

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 chavairim. 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 amevakesh - 23 Mar 2025 13:48

[chaimoigen wrote on 23 Mar 2025 04:17:](#)

Had to spend some time in a pretty low-class mall on Friday, to accompany someone on an

errand that brought me no joy. I was struggling to keep a positive demeanor, while feeling a lot of pain inside.

I was surrounded by sleazy advertisements two stories high, with inappropriate pictures in every direction.

Thankfully, you guys were with me. So I put up a mental wall around me and BH managed to come out pretty much unsullied. A bright spot in a grey day. Nice way to go into Parshas Para.

Thanks, Chevra.

Love it! No, not the fact that you were successful. I wouldn't think otherwise. The fact that you at your stage, aren't afraid to publicly admit that you need us. Brothers, there's strength in vulnerability, and humility in the realization that some challenges cannot be overcome alone.

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Re: Thought I wouldn't need to ask for help
Posted by shalom1530 - 23 Mar 2025 14:35

A lot of people Don't realize that the mitzvas weren't given for 40 or 90 or any other number of days at a time, it's not that you either stop doing something for an X amount of days or you lose everything,

meaning there's a big movement that everything in Yiddishkeit needs to be done for 40 days in a row in order for it to be recognized as something done, and that makes people think that if I fall through in-between 40 days then I lose everything I have on worked until now.

But you have to realize that if you kept strong for 10 days and then you fell through, the past 10 days didn't just go away, you're still getting S'char for the 10 days you did keep strong, Hashem doesn't look at 40 day charts, he looks at every day as its own, and every single day you keep strong even if you fall through the next day, every day is a struggle for itself and so is every day a win for itself.

So, remember to never forget the days you didn't fall through, the days you did keep strong, and celebrate your wins because nobody can ever take that away from you. and never stop trying because a strong day is yours forever!!!

Have a wonderful week!!

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Re: Thought I wouldn't need to ask for help
Posted by shalom1530 - 23 Mar 2025 14:38

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Have a wonderful week!!

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Re: Thought I wouldn't need to ask for help
Posted by iwantlife - 23 Mar 2025 15:24

[chaimoigen wrote on 23 Mar 2025 04:17:](#)

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Thanks, Chevra.

R' Chaim, your honesty is most refreshing. If nothing else, it reminds me of the need to be honest with *myself*. Turns out I'm the easiest person to fool.

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Re: Thought I wouldn't need to ask for help
Posted by jubilantfalcon18 - 23 Mar 2025 16:10

[chaimoigen wrote on 23 Mar 2025 04:17:](#)

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Thankfully, you guys were with me. So I put up a mental wall around me and BH managed to come out pretty much unsullied. A bright spot in a grey day. Nice way to go into Parshas Para.

Thanks, Chevra.

Honesty, courage.. love it! Wishing for myself to be able to emulate you - one day.

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Re: Thought I wouldn't need to ask for help
Posted by yeshivabachur111 - 23 Mar 2025 16:17

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Re: Thought I wouldn't need to ask for help
Posted by markz - 23 Mar 2025 17:27

[shalom1530 wrote on 23 Mar 2025 14:38:](#)

A lot of people Don't realize that the mitzvas weren't given for 40 or 90 or any other number of days at a time, it's not that you either stop doing something for an X amount of days or you lose everything... a strong day is yours forever!!

Have a wonderful week!!

You're 100% right if it's about scoring Mitzvas.

But if we're trying to change our lives to the better - either with minor changes to get us at least

45 days clean at a time, or bigger minor changes such as dealing with our emotional (stress...) stuff, then winning a day and losing a day means something isn't working right...

A truly wonderful week to you!

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Re: Thought I wouldn't need to ask for help
Posted by eerie - 23 Mar 2025 17:39

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Re: Thought I wouldn't need to ask for help
Posted by markz - 23 Mar 2025 18:13

[eerie wrote on 23 Mar 2025 17:39:](#)

This is a hijacking of CO's thread

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Re: Thought I wouldn't need to ask for help
Posted by shalom1530 - 23 Mar 2025 18:50

I was referencing mitzvahs but same goes even your not here to score mitzvahs

because keeping strong for one day is a very hard thing to accomplish and that accomplishment can't go away even if you fall through afterwards

obviously the fight is never done as long as you live even if you stopped for 40 days or even for a year the fight never stops

But what I was trying to say is that, if you fight one day at a time and you celebrate your wins it makes it a lot easier to keep up in battle because even if you fail afterwards it's a lot easier to start again if you remember the few days you did keep strong and that will give you the strength to keep on fighting but if you look at the previous 10 days as one big battle that you lost that takes away a lot of the motivation to start fighting again

and that is a big problem that a lot of people have which makes them to give up if they fall through once or twice but if you fight one day a time and you look at every day as a win that will give you the strength to keep on fighting and eventually to get clean forever

Have a wonderful week !!

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Re: Thought I wouldn't need to ask for help
Posted by chaimoigen - 24 Mar 2025 03:05

She said, "I've heard you flying high on my radio"

I answered "It's not all it seems"

That's when she laughed and she said, "It's better sometimes"

When we don't get to touch our dreams"

That's when I asked her, "Where was that actress?"

She said, "That was somebody else"

And then I asked her why she looked so happy now **She said, "I finally like myself, at last I like myself"**

— Sequel, by Harry Chapin

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Re: Thought I wouldn't need to ask for help
Posted by chaimoigen - 24 Mar 2025 03:07

She said, "I've heard you flying high on my radio"

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When we don't get to touch our dreams"

That's when I asked her, "Where was that actress?"

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— Sequel, by Harry Chapin

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Re: Thought I wouldn't need to ask for help
Posted by chaimoigen - 11 Apr 2025 17:33

Almost 700 days of Tahara. ????' ?'

Reflecting about the search for Chometz.

And what it means that we are charged to be a ?? ????

I don't have the headspace for a proper post, haven't been here nearly as much as I want to lately, been mostly out of touch, too.

But I feel now is as good of a time as any to stop in and say thank you.

Thank you, friends.

Thank you, Hashem.

i am,

chaimoigen

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Re: Thought I wouldn't need to ask for help
Posted by chaimoigen - 18 Apr 2025 17:58

Erev Shviyi Shel Pesach 5785

I've had a bit of rough Yom Tov, a Zman Cheiruseinu with plenty of Matza and Maror, all mixed together. Inspiration, a lot of wonderful Brachos and Simcha, and also significant events and challenges that cause me anguish, worry, and hurt. Sometimes all of this is happening at the same time. It's hard and also confusing.

I also found myself feeling urges, too, over Chol Hamoed. All related of course. But I've BH managed to strengthen myself (and my Gedarim), and with Hashem's kindness I'm good, BH. I want to say thank you to the friends who were there, and even the ones who couldn't pick up when I called, and all of you out there. It's good to have you and it makes all the difference! Ki Tov.

Some guys were asking on another thread about why Hashem has created a life in which bad and painful things happen to good people.

At the risk of opening up my most personal thoughts, I'll share here some of how I approach Nisyonos. If these feelings and approach don't resonate with you, then please just ignore them, I'm just sharing what has been working for me in case anyone can get a toeles. (But please don't bash , I'm a little raw now)

I believe in Hashem, and His goodness, (otherwise life wouldn't be worth living).

Why **He** runs the world the way he does isn't something I bother to try to understand. I know that I don't have the Keilim to know the unknowable. That doesn't mean I don't have to deal with the **emotions** and the **pain** of what hurts so much, and even sometimes **feels** terribly unfair- of course I do. But I remind myself that those are my **feelings**. I try to approach what He sends me, **in my life**, in the following ways:

I try not to ask **what are His reasons** for doing these things to me. Because I can't know that (though I can be ????? ?????).

I try to look for Hashgacha and for Chassadim to bolster my Emuna and Bitachon. That always helps. And when I see Chessed, and feel His presence and involvement in my life it helps me feel that everything has purpose and goodness.

And I do try to ask the following: ?

What is it that He is asking of me? What am I being called to do in this situation; and how I am being called upon to respond and to grow. There's usually a change that I'm being required to make, when faced with something difficult. Perhaps I have to learn how to let go of an expectation, or a resentment. That involves working on myself. Or perhaps I have to learn how to find serenity and to cope in ways I haven't learned before. To learn how to find ways to be who I want to be, even in face of trying circumstances. To act instead of react.

These kind of changes that I have to learn to make force and call me to focus on various areas of Avoda and life in ways that will take strengths I never used or had before.

I fail plenty, but I try to pick myself up. I try to figure out ways in which the hard and painful things Hashem is sending my way are His way of calling me to grow and change. That infuses my daily difficulties with meaning.

And at the times that I'm zocheh to find these strengths, I experience Cheirus in ways that I have never done before.

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