

I Want to Help Others

Posted by gye365s - 09 May 2024 20:38

Shalom GYE.

I've been unsure about this (I created this account 5 months ago and only posting now). Having nisyonos as a bochur didn't bother me as much. After marriage I tried to change many times and it would be a repeating pattern of falling a few times, then being ok for a few months. From one Yom Kippur to the next I'd start off aiming for a clean year and score my success based on falling x times - hopefully less than the prior year. My children are BH growing older and that was part of my motivation to clean up shop and finally push that final bit to stay completely clean. With help from Hashem I made a lot of monumental changes to my life. That was about 17 months ago and I've stayed true to my commitments. While my struggle was (is?) something that I went through alone, there are folks here that are also struggling and brave enough to try and get help / support. The yetzer hara doesn't retire, and I need to remain strong to maintain what I've accomplished. I also want to help others if I can, to share thoughts and encouragement. My hope is to give, and through giving also receive chizzuk. My Hashem help us all to continue to grow and to recognize and appreciate the koach of every fighting moment, no matter how small.

All the best!

=====
=====

Re: I Want to Help Others

Posted by cleanmendy - 30 Apr 2025 15:56

Reb Ben!! I have no words!!

Amazing stuff!

Thanks for sharing

=====
=====

Re: I Want to Help Others

Posted by balancedfox70 - 30 Apr 2025 18:17

Amazing! This encounter sounds like it came straight out of a Gadol book from a previous Dor!

=====

=====

Re: I Want to Help Others

Posted by hashem help me - 30 Apr 2025 22:19

Fantastic story. Inspiring how healthy guys can become b'ezras Hashem even with challenges in their pasts.

=====

=====

Re: I Want to Help Others

Posted by authenticceved - 02 May 2025 09:09

[BenHashemBH wrote on 30 Apr 2025 14:21:](#)

...

Writing it out might make it seem like I was busy calculating all these things, and perhaps overdoing it, but in real-time the thoughts came and went pretty quickly and naturally. It feels good to acknowledge a level of control and enough awareness to maneuver the situation appropriately. Thank you Hashem for accepting my commitment and effort to do better, and helping me accomplish and appreciate an overall positive outcome. Kol Tov.

BHBH I can't thank you enough for taking the time to write this out!!! It's crucial to highlight and celebrate our own successes, and even more valuable posted on here where it inspires myself and others. I know I've had a couple situations recently where I was oimed b'nisayon in a way that made me feel incredible, and right afterwards I had a thought to write about it (either to capture the victory and feelings for myself or to also post it on here). But then I thought to myself, "it all happened naturally and was just a few seconds, and seeing it written out will seem silly and like I was awkwardly calculating every movement" so I refrained from writing. And now I forgot them altogether! What a waste of a *kiss* from HKBH! (and it is surely a kiss from Him

when I feel the geshmak of a victory!)

Now seeing you actually take the time to write it out, and how you address my thought that prevented me from doing the same, I know this is worthwhile, and so inspiring!! I definitely need the opportunity to work on celebrating victories, so bl'n I'll write it up the next time I have a similar situation... and b'zchuscha, BHBH, I'll post it!

AE

=====

Re: I Want to Help Others

Posted by BenHashemBH - 09 May 2025 15:51

[gye365s wrote on 09 May 2024 20:38:](#)

Shalom GYE.

. . .

All the best!

What a truly incredible year it has been. A year of learning, growing, sharing, connecting, and living.

Life is often full of uncertainties, but as much as one can be, I feel sure that this was the right place for me to be, and the reason for that is all of you.

My Dear and Beloved Brothers of GYE,

You are the closest thing I have to feeling k'lsh Echad b'Lev Echad. This is where I feel the strongest sense of being part of the Am Hashem, a member of His holy nation of Klal Yisroel. This is what home feels like. This is where we can belong to something that is exponentially greater than the sum of its parts. The Shalshelles of Vayimaen teaches us Yosef's struggle, and also his salvation. He wavered but also remembered that he is a link. Chain mail armor is strong

because all the rings are connected, working together, helping each other with a united goal. This makes us complete. We are a family where every single member matters just as much as his neighbor. We may be more closely connected to some than others, but we are all equal parts of a shared purpose.

It is an immeasurable zechus to be linked to each one of you. Arm-in-arm, you give me hope and confidence in our God-given strength to keep pushing the line forward. A single step at a time, we journey as one towards our own salvation, and the ultimate redemption of Moshiach that we are ushering in together. As much as we long for him, I imagine he too yearns to greet and kiss each one of us, without exception.

With tremendous love and appreciation,

Kol Tov,

BH

=====

Re: I Want to Help Others

Posted by chaimoigen - 09 May 2025 16:19

WOW!!!!!!

A year is a long time.

The growth a person can accomplish through a year of small changes and improvements is impossible to overstate.

Ben, you're a special person and you have helped so many.

May Hashem bless you with the strength to Keep going [trucking] and growing [monstuh trucking] and keep inspiring others with your thoughtful, caring, lucid and illuminating posts.

Here's a warm and admiring hand,

chaimoigen

=====

=====

Re: I Want to Help Others

Posted by amevakesh - 12 May 2025 16:53

What a truly incredible year indeed! Thank you so much for joining our family and bringing so much caring and insight to the table. You wrote "Chain mail armor is strong because all the rings are connected, working together, helping each other with a united goal." So true, but I think that it goes a drop further. In chain mail armor, each ring is identical to the other, and it's strength lays in the way it links closely into each other. In a family, each member is different and brings his own set of talents, passion and personality to the mix, and it's precisely when the diversity is fused together as one, that it forms something whole, that's larger then the sum of the parts.

Ben, getting to know you has been a privilege I cherish, one which was enhanced by meeting you in person. You have added so much to these forums, and so many have been affected by your special touch. The work you put in has changed not only you, but the many others that read and gain from your posts. When Moshiach comes we will journey together and arm in arm we will welcome him with joy. You will be one of the intrinsic parts that hold us together. Bez"H next year we'll all be together in Jerusalem, and if Ch"V not, then at least on the sun soaked beaches of Burma.

=====

=====

Re: I Want to Help Others

Posted by proudyungerman - 12 May 2025 17:23

[amevakesh wrote on 12 May 2025 16:53:](#)

Bez"H next year we'll all be together in Jerusalem, and if Ch"V not, **then at least on the sun soaked beaches of Burma.**

Once again, all are invited!

Lemme know when you'll be around and I'll send you my address!

Lookin' forward to meetin' y'all in person!

=====

=====

Re: I Want to Help Others

Posted by BenHashemBH - 20 May 2025 13:07

?????????? ????? ??????, ??????? ??????? ??????? ??????????? ?????????? ??????????, ???????????????
????????? ?????? ??????????????? ???????????????, ??????????? ?????????????????? ???????????????

Hashem, only with your help can I succeed at anything. Hashem, without you nothing has meaning. Please be with me today, and help me in a challenging situation. Thank you.

=====

=====

Re: I Want to Help Others

Posted by ?? ????? - 20 May 2025 13:26

Thanks I love this prayer

=====

=====

Re: I Want to Help Others

Posted by BenHashemBH - 29 May 2025 16:51

The past week I was traveling in the west coast. Flew in and out of Las Vegas (???? ???????????
????????? ??????????). Spent much of the time in crowded places and summer weather. Huge shoutout to my accountability partner who kept me focused, especially after one wavering morning.

Turns out practically all the billboards from the airport to leaving the city are for injury lawyers - so that was an unexpected gift from above. The main challenge was the people, and I don't think it was specifically much worse than other busy places (I didn't go near specific parts of the city where that might be different).

The plane ride there I was able to read some of Rabbi Twerski's book Addictive Thinking and reviewed a few blat Gemara. The flight back I didn't do so good, basically watching the two screens I could see from my seat. BH noting inappropriate, but I don't watch movies anymore, so it wasn't ideal. Didn't motivate myself to pull away after a tiring week and I let myself utilize that slack to pass the time like a vegetable. It would have been nice to return home on that high note, but I'm not letting it spoil what was otherwise a solid effort and successes that I should be and am proud of.

A few times my wife caught me acting strangely and realized I was trying to avoid seeing some people - and I think she was amused. She did once tell me not to turn around.

Warning: Spoiler!

In a way, it might be nice for her to understand the struggle with shemiras einayim, but in another way, I kind of feel like I now have to try and live up to her expectations of "why would my husband look at other women?". Even if she doesn't know the challenge, she's right, and I can strive to be that husband for her. Even if she never knows, I'll know.

Kol Tov Brothers

=====

Re: I Want to Help Others

Posted by BenHashemBH - 22 Jun 2025 12:51

"Never tell me the odds."

-IYKYK

A personal situation has reenforced for me that the odds do not matter when they are at odds with the Emes.

=====

=====

Re: I Want to Help Others

Posted by BenHashemBH - 04 Aug 2025 03:47

My Rav was elaborating between the Kinnos and at one point spoke about the personal changes that we all need to make.

This reminded me that it was last year Erev Tisha b'Av, sitting on the floor right before Maariv that I felt a push and committed to no more YouTube as "kosher" entertainment. BH it has held throughout the year. It's hard, especially if I'm bored at my computer at work sometimes (lots of times), but I still have to try. I hope my choices will be a positive mashbiah on my family and protect them from these influences.

Hope everyone had a meaningful Tisha b'Av, may we never again have to spend this day sitting on the floor.

=====

=====

Re: I Want to Help Others

Posted by BenHashemBH - 28 Aug 2025 13:19

Nothing in particular prompted this, but wanted to share some insightful quotes I came across. Some of them may be mantra worthy. If you find one or more that really speaks to you, it could be k'dai to copy it down and think about it often. I like the blue one, similar to a cute version I've heard: When the ideal falls apart, what's left is how i-deal with it.

.

.

You cannot change what you refuse to confront.

No matter how many mistakes you make or how slow you progress, you are still way ahead of everyone who isn't trying.

The only normal people you know are the ones you don't know very well.

If you really want to do something, you'll find a way. If you don't, you'll find an excuse.

While you're busy looking for the perfect thing, you'll probably miss the imperfect thing that could be perfect for you.

Don't do something that is permanently foolish just because you are temporarily upset.

There isn't anything noble about being superior to another person. What really matters is growing to be superior to your past self.

Trying to be someone else is a waste of the person you are.

You can't fix yourself if the blame always lies elsewhere.

[p]Burn the candles, use the nice sheets, wear the fancy (halevaih) lingerie. Don't save it for a special occasion; today is special. (Sorry, couldn't resist using a quote about not waiting and that every day counts – plus the "L" word that is a guarantee to blow up any thread

=====
=====