpable for what. Only He can or ought to know who deserves to pay and what to pay for what's still not yet fixed while a man is (honestly yet) imperfectly engaged in the journey of Teshuva. That's the Rebono Shel Olam's job, as the ??? ????? ??? ? ? ???? ???? .

I don't think we can figure that all out, and I don't think there's much point in trying.

Hashem is the Judge, I am the servant. All He expects of me, I think, is to figure out what I need to do today to serve Him better than I did yesterday, and how to keep growing. That's something I can try to do. If I'm doing that , I can and should feel good. And keep trucking. Judgement belongs to Him alone, ????? ? ? ????? ? ? ???

if I keep up my Avoda of incremental growth, the stain will keep fading. Hopefully into insignificance, and then oblivion, with the work I'm doing, over time, until I'm wholly unsullied.

How well will that work to mitigate damage that a person has caused? To other people or himself? I don't know. There were a lot sources quoted in earlier posts here. I worked through some of them in the past, and I'm unclear, Limaase, how it works (there may be a difference between ??? ??? ????? ????? ?? ??????)

But my personal answer is that I really don't know, but I trust Him completely, and I put myself willingly into His hands. I rely on His ??? ????? ? ?????.

4. Vehkam's point resonates, and I've corresponded with you, Bright, on this too. A person is called to perform an Avodas Hashem that is unique to his personality and situation. As we have Bechira , a person's mission and calling will change, according to his actions and choices, (for the better or the worse). A man's bad choices of past do not detract from the fact that he has an Avoda that he called to do today. I'd like to believe (and Seforim support this) that every man, regardless of his past, has a mission in which he can achieve greatness. Sometimes that mission may today include tremendous potential accomplishments that would never have been achievable without certain mistakes in the past, I suppose that the growth involved to get there is ?????, ????????? ????? ?? ????????

There are people on this site who, to my limited sight, seem to have perhaps achieved that lofty goal, (though only Hashem truly knows). Perhaps, with Siyata Dishmaya, I too will be Zocheh one day.

For today, I have today's job cut out for me. And I'm thankful to have the opportunity.

=====  
=====

Re: Thought I wouldn't need to ask for help  
Posted by bright - 10 Oct 2023 05:00

---

As a response to both of the above chashuve posts. Yes a person is responsible for thoughts because of his actions, this is the memra of r pinchas ben yair "dont think about things by the day....". (In the beginning of HHMs pamphlet, I think he touches on it). The teshuva I am referring to is the three basic part Tshuva. Abandoning the Chait, Vidui, Kabala, and Charota. A person ho does these is considered as having done a full Tshuva, though as with everything in torah, there is hiddurim, which is what RY is discussing.

R Chaim, I am curious as to how you know zdonos nase kshgagos is only after the "20 steps" of



RY. As far as I know that is incorrect. (Also see the ramban and sforno on ki karov ailecha hadavr meod is going on tshuva, if tshuva wasnt complete until after a lifetime of busha and charata its hard to call it karov ailecha)

=====

=====

Re: Thought I wouldn't need to ask for help  
Posted by chaimoigen - 18 Oct 2023 22:33

---

Bright, sorry I somehow missed your post and insightful questions. It's a Shtikle Arichus and week later so I'll respond via PM.

=====

=====

Re: Thought I wouldn't need to ask for help  
Posted by chaimoigen - 18 Oct 2023 22:44

---

I want to write some feelings and reflections about the damage and danger in obsessively following the news. (Even and especially when terrible things are happening in EY)

I have unfortunately heard from a number of friends, and then seen on the forums how guys report that they were binge-watching online news, and then one thing led to another, resulting in a fall.

I feel that the problem is much deeper and more pernicious than the simple fact that once you go to non-Jewish news sites you get exposed to negative images. The issue is more fundamental.

Following every detail in the news in real-time is incredibly negative. The "news" is a hodgepodge of uncurated facts and opinions, hyperbole. Endlessly regurgitated details constantly reconfigured as new data points. Much of it is pointless to know and harmful to the psyche to see.

Moreover, getting sucked into the infinite scrolling endlessness of sickening "news"

dehumanizes us. The graphic images fill us with yiyush, existential angst, rage, helplessness and desperation.

And most importantly for us here: The endless clicking leads to a **“posture of pornography”**. Feeling empty, hurting, looking to click link and then link to try to become filled...feeling the blank numb it-won't-anyhow-ness of it all... How long will it take to click on something that engages, distracts, stimulates, numbs, and feels good (for the moment)? Oy!

In the past I have fallen when exposing myself to emotionally draining and painful wretchedness. So I'm being very careful.

I've made specific times I check specific places for limited time. I even have an accountability partner to keep me in check about this.

I'm having a lot more time for Tehillim, which actually helps...

=====

Re: Thought I wouldn't need to ask for help  
Posted by chaimoigen - 12 Nov 2023 17:06

---

I am feeling emotional today.

With the help and kindness of Hakadosh Boruch Hu, and with the support of you, my special friends, I've hit a 180 day milestone.

I'm feeling confident, yet committed to remain vigilant and humble. Overconfidence is silly, when facing this skilled adversary who crouches unblinking, waiting for an opening, sometimes wearing mine own face. I know many have slipped or even fallen to him, even after progressing far beyond where I now stand. Nevertheless, I feel assured that with Siyata Dishmaya, I have the means and the desire to keep climbing on this well-lighted, warm and open path. Hands outstretched to all you guys, so we can keep leaning on and supporting each other.

Today, I like myself. Better than ever before. And I like that feeling. So I'll raise my glass, and onwards....

Jibe ho, lads! We're shipshape and Bristol fashion today - weigh anchor and hoist the mizzen - colours flying true!

Tomorrow may yet bring black-sky squalls and lurching, stormy swells; cold grey fog and seasickness...

For today, BH, it's bright sun, salt spray, fair winds and following seas.

Godspeed!

=====

Re: Thought I wouldn't need to ask for help  
Posted by iwannalivereal - 12 Nov 2023 18:36

---

Wow R' Chaim Shlita 180 days is quite a number - one that I hope to get to as well.

In sharing this milestone with us, it's not just that we are able to congratulate you and share in your simcha and excitement rather it means a whole lot more. You had shared with me that a powerful tool in staying away from porn was by being able to want to be a non porn viewer. This means that even without focusing on the specific chisronos of watching porn which usually seem to disappear in the moment, a person can become and decide to be a non porn viewer. It's not that I don't watch porn because, because and because, rather we don't watch it because that's who we are. We are non porn watchers. I must add to this that although it's possible to become a non porn viewer by just deciding that that's who you want to be, it's so much stronger when you feel part of an oilam that's doing it together. To join an oilam and chevra of yidden who categorize themselves and are proud to be non porn viewers is so much stronger. Since this is such, when one of the bnei hachabura reach a milestone it's not just a personal milestone, rather it means that our chabura has just strengthened itself. Each milestone reached by anyone who's zoche to be part of our club (membership is free btw) makes the whole chabura stronger as we are all growing together and with each other.

May you continue to be an amazing role model for me and for many others as well!!!

=====

