

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.

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Re: Thought I wouldn't need to ask for help
Posted by richtig - 14 Jun 2023 14:31

[chaimoigen wrote on 14 Jun 2023 12:00:](#)

Last night was extremely difficult.

Long, draining day, with a lot of frustration and setbacks, low energy level, worries and challenges. My wife got her period. Then I needed to deal with something extraordinarily painful for me, at length. Did the best I could, and afterwards, I was on the verge of tears. I called my wife to discuss for a minute, but she was busy with something....

Sitting in my office, I had a strong thought/urge to "take a break" and "air out my brain" by looking up some interesting and distracting innocuous things on the internet.... Yeah, it was the same old corpse bride, beckoning to me to be with her, makeup on her rotting face.

Thanks to the Rebono Shel Olam and all of you, I called an accountability partner instead, and texted a GYE friend. Told my wife I'd be home very late - And went and hooked up with a chavrusa and learned for a few hours. I generally love it, but felt a different chaim in it last night. Maybe it was actually the sweetest night in a while...

I am still susceptible, and life can be hard. I still would have enjoyed what the red haze of abandon would have brought me, while I was in it ???, and that is something that I have to continue to live with. But I am eternally grateful that I don't have to do the same stupid things I have done in the past. I am grateful to have someone to call, who i believe truly cares about me. I care about me too, I think, more than I did a month ago. That feels good too. Thanks for being here

Some post Chaim! This is mamash the work! The different things pile up just right, asking for a fall, and then you think about what to do, and then go through with it. I think this is kedusha, like in the old yeshivos, during shovavim they focused on the mind rather than the eiver. The mind is the real makom of kedusha. Last night was extremely difficult, and sweet. Can be both. And I relate to what you said about not *having to do* the same stupid things- it has been compulsive; as though such and such facts must lead to such and such actions. Turns out I'm learning, they don't. I also feel, not having to knock myself so much, that I care about me some more, too.

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Re: Thought I wouldn't need to ask for help
Posted by Eerie - 15 Jun 2023 00:01

[chaimoigen wrote on 14 Jun 2023 12:00:](#)

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Beautiful growing pains!

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Re: Thought I wouldn't need to ask for help
Posted by iLoveHashem247 - 15 Jun 2023 11:11

[chaimoigen wrote on 25 May 2023 01:04:](#)

Chevra,

It's over a month since I started to lurk here. And 8 clean days since my last fall and my first post in this forum.

8 isn't a big number. I'm not proud of it.

But it can have the significance of representing Limaala Min HaTeva.

These 8 days have felt much longer than days normally feel, full of all sorts of conflicting emotions and tumultuous thoughts. New people, new ideas.

I read Vekam's entire thread tonight for a second time. **Malchus Shebimalchus!** New thoughts

and emotions expressed in Tefilla each day...

I (cautiously) feel like I'm maybe starting on the climb up and out. It's not normal, this feeling of **Limaala**, all with Siyata Dishmaya and help from you all. Not so lonely anymore. Not out of the woods, but seeing a path. It's a good feeling.

I bought a beautiful new Tallis for Shavuot. Top quality weave, Niputz Lishma, the whole works.

I want to be standing enveloped in purity and Kedusha as the dawn breaks at the foot of Har Sinai.

I want to feel that there's a new fabric to my life, to my Tefillos, a new texture to my "Lo Sasuru", to my "VeHeyisem Kedoshim".

I felt that special sense when I tried on my new Tallis.

I'm really looking forward to Kabalas Hatorah this year. Will be Davening for all you - please Daven for me. I know there will be big challenges ahead.

Heaven forgive me - if i fall, i'm gonna throw my new tallis in the mud.

8 days = 8 x "one day at a time"

that's a lot of days to me

192 hours worth of days actually.

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Re: Thought I wouldn't need to ask for help
Posted by chaimoigen - 15 Jun 2023 11:59

Thank you Hakadosh Boruch Hu for 30 days of Tahara.

I know it may be a Vest SheAino Kavua, but it's a fundamental Shinui. I'm signing in blood on the dotted line.

Please accept this ?????? ?????? ????? in my attempt to finally give You my full measure of devotion, to dedicate, consecrate and hallow myself to Your service, ??? ?????, ??? ?????, ??? ?????.

I am here, in your Light, in your Eyes, standing, reporting for service.

??? ?? ?? ??? ??????.... ????? ??????????.... ?? ????? ??? ?????.... ????? ??????.....

And thank you to my friends here, there are no words for the gift that you are.

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Re: Thought I wouldn't need to ask for help
Posted by richtig - 15 Jun 2023 13:58

[chaimoigen wrote on 15 Jun 2023 11:59:](#)

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Re: Thought I wouldn't need to ask for help
Posted by Eerie - 15 Jun 2023 17:20

[chaimoigen wrote on 15 Jun 2023 11:59:](#)

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Re: Thought I wouldn't need to ask for help
Posted by Horizon - 15 Jun 2023 18:47

mazal tov!!

30 is huge, and you got there real quick.

l'chaim to many many more

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Re: Thought I wouldn't need to ask for help
Posted by chaimoigen - 16 Jun 2023 04:02

Amen. I'll make that Lechayim with all of you, friends !

Let's keep doing it, together.

Here is a thought I had today. I was reading a courageous post by ILoveHashem247 about how he flushed his meds down the toilet.

and I was contemplating if there's a way to apply the "flush method" to other challenges. To harness a blinding moment of clarity to take irreversible action and just flush the problem away.

But then I had a realization, (a perhaps "Grantesque" thought). I can't flush **myself** down the toilet. And I don't want to, either. I don't want to flush any part of myself away, I want to be Misakein each part until I am whole. And wholesome and can serve Hashem with every aspect of who I am and with every part of my sometimes-fractured heart.

So I will have to change slowly, and heal the long way, each part of my heart and Neshoma at a time, one day at a time....

ken yehi Ratzon

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Re: Thought I wouldn't need to ask for help
Posted by richtig - 16 Jun 2023 04:20

[chaimoigen wrote on 16 Jun 2023 04:02:](#)

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Richtig Richtig!!!

I don't want to flush any part of myself away, I want to be Misakein each part until I am whole. And wholesome and can serve Hashem with every aspect of who I am and with every part of my sometimes-fractured heart.

(Like we say in Pshischa, ????? ????? ??- ????? ?? ?"???? ??" ?? ?? ????? ?????
?? ????? ???. ?? ?? ????? ??????... ??? ??? ??? ???).

So I will have to change slowly, and heal the long way, each part of my heart and Neshoma at a time, one day at a time....

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Re: Thought I wouldn't need to ask for help
Posted by iLoveHashem247 - 18 Jun 2023 17:44

[chaimoigen wrote on 16 Jun 2023 04:02:](#)

Amen. I'll make that Lechayim with all of you, friends !

Let's keep doing it, together.

Here is a thought I had today. I was reading a courageous post by ILoveHashem247 about how he flushed his meds down the toilet.

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ken yehi Ratzon

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Re: Thought I wouldn't need to ask for help
Posted by chaimoigen - 22 Jun 2023 02:02

Yesterday was an extraordinarily difficult day.

There is grieving and stress in my home. I was exposed to further conflict, tension, and pain in various situations that I attempted to mitigate for others. And then I received a call from a family member who has been terribly hurt, and I had to travel quite a distance to hold, to hug, to cry with, and to be a strong warm loving shoulder for heartbreaking tears....

There was a welcoming, comfortable hotel room booked for me, the emotional and physical wreck that I was. Many good reasons to stay overnight, do more Mitzvos in the morning. I had a ton of good reasons to sleep over, in an empty hotel room with a huge screen, in a university town. Lonely, forlorn and vulnerable, heartsick and world-weary.

Thank you Rebono Shel Olam.

I got the hell out of there, turned away before entering the room, just got in my car and drove away very fast.

I ate in the car while driving, spoke with a friend and a Rebbe, got home after midnight. Not lonely. Not heartsick. Very sad and tired, but with a warm afterglow in my heart.

oh, thou fiendish bride of darkness, i sensed your shade hovering behind the doorway.... I am no longer in thrall to the clammy numbing comfort of your limpid embrace.....

I am no longer that self-deluding fumbler, venturing timidly near the edges of the squalid shadows, waiting for your clutching grasp to reel him in, later to taste foul regret.

Today I choose rather to continue walking only on this safe, well-lighted path, together with my

friends.

*Through Hashem's grace and munificent, undeserved Chesed, i hope I will continue to unfurl the trueness in my heart, wings reaching upwards, **becoming the man who I have been waiting to meet, all these years.***

I mamash can't wait to get to know him better, I think I love him so much my heart hurts

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Re: Thought I wouldn't need to ask for help
Posted by redfaced - 22 Jun 2023 02:16

[chaimoigen wrote on 22 Jun 2023 02:02:](#)

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I mamash can't wait to get to know him better, I think I love him so much my heart hurts

You don't fail to inspire . KUTGW

Hashem should help ease the pain and stress in yoiur home

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Re: Thought I wouldn't need to ask for help
Posted by richtig - 22 Jun 2023 02:48

*Through Hashem's grace and munificent, undeserved Chesed, i hope I will continue to unfurl the trueness in my heart, wings reaching upwards, **becoming the man who I have been waiting to meet, all these years.***

I mamash can't wait to get to know him better, I think I love him so much my heart hurts

I too, have wondered what I might be like without the specter of porn over my life; what I might be like without carrying existential shame, who I might be if I was free to learn and daven and perform actions without constant self-reflection, just looking outward. I am a bit intimidated by

that person, it doesn't feel like me. But perhaps we need to grow into ourselves.

(I wanted to say that when it says by Yosef ????? ?? ???? ?????? ?? ???? ?????, maybe they said it was in the window was because Yosef really saw his own reflection but thought it was the heilige Tante Yaakov. He saw his own higher self and didn't recognize it immediately).

Hashem should take care of you and your family and allow you and yours to heal and find peace.

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Re: Thought I wouldn't need to ask for help
Posted by Hashem Help Me - 22 Jun 2023 11:14

All seriousness aside, can you become an English teacher in one of our yeshivas? Our kids

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simply can't express themselves like you due to lack of rich vocabularies...