

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 Muttel - 17 Sep 2024 18:52

).

Last week, I was reminiscing to myself about my last 133 days and feeling pretty good about my accomplishments and clean streak. The thought that came next was, "where would I be if GYE shut down (ch'v) and I lost contact with the Olam and my accountability"?? Where would I be if Hashem hadn't orchestrated my finding GYE (which incidentally, came my way in a bizarre fashion)??

Humbling indeed.....

Yet, I echo R' Chaim's point: the feelings I experienced just 134 days ago are so crushing and debilitating; I'd do anything to avoid them. Even if it means understanding that my capabilities have severe limitations.... Thoughts that are sobering, but redeeming in their vulnerability.....

Now, let's back to positivity and trucking!!!

Have a great rest of your day, brothers,

Muttel

=====
=====

Re: Thought I wouldn't need to ask for help
Posted by 138eagle - 17 Sep 2024 19:12

I hardly think that giving thought to being able to share ~~your~~ our successes is an issue.

It is not much different than a filter that we put into our cmputers in order to help and assist ourselves to grow.

After all we are human and we may need help with some situations.

=====
=====

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

Posted by chosemyshem - 17 Sep 2024 19:24

[chaimoigen wrote on 17 Sep 2024 18:38:](#)

[thompson wrote on 17 Sep 2024 16:23:](#)

[chaimoigen wrote on 17 Sep 2024 03:50:](#)

You omitted the part where, for just a fleeting moment, you thought, "This would make an excellent post tomorrow."

Very true.

When I focus on it, I'm not thrilled about the fact that I couldn't get to where I am today alone. That I needed help. And part of what helps is the posting, which certainly has an element of posturing, reputation-building, and maybe arrogance. If I wouldn't have created a system where it would be humiliating to report my falls, would I be here and clean? This is not something I enjoy thinking about.

But you know what, I'm awfully glad I'm here, through Hashem's grace, and have made these changes, even if they've been driven somewhat by these social motivators. I'll take that over the crushing, sucking, sickening feeling that I haven't forgotten...

I think I posted something on this topic once. Just prior to nuking my account.

I for sure do this - react thinking about how it'll go over in a post. And I hate it. I don't hate it because I need a community to get clean. I've sufficiently proven to myself that I'm not capable of getting clean on my own.

I hate it because posting makes my actions so superficial. Sometimes I feel like one of those people more focused on the Instagram moment they are making than on what they are doing. That I'm just plopping and the plopple is replacing doing. That I'm just:

Voyeuristically reading about other's pain and exhibitionally sharing my own.

And there's a disturbing amount of truth in that rant. But at the end of the day, I'll take all that garbage if it'll keep me clean today.

=====

Re: Thought I wouldn't need to ask for help
Posted by BenHashemBH - 17 Sep 2024 20:01

Could you articulate the difference between GYE Brotherhood accountability and motivations (where one could lie or hide the truth), vs inspiration, fear, or general thoughts about Hashem, ourselves, our wives, children, Rabbeim, and friends?

Why is this really so different? Do I feel bad that my chavrusa is part of my motivation to learn Torah, accepting that I'd be less committed to a seder on my own? Maybe yes, but also this is my life's circumstances, so I don't think a chavrusa makes my commitment superficial. To me that is a Yetzer Hara tying to belittle meaningful accomplishments by thinking we are relying on a handicap. My humanity that Hashem gave me is my handicap - by design.

If one stubs their toe, they probably don't need a wheelchair to get around. If one broke both

legs, then they do - at least for a time. We should use whatever tools are available to help us heal and move forward. Balance and progress.

As you say Reb Chaim, GYE is Hashem's grace. Can the social motivators not be a component of Hashem's gift to help us?

I don't know, it just doesn't feel right to me, thinking about where I'd be without X, Y, and Z when it ultimately is bringing me closer to Hashem in this moment.

=====

Re: Thought I wouldn't need to ask for help
Posted by chaimoigen - 17 Sep 2024 23:20

I agree to your point, Ben, and I'm glad to use every tool that Hashem has given me, especially the ones that I need and that are working for me.

There are two points that make it a bit different than your Chavrusa analogy, though.

1. Thompson and Shem were talking about the social media aspect of posting on GYE. It harnesses motivational aspects that aren't so pretty or ideal. Exhibitionism, creating a somewhat false online persona, hubris and ego. Yeah, it works. But thinking about it is diminishing. Thompson was rightfully poking fun about the fact that I was framing a post in my mind while I was being Omed Binisayon. Mixing in not-so-pretty motivators isn't ideal.

That's why I prefer the growth that comes from the genuine friendships and aspects of brotherhood that I've developed through the connections I've forged here. That's real and there's nothing ugly or fake about those relationships. They know who I really am. And if I don't want to let my friends down and I would be embarrassed to, well that's a healthy tool that I've been courageous enough to use. I feel good about that.

2. Let's be honest. I wish I would be a person who has the inner strength and fortitude to deal with these challenges without crutches. Maybe I could have been, had I not made bad choices when I was much younger. I've written about this in the past, and there's no need to review. I proud and glad of where I am now, and I'm going to keep growing. I'm happy with myself. But speeches about how I am a hero will not remove the pain of knowing that I am less than many of those I admire and try to emulate. And that's ok, because the main thing is for me to serve Hashem with my Avoda today. And I'm gonna crush that, with His help, and yours.

??? ???? ???? ?

=====

=====

Re: Thought I wouldn't need to ask for help
Posted by eerie - 18 Sep 2024 00:19

Reb CO, thanks for your beautiful posts! You never fail to inspire.

You write: "I wish I would be a person who has the inner strength and fortitude to deal with these challenges without crutches." While I understand you, I ask you to think about a guy, who maybe has not been challenged with your challenges, and he's a person you admire, but does he have the inner strength and fortitude to deal with these challenges at all???? Maybe, but as for you, we know the answer. This is HUGE!!!! How many people are ready to bare their hearts and souls and do WHATEVER it takes to get past these challenges?!

And, they are not crutches, They are tools. They are like feeling "I wish I didn't have to eat". Well, we have to. Crutches means there's something wrong with me, and I need this. No, there's nothing wrong or damaged about my holy, shining, LIVING CHAIM brother!

The only point that really bothers you is that you feel the silly choices you made have changed you to require you to need this. My friend, I have no idea how Hashem's plans work, but as I've asked you in the past, if you would have made only smart choices, where would **we** all be?!?!?!? We need you! And BH we have you.

There's no question that these questions are not something we should think about. Just remember that you, and your posts, are a world of inspiration.

P.s. Thompson is right. You SHOULD be thinking about posting. Because how dare you not

=====

=====

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

Posted by BenHashemBH - 18 Sep 2024 01:26

[chaimoigen wrote on 17 Sep 2024 23:20:](#)

I agree to your point, Ben, and I'm glad to use every tool that Hashem has given me, especially the ones that I need and that are working for me.

There are two points that make it a bit different than your Chavrusa analogy, though.

1. Thompson and Shem were talking about the social media aspect of posting on GYE. It harnesses motivational aspects that aren't so pretty or ideal. Exhibitionism, creating a somewhat false online persona, hubris and ego. Yeah, it works. But thinking about it is diminishing. Thompson was rightfully poking fun about the fact that I was framing a post in my mind while I was being Omed Binisayon. Mixing in not-so-pretty motivators isn't ideal.

That's why I prefer the growth that comes from the genuine friendships and aspects of brotherhood that I've developed through the connections I've forged here. That's real and there's nothing ugly or fake about those relationships. They know who I really am. And if I don't want to let my friends down and I would be embarrassed to, well that's a healthy tool that I've been courageous enough to use. I feel good about that.

2. Let's be honest. I wish I would be a person who has the inner strength and fortitude to deal with these challenges without crutches. Maybe I could have been, had I not made bad choices when I was much younger. I've written about this in the past, and there's no need to review. I proud and glad of where I am now, and I'm going to keep growing. I'm happy with myself. But speeches about how I am a hero will not remove the pain of **knowing that I am less than many of those I admire and try to emulate**. And that's ok, because the main thing is for me to serve Hashem with my Avoda today. And I'm gonna crush that, with His help, and yours.

??? ???? ???? ?

Rebeinu Chaim,

Respectfully, I hear everything you are saying **except this**. Unless the Ribono Shel Olam

leaked your report card (and theirs), how can you call yourself less? We have no way to know and comparisons to other people stop short after the motivation. Only Hashem judges.

=====

=====

Re: Thought I wouldn't need to ask for help
Posted by eerie - 18 Sep 2024 02:01

Thinking about this more, I want to clarify. Human beings are inherently limited. We cannot do many, many things. When we suffer pain, and chazal tell us "???? ??? ?????? ??????", that means we need others. That's nothing more than human limitations. We must learn to accept and respect those limitations. They are not a damage that we should wish wouldn't exist. We should not feel any shame when turning to others for help! That's the way Hashem made me, and if you don't like it ?? ?????? ?????? and tell him so! I am not embarrassed by the limitations that Hashem has placed on me. I accept them with equilibrium.

As far as the question of our choices and the path we caused ourselves to take, I know that the whole issue is way above my paygrade. I do know that Reb Tzadok writes a huge chiddush that when a person does teshuva m'ahava it becomes revealed that the action that he's doing teshuva for was what Hashem had wanted should happen all along. I know, not all agree. And I know that I don't fully understand it.

And I also know that Hashem needed Reb Chaim Oigen to be here with us, to inspire, to lend a warm hand, to wake us, direct us, and to walk alongside us and make sure we are not so lonely on this journey to freedom.

Reb CO, I hope you'll forgive me for what I'm about to say.

Thank you for making those choices. And thank you for showing us what we can accomplish after we have made our own silly choices.

With true admiration and respect

????? ??? ??????

so grateful for your friendship,

Eerie

=====

=====

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

Posted by richtig - 18 Sep 2024 02:41

So I guess I'll jump in here, too (after wondering whether r chaimke wrote that line partly to
life happens between the lines...

I one heard from a famous rav who grew up secular, that he knows he'll never be like his friends
Rav Asher or Rav Zvi Cheshin, who were learning their whole life. But, and he said something
like this: "I know I'm not ??? ?, I'm ??? ?. But my whole contribution is davka from my being ???
?".

=====

jimmy up these responses...

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

Posted by mggsbms - 18 Sep 2024 02:58

Is there a ??? ?? Where one never seems to get out of the trenches, and cant go more then 5
days, let alone 50, or 500, without lusting, yet still gets up in the morning trudging thru another
day, drowning but still swimming, davening and learning, broken to the core but still showing up,
committing and committing again. Maybe we are not worthy to be called a ???, but we are still in
hashems army, because we still are with the program, hoping, yearning, crying, for what? For
the same kirvas elokim, but we haven't been answered yet, maybe one day.

=====

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

Posted by redfaced - 18 Sep 2024 03:02

[mggsbms wrote on 18 Sep 2024 02:58:](#)

Is there a ??? ?? Where one never seems to get out of the trenches, and cant go more then 5
days, let alone 50, or 500, without lusting, yet still gets up in the morning **trudging thru another
day**, drowning but still swimming, davening and learning, **broken to the core but still showing
up, committing and committing again**. Maybe we are not worthy to be called a ???, but we are
still in hashems army, because we still are with the program, **hoping, yearning, crying**, for
what? **For the same kirvas elokim**, but we haven't been answered yet, maybe one day.

Maybe, just maybe, this is the ??? ?. Exactly what HKBH wants from you right now

=====

=====

Re: Thought I wouldn't need to ask for help
Posted by Markz - 18 Sep 2024 04:06

[mggsbms wrote on 18 Sep 2024 02:58:](#)

Is there a ??? ?? Where one never seems to get out of the trenches, and cant go more then 5 days, let alone 50, or 500, without lusting, yet still gets up in the morning trudging thru another day, drowning but still swimming, davening and learning, broken to the core but still showing up, committing and committing again. Maybe we are not worthy to be called a ???, but we are still in hashems army, because we still are with the program, hoping, yearning, crying, for what? For the same kirvas elokim, but we haven't been answered yet, maybe one day.

Good question.

I feel that I have been to a large part, part of this illustrious group. Not in the same way as you, but I resonate with it!

Happens to be that I'm clean of P-to-the-power-of-M for some while, but I consider that a gift of time, not much work on my behalf.

There is something I found which helps - mggsbmsyou can PM

Keep on Trucking.

=====

=====

Re: Thought I wouldn't need to ask for help
Posted by Hashem Help Me - 18 Sep 2024 04:20

Debating on the forum takes time.... therefore..... At the upcoming GYE Shabbos convention,

the panel will discuss this and similar thought provoking questions.....

P.S. All participants must wear paper bags on their heads...

=====

=====

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

Posted by eerie - 18 Sep 2024 06:15

[mggsbms wrote on 18 Sep 2024 02:58:](#)

Is there a ??? ?? Where one never seems to get out of the trenches, and cant go more then 5 days, let alone 50, or 500, without lusting, yet still gets up in the morning trudging thru another day, drowning but still swimming, davening and learning, broken to the core but still showing up, committing and committing again. Maybe we are not worthy to be called a ???, but we are still in hashems army, because we still are with the program, hoping, yearning, crying, for what? For the same kirvas elokim, but we haven't been answered yet, maybe one day.

My dear friend, I know it's hard as hell, but you have been answered. Red took the words out of my mouth. If you are fighting, then you are winning! The soldiers who come back from the battlefield with scars and wounds, and some who never heal, are the ones who receive the greatest medals! You, and the many, many people just like you, who continue to fight, despite setback after setback, despite having so much stacked against them, and every day give it a fresh shot, I have no idea where you draw those reservoirs of strength from, and I know that I am not worthy of the medal you will receive.

With much admiration,

Eerie

=====

=====