

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 redfaced - 14 Jan 2024 19:46

[chaimoigen wrote on 14 Jan 2024 18:59:](#)

With a spirit of humility, care, and respect I would like to share some thoughts on lasting and

internal change.

My hiatus and subsequent extremely hectic couple of weeks has had me take a step back from my involvement here (I even missed the raffle). Catching up a bit, I've seen a number of posts that I had a desire to comment on over the past few days, but I decided to instead come here and share my thoughts. Because I only want to talk about myself, and share these as my own thoughts, I guess. Yet these reflections are actually the product of months of thought, and might be somewhat helpful to my friends. Sorry for lengthiness....

There have been posts about the disappointing experience of folks coming on the forums, feeling euphoric about finally breaking free from their problems for a time, and then eventually sadly coming face to face with the hard reality that the internal problem is still there. Alive and unfortunately kicking. There's been discussion about how hugs and charts and accountability may be good for folks who don't have a real problem, but are a waste of time if they distract you from taking the step to recognizing that you need meaningful, internal change.

I don't really disagree with the concepts. Change that isn't internalized won't last. True. We see this truth unfortunately all the time. Yes, you can't "cure" an addiction with only a dose of optimistic positivity and encouragement. However, I **strongly disagree** with certain conclusions that could potentially be drawn from these observations. And I'm writing these words to champion the incredible value of these forums, which to my thinking cannot be overstated.

First, the obvious. You can only take step two after step one. It's very hard to push the "submit" button the first time, to come out of the shadows and start posting. It's hard to admit you have a problem, that you need help. It's terrifying to communicate with others, even behind a blanket of anonymity. The forums provide a critical first step. And a warm welcome and positivity can encourage a fellow to stick around and learn. To make connections he wouldn't otherwise make. To recognise the extent of his issues and learn about ways to grow. In this context it's terrific, and I don't think anyone disagrees with this.

Now let's talk about real and lasting change. Internal change.

Pretty much everyone who comes here has a problem. I'm not going to get into a discussion about how to define addiction, but y'all would not be here without the fact that these issues are creating problems in your internal and/or external life. Pretty everyone here has tried to fix their problem on their own, unsuccessfully.

That means that “just stopping” isn’t really one of the options for almost anyone who finds himself on GYE.

And, as with most problems, external changes alone won’t last. Because the problem is usually bigger than the just the symptomatic behavior. If someone has been using P&M to fill a deep aching need for years, against his better intellectual judgement, it’s unlikely that merely talking to people about how he **really** wants to stop will make real changes in his life.

But here’s the thing. In all areas of life, real change is hard. Therapists all over charge a fortune to insert their sometimes-grubby fingers deep inside, and grope around in the aching psyche of confused and searching Neshamos everywhere, **with varying success**. There are diets and self-help books and retreats, life- coaches, and all-knowing experts, everywhere, each promising their own marvelous medicine for true and lasting change. **Providing the patient/subject/client “Does The Work”. But what does that mean?**

The thing is - a human is a marvelously complex and baffling piece of work, fueled by a cosmic Neshoma, weighed down by childhood upbringing and history, his Yetzerim and personality, and the burdens of unrequited hopes and dreams. Complex situations and relationships. Sheifos, goals, setbacks. And life. People! It ain’t easy to fix em up.

We are all muddling through, best as we can. That’s the honest truth. **And it takes trial and error, and working from the outside to the inside.**

Because we have to try. Genuinely. **And we have to start with what we can wrap our hands and heads around**. Because that’s the way practical people do it. And then make mistakes. And ask questions. And keep trying. And learn new things. And get excited. And get angry. And say really stupid things and sometimes regret them and sometimes not. And try again. And learn something new. And think and feel and try again. Sometimes it penetrates, sometimes it doesn’t. You have to try to use the best tools you can get your hands on, have mentors and friends, learn methods and self-realization. And with Siyata Dishmaya it will sometimes go it, and things will be different. If you keep trying.

Trying, learning, and trial and error, with openness and honesty. Connection to good people.

Willingness to learn from their experiences. And an attempt to grow, step by step.

In my experience outside of GYE- this is the recipe for change. **And that's what these forums are, too.**

I've read a lot about the 12 Step Program and have the greatest respect for it. It's one way that a lot of people have achieved growth and change, **if they work the Steps right**. Therapy approaches problems differently, and there are different modalities, and a lot of people are helped that way too. **If they Do The Work**. And learning valuable truths from mentors and seforim and friends, and working to develop new ways of living until you learn to change your thinking and paradigms, step by step, is a way that people can change, too. **If they do the work**. There are other ways. Yisurim can make or break a man, for example . And more ways. Maybe there are as many ways to grow, and as few, as there are differences between men, at the bottom of it. Different things are needed by different people with different problems. The main thing, to my thinking and experience, is to keep working. Then you'll eventually find the key that turns the lock, with Siyata Dishmaya.

These forums are sacred and special and I love them with all of my heart. (Even at the rare times when people write infuriatingly stupid things). **Because they provide tools for genuine change and growth in a way that I haven't seen before.**

Some of the qualities in these forums are:

The forums are: A safe place to recognize that your life has become (somewhat) unmanageable. A place to make friends by sharing and caring. A place to connect with a fellowship of people who actually understand. A place to face up to your own mistakes, to recognize the hurt you've done to yourself and others, and to try to learn how to make amends. A place to learn profound and universal truths about yourself, and your life. About why you do stuff. And about Yiddishkeit. About marriage and relationships.

The forums are a repository of reams of pages of culled wisdom. A place to connect to people who have the most valuable commodity of all- **life experience**.

And maybe most importantly - the forums are place where people receive the gift of opportunity to actually meet with real people, when they get to that stage, which leads to indescribable potential for healing. A **lot** of the real healing with mentors here takes place offline, without a clear record in the forums (so if you haven't yet, talk to someone).

All of this and much more are **tools for genuine growth and change. But yeah, you gotta do the work.**

The tools without the work won't do it. But don't blame the tools.

What works for you? Here's a good place to find out. There are many resources and things that have worked for people like you. And if what you're doing doesn't work, someone might point out to you that it's time to try something else, and thank Hashem for that. If something's working for you, share it, because it might help others. But please don't think there's only one prescription, or disparage the process that others are muddling through, cause that's what we humans do.

Saying "Anyone who was helped by method X obviously never had a real problem, because I had a real problem and it didn't help me" isn't only insulting, it's also illogical and wrong, as anyone who's read a lot of threads here knows. Telling someone who is stuck that perhaps they should try something else, and suggesting what worked for you is a bracha and a promise of hope. I'd like to see more of the second.

May Hashem bless GYE. I have a paper in which I have all the names of the guys I've met and many I've spoken with., and I daven for you regularly. Took it to Kever Rachel and Kosel too (I davened for the founders and mods, though I've never met them). Because I love you and hope that we'll all keep growing together, more and less, each in his own way, with Hashem's help.

If you're still here, thanks for listening

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Man, I hate these long well thought out posts that make me actually pay attention!

Thanks CO for doing all the thinking for me

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

Posted by yiftach - 14 Jan 2024 21:58

WOW!!!!

Too much clarity, profoundness and understanding for one post!!!

Thanks for making me think (always, and now)!

- Little Yiftach'l

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Re: Thought I wouldn't need to ask for help
Posted by Hashem Help Me - 14 Jan 2024 23:43

Beautifully written, a post by the scribe,

So much wisdom, a tad much to imbibe.

Yet truth is recognized, by all who peruse,

Their destiny in print, not embellished by ruse.

Behold the numbers, forum graduates in swarms,

Lives reconstructed, defying all norms.

The one who yearns life, proclaimed,

A shofar blast of truth, in this domain.

Hear ye hear ye - "thread" contributors thrive,

Stay connected, dare to survive.

OK and for all the simple guys like me - In simple English - Thank you Chaim for presenting the

truth!

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Re: Thought I wouldn't need to ask for help
Posted by zzz613 - 15 Jan 2024 00:37

[Hashem Help Me wrote on 14 Jan 2024 23:43:](#)

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beautiful!

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Re: Thought I wouldn't need to ask for help
Posted by chaimoigen - 22 Feb 2024 05:13

Surrounded on all sides by the swishing, beautifully thronging elegantly smilers

i cannot hide.

loud and shiny music is pounding my brain

with oppressive, brassy gaiety

and i cannot hide.

I am

Wrapped in a pensive, lonely cocoon

I am

hiding, aching, behind

my helpful false serenity

- a gracious smile and my beard.

It isn't working all that well tonight.

because

the hallways are choking me with all their glittering teeming mass

and that heartsick feeling has returned.

I'm trying not to see

But I can't hide.

oh, the clear green eyes I'm looking for

are wrapped in conversation

And her wholesomeness is on the other side

the quiet desperation rises up

and all my yesterdays

have wandered in the hall

I'm surging inside

and i cannot hide.

*oh can't you all just stop the silken swishing? can't you leave me, do not find me, stop
acoming close to talk and grin?*

i want, I don't, I maybe do

oh Hashem its so empty here

oh why

I can't oh, whatever. blah.

I want her green eyes but I wander in the hallway and I cannot find the way.

p.s. If I had to rate my actual performance regarding not-looking, it was *Limaase* probably a 9 out of 10. Including spending significant time out in the cold to avoid the hallways, phone calls, and other ways I've learned to use to avoid, bH. However, disquiet and discomfort persists, because I was fighting hyper-awareness and unwholesome feelings the whole night, and I don't enjoy how that makes me feel. Not sure my internal response was that great. Did the best I could, I guess. Onwards. Tomorrow will have new challenges and opportunities.

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Re: Thought I wouldn't need to ask for help
Posted by redfaced - 22 Feb 2024 13:22

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Way to take the shmush in my brain and turn it into words!!!

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Re: Thought I wouldn't need to ask for help
Posted by chaimoigen - 27 Feb 2024 01:20

If.

If I had not come here.

If I had not posted and joined this community.

If I had not connected with real people, met mentors and friends.

If I had not learned new methods and ideas.

If I had not gained self-awareness and a new belief in myself.

If I hadn't learned to trust in and connect with Hashem and make changes and grow.

If I did not have friends and mentors that I ~~cannot let down~~ am in touch with and connected to.

If I had never become who I am today, a man who lives in a way that I don't ever want to lose....

Then.

Then - who knows what I'd be doing now?

Because I'm so tired tonight.

I am emotionally drained by a series of stressful and difficult, trying encounters.

I am saddened, irritated and bone-weary.

I am doubting some of my commitments and my ability to make a difference.

And I am doubting the hope of reaching certain precious goals.

But, today my response is -

So what?

It's ok.

My frustration, sadness and deep weariness today equals nothing more than that.

And there is a core of peaceful quietude in the center of my being.

It radiates courage from which to take strength and address my doubts.

All will be well.

Hodu LaShem.

Thank you, GYE.

I am Chaimoigen.

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Re: Thought I wouldn't need to ask for help
Posted by Heeling - 27 Feb 2024 02:02

Dear Rabbi,

Here's a hug from me.

If the only difference that you made today was empower me to 1 clean day after a fall with 340 days under the belt – I think it was worthwhile you getting out of bed this morning.

Know, that I and many others look up you. You make the world a different place for us.

I have more to say but my brain is a bit of a mush, so I won't continue.

Love ya,

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Re: Thought I wouldn't need to ask for help
Posted by redfaced - 27 Feb 2024 02:28

[chaimoigen wrote on 27 Feb 2024 01:20:](#)

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If I did not have friends and mentors that I cannot let down am in touch with and connected to.

If I had never become who I am today, a man who lives in a way that I don't ever want to lose....

IF ONLY I WOULD KNOW HOW MUCH OF A DIFFERENCE I MADE IN THE LIVES OF SO MANY GYE BROTHERS THAN I THINK SOME OF MY BONE WEARINESS WOULD BE EASIER TO BEAR.

Then.

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All will be well.

Hodu LaShem.

Thank you, GYE.

I am Chaimoigen.

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Sorry but methinks you left out the main "if only"

Doubt yourself and your abilities all you want . Just please don't you ever doubt the difference, that YOU made in MY life - and I'm sure the life of so many others here. All those if onlys that you so eloquently wrote about yourself you were one of the driving forces to help so many of us with

Im pretty confident that without having you as my listening ear my count that with tremendous Syata Dshmaya has been steadily ticking upwards would be anything but.

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Re: Thought I wouldn't need to ask for help
Posted by youknowwho - 27 Feb 2024 12:55

The Rabbi he is, all distinguished
His fire, never ever extinguished
Those twinkly eyes spit forth bright sparks
Of Kedusha, they dance like larks
Alive, a life of **Life** you live,
Strength to others, you do give
Wise and sage advice, grounded brilliantly in Torah
You dish out to all, to the Jews Hoisah Orah
Sound, compassionate thoughts with empathy, oh my
It's certainly the envy of AI
Chaimoigen you are, with pride
Lonely walks no longer, with Esmeralda at your side
Eyeglasses on your nose, perched, half moon
Songs of holiness you soulfully croon
Lilith and Veela, so intoxicatingly beautiful
You've struck down, while still youthful
The masses you do help, yes indeed!

Many shattered souls who beg and plead
Dumbledore, the only one He ever feared
Even He-Who-Must-Not-Be-Named, revered
You taught us all clearly, Professor
It's not about power of the aggressor
'Tis not *abilities*, but our *choices*
That define our loudest of voices
Horcrux slayer, with quiet power and great style,
Your loyalty unparalleled, you swallow bitter bile
Worrywart you are, oh the worry!
When those *hot, racy rats* roam and scurry
We cannot let you down, yes, its true
But it all crashes, when we're feeling blue
Don't be saddened, don't you see
How much worse off we'd be
If your ears wouldn't listen
Or dry tears that glisten
The Rabbi, your bones sometimes weary,
Days feel long, bleary and dreary
Something between Blah and Bah Humbugs
Like Ron, burping up slimy slugs
Yet, please remember and know,
Healing and empowerment, you sow
YouKnowWho tried to fight you,

Bring you down, just to spite you

But Evil has been beat

To the forests of Albania, I retreat

Yet don't get too complacent, dear Sir...

I'll be back soon, in a whir

Muggles and Mud-bloods beware,

Eyes, out of fright they do tear

I never give up Dark intentions

Twisted, contorted, convoluted inventions

Tarantallegra I'll shriek, derisively

Watch you dance uncontrollably

Or better yet, you'll be out cold on the deck

When I've painted on you, a Shtriemal and Beck

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Re: Thought I wouldn't need to ask for help
Posted by chaimoigen - 26 Mar 2024 15:39

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Re: Thought I wouldn't need to ask for help
Posted by chaimoigen - 17 Apr 2024 19:59

Caught in the tumultuous pre-Pesach maelstrom, I lately haven't managed to be on the site much, or to be in touch with my GYE friends.

And this morning I was thinking that it all feels like a dream, like an alternate reality that may not really exist. And I was thinking maybe it doesn't need to exist, that maybe I don't need to maintain this alternate world anymore. (Friendships aside, of course).

And then I remembered. Almost a year ago I still used to have some occasional times and certain experiences in my life, that would sometimes seem like they existed in an alternate reality, completely outside of my regular life. And I sometimes wasn't sure if those experiences really existed, if they really happened to me at all. But they did. And they weighed me down like a cold, heavy unsettling black bowling ball, rolling around underneath everything else, wreaking havoc. And now, praise Hashem, **that** alternate reality does not exist anymore. I am whole.

So methinks I will hold on, with both hands, to GYE and my friends. Anyways, there are too many guys out there that could use a warm hand to hold, so I ain't going anywhere.

But I might have to wait until after Pesach comes to be in touch.

Looking at Cheirus I am,

Chaimoigen

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Re: Thought I wouldn't need to ask for help
Posted by Hashem Help Me - 18 Apr 2024 11:04

Don't you dare leave! No replacement for your warm hugs (nor for your reminding us that the
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Re: Thought I wouldn't need to ask for help
Posted by cande - 06 May 2024 02:09

looks like the RY might be hitting a year soon not ????.

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English language is comprised by a lot more than 1,000 basic words