

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 yitz23 - 19 May 2023 04:22

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I once heard a wonderful shiur from Rabbi Yom Tov Glaser on the topic of trying - he said that trying is a fallacy: Go try to fall asleep.

He said more or less the point you are making - that you need to "be" rather than "doing." On this forum, I am being receptive, open, honest, and insightful. What am I doing? I'm sitting on my bed and typing.

I don't like "doing" washing dishes, I enjoy "being" a good husband.

America is really about how much you are doing. (How much money are you making? How busy are you?)

As Jews, we are about being. All of our mitzvos are all just ways of being an Eved Hashem. The actions you are *doing* don't matter as much.

Applying this is hard. We have to focus on what and who we want to be.

Lots of times when we are doing something that doesn't feel right for us, we can ask ourselves, "Am I being, or is this doing?"

(Rabbi Glaser put it really well, I don't think I'm giving it over properly.)

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Re: Thought I wouldn't need to ask for help  
Posted by ?????? - 19 May 2023 10:48

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[chaimoigen wrote on 19 May 2023 03:00:](#)

I really appreciated what Cord wrote, and the greater clarification and understanding through reading what the others [esp Grant] have written. There's a lot of thoughtfulness here. It's special.

I think that all of the years of struggling with myself, examining thoughts and feeling, rethinking and questioning myself and examining life deeply - this has all contributed to making my internal life more developed than maybe it would be otherwise. Big silver lining! There's a lot going on inside of me, always. Sometimes its a crazy zoo, but there's no lack of content.

I feel that in a lot of you too. It's part of makes me very glad that I'm here now, and what makes me realize that I have a lot to learn from people here.

Quick thought- Mark Twain supposedly said "quitting smoking is easy! I've done it hundreds of times..."

I can make a short-term decision about change based on my Sechel knowing what's right.

That's not a change in the essential makeup of who I am.

Who I am is deeply rooted in what my Ratzon is. How do I change what I want? Wanting to not want doesn't translate.

I successfully stopped smoking after many years. After trying to stop for a while. [I wasn't a truly big smoker ever, admittedly, but it was enough that I couldn't really stop.] It happened one day when I realized that I had a deep desire to **Be** A NON-Smoker. I had a strong Ratzon for the lifestyle, the affect, the positive essence of being free from smoking. I acted on it and its many years BH

I am afraid that I have not yet found, in a deep part f me, a full Ratzon to be a person who is fully clean. Thats a thought that brings me sadness and shame.

But maybe now the Ratzon that brought me to take these steps is the ray of pure light I have been awaiting. I hope so. I Daven that it will be so. Ken Yehi Ratzon.

I resonated with this, too, also having guilted myself, shamed myself, been surprised at at how such a ... could be doing this, and while it may have helped short-term (or maybe not) it hasn't been enough. Far from it. I am sure a lot of us here have been oisek in all kinds of Torah about kedusha, perhaps giving shiurim in it. It has not been enough. As you say, "knowing" is not the same as "being". We may know that when we daven we are omed bifnei Hashem, but that doesn't mean we act like it. I have a hard time when people say (including ourselves) why we "should" stop- we probably know that. For me, and it sounds the same for you- the question is why do I "want" to stop. And that I have to find and develop in myself (perhaps with others' help,

but I think it is a personal search, even if the results end up being common with others). Makom for a nice maaracha on this.

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Re: Thought I wouldn't need to ask for help  
Posted by chaimoigen - 19 May 2023 13:14

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I have a close childhood friend who is a serious drug addict, nebach. It's a complete Nes that he is still alive. Been in dozens of rehabs, clean on and off, successes and failures with all sort of methods, ups and downs. He's clean, for now, BH. [I am actually talking about a friend here, not myself :)]

He once told me: "Instead of everyone trying to explain to me why drugs are destroying my life, maybe they should be asking, maybe **I should be asking myself** what is it that the drugs are **doing FOR me**. In what way are they providing for me a **solution ?**"

**Serious food for thought.**

I realized today during Davening that we go from asking for Daas, in order to see our problems, to Hashiveinu, to come close to be able to then take the next step of asking for Slicha and Mechila. Then we ask for Geula from that which is more powerful than us, and subsequently refua....

Ken Yehi Ratzon.

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Re: Thought I wouldn't need to ask for help  
Posted by ?????? ?????? - 19 May 2023 13:59

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[chaimoigen wrote on 19 May 2023 13:14:](#)

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Ken Yehi Ratzon.

R' chaim, your friend expressed my thoughts, and I would add that a standard part of therapy treatment for drug addicts and alcoholics is uncovering what substances did for them.

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Re: Thought I wouldn't need to ask for help  
Posted by chaimoigen - 19 May 2023 21:48

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So I talked at length to one of the Lamed Vavniks on this site. And I feel like a large burden has been lifted.

I know it won't be easy, because the Aibishter put me here to work, and I will have to repair damage that I have done. But that was a big step in the right direction, I hope.

If I am going to be honest, as I promised to be, I gotta admit that your post, Cord, was part of

Chevra, Gutten Shabbos KODESH

In this week of Malchus, I'm feeling that Yismichu Bimalchuscha pehaps mean me being Sameach that we aren't out here on our own, struggling along as biological organisms in an hollow and meaningless void, but rather we are creations with purpose, we have a role to fill in the orchestrat hat Hakdosh Boruch Hu is Conducting in his magnificent Briya. Maybe I'll be able to play my part right, after all.

Ken Yehi Ratzon

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Re: Thought I wouldn't need to ask for help  
Posted by FighterWithFire - 21 May 2023 05:46

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[chaimoigen wrote on 19 May 2023 21:48:](#)

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Ken Yehi Ratzon

I don't often post on other people's threads, but I must make an exception here to tell you this: the raw honesty and grit that you've displayed in this thread is literally (and that word gets overused just a tad in today's world) inspirational. Good to know that yet another incredible fighter has joined the troops.

Wishing you nothing but continued Hatzlacha. Keep fighting, stay strong. Kol Tuv.

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Re: Thought I wouldn't need to ask for help  
Posted by Eerie - 21 May 2023 18:53

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POWERFUL INSPIRATION! Reb Chaim, you will no doubt be a truly valuable asset to GYE!  
Onward and upward!

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Re: Thought I wouldn't need to ask for help  
Posted by chaimoigen - 22 May 2023 03:54

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Thank you Chevra. The sense of being in this together is tremendous.

When I said Hallel this morning I felt a lot better about saying "Anah Hashem Ki Ani Avadacheh".

I'm working on it, and that means that who **I am** is an Eved, imperfect as I may be.

Those words are followed immediately with ...."Pitachta Limoseiroy".

I pronounced it as a Tefilla: Please, *Rebono Shel Olam*, open up all these bonds that are



holding me back...

I was feeling a bit down a little later. Thinking how sad it is that I'm only up to a small count of personal days at this point in the Omer.

But then I realized it would be much sadder if I **wasn't** counting! Boruch Hashem I'm here, and we're counting together.

We will get there, with the Rebono Shel Olam's help!

Ken Yehi Ratzon

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Re: Thought I wouldn't need to ask for help  
Posted by chaimoigen - 22 May 2023 23:00

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So I took the plunge.

I went and met the Tzaddik I spoke with last week.

I had a thousand good reasons not to go and meet just yet. maybe in a week or two. [...I can be persuasive...]

**But none of the reasons were able to answer the question my heart asked me: "Do you *really* mean to change, or is it just a lot of pretty talk? If yes, prove it. Now."**

So i did it. I feel like I have entered a different world.

Chevra: The online world is a fake, fantasy universe. Reality is suspended. Hours of history can be erased or hidden. Posts can be modified. Reality is a pretty mask on a rotting corpse, malleable and subjective and dizzying as the glowing pixels on a screen to tired eyes in the wee hours, endlessly scrolling to oblivion. Here on GYE it is better, but still.....

**I met a real person** [He was SO REAL]. **I am a real person to him.** He knows my name. He gave me a genuine hug.

I am going to be accountable to him.

I am going to be accountable to ME. I feel like **I landed in reality.**

Rebono Shel Olam, I think ....I might really be able to do this..... please.....

Please help me not to lose this chance.

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Re: Thought I wouldn't need to ask for help  
Posted by Eerie - 22 May 2023 23:33

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You know, I don't know how, but he has a good nose and can smell a candidate, you very quickly saw the truth in that the forum is great, but as a springboard to real open connection. Keep trucking, my friend!

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Re: Thought I wouldn't need to ask for help  
Posted by Horizon - 23 May 2023 02:06

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wow. i just got a good dose of ???? ??????.

hatzlacha

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Re: Thought I wouldn't need to ask for help  
Posted by Grant400 - 23 May 2023 02:23

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[chaimoigen wrote on 22 May 2023 23:00:](#)

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I sort of got a feel by now of who's a hit and run, and who is here for the long haul.

I gotta say I dig peg you as a keeper, but this pace is beyond amazing.

Chaimoigen! Please do stick around!

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Re: Thought I wouldn't need to ask for help  
Posted by dovberyl - 23 May 2023 02:34

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[chaimoigen wrote on 22 May 2023 23:00:](#)

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Please help me not to lose this chance.

Thank you Chaim! You expressed some of my concerns, and took the plunge anyway. Maybe I will, too. I'm scared of a hug though. Maybe I am Victorian, or maybe something else.

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Re: Thought I wouldn't need to ask for help  
Posted by Markz - 23 May 2023 04:07

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Cordnoy, you have some excellent points on this thread, don't keep laying low!!

Looking back, I believe you may have had a good 6th sense that our friend Chaim was ready to take the leap of faith from the get go.

The style of writing can give a newcomer away to an unbridled moderator.

KOmT!!

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