

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!

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Re: I Want to Help Others

Posted by BenHashemBH - 29 Aug 2025 14:35

Read some life quotes and cherry-picked the ones I liked. Several of these could be mantra worthy if you want to write it down and think about it often. I like the blue one. Reminds me of a cute version I heard: When the ideal falls apart, all you have 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 your 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 (halevai!) 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

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Re: I Want to Help Others

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When you are regularly compromising yourself and your morals for the people (and stuff) around you, it's probably time to change the people (and stuff) around you.

Don't look for someone to solve all your problems for you; look for someone who will face them with you.

You don't drown by falling in the water. You drown by staying there.

Things turn out best for people who make the best out of the way things turn out.

If you don't like something, change it. If you can't change it, change the way you think about it.

The clearer the values are, the easier the necessary decisions become.

Success is when your core values and self-concept are in harmony with your daily efforts.

Until you acknowledge that YOU are the problem, you won't realize that YOU must be the solution.

We often talk to ourselves in ways that we would never allow a friend to speak to us. Practice positive self-talk.

Have a beautiful Shabbos Chevra

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Re: I Want to Help Others

Posted by kohelp613 - 03 Sep 2025 17:28

It's true. Like an alcoholic cannot take one sip, a yid who struggled should not have access to an unfiltered device.

In a way we are lucky because the true tzaddikim say it is issur yichud to be alone with an unfiltered device - and by unfiltered, that means if it is not PEPECTLY filtered. And there are perfect filters/ methods.

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Re: I Want to Help Others

Posted by kohelp613 - 03 Sep 2025 17:31

as you know the Gemara (esp. in Kiddushin) is full of stories of the greatest tzaddikim still being attracted to a woman - it's built in, and the only solution is shmiras eiynayim . its not a chiddush at all to struggle to look away in a non tzius zone - that's why we try as hard as we can never to go those zones in the first place. a wife will never understand, but she was not made that way.

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Re: I Want to Help Others

Posted by BenHashemBH - 08 Sep 2025 14:07

Chassdei

Hashem

Once more

One occasion to

See with my own

Eyes a holy

Member of our Klal

Yisroel that is

Skirmishing with the Yetzer

Hara and never

Ever giving up

Mamash inspiring!

Would have been nice to have had a bit more time to talk, but a Brother's embrace is worth its weight in gold.

A Gadol, everyone knows they are holding at high madreigos and it is a great honor to meet them.

A guy from GYE, almost no one knows how high his madreiga is, but we do, and it is a tremendous zechus to meet him too. Truly.

I'm thankful for the opportunity to have met both kinds of Gedolim.

Kol Tov

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Re: I Want to Help Others

Posted by amevakesh - 08 Sep 2025 15:27

Jealous! One of the regulars I haven't been privileged to meet. YET.....

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Re: I Want to Help Others

Posted by chosemyshe - 08 Sep 2025 16:29

[BenHashemBH wrote on 08 Sep 2025 14:07:](#)

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The worst part about meeting the chevra is the pressure to come up with a suitable poem after.
. . I'm not gonna even try.

But it was truly amazing to meet, even so briefly, and put a face to the voice. It's a special feeling to meet someone for the first time when they're already a close friend. I feel like I'm owed a longer meeting next time though.

@amavekesh no need to be jealous. You can come on down for a hug anytime!

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Re: I Want to Help Others
Posted by Muttel - 08 Sep 2025 19:13

Amevakesh - I can personally testify to the Heoras Panim of Choose My Shem. Why, I was Zoche to see it last night!!!!

Meet up, it's super Kedai!

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Re: I Want to Help Others
Posted by BenHashemBH - 08 Sep 2025 20:17

[Muttel wrote on 08 Sep 2025 19:13:](#)

Amevakesh - I can personally testify to the Heoras Panim of Choose My Shem. Why, I was Zoche to see it last night!!!!

Meet up, it's super Kedai!

WHAAA! and nothing about the dimly lit street, passerbys unaware of the holy sparks that

crackled between them, threatening to ignite their beards which glistened in the full moonlit night, tzitzis swaying in the gentle breeze, a bond that surpasses time and space . . .

*sigh

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Re: I Want to Help Others

Posted by BenHashemBH - Yesterday 12:24

1000 is just a number.

Or is it?

999 has one less digit. 1001 is bigger, but less round. 2 years is 730 days and 3 years would be 1095. I could wait another 95 days that will be a special anniversary.

To tell you the truth, I should have celebrated last week at 993 days. Also each and every day before and after. But I don't. For several reasons I don't. One good reason is that the celebration is more special when it's, well, more special. Eating steak every day loses the geshmak of getting excited for a delicious treat. But the steak doesn't change – I do, or rather my attitude towards it does.

Should it though?

I think yes and no. We need special days, whether designated or deliberately or even arbitrarily chosen. Someone that truly appreciates everything that they have will not take things for granted, no matter how long or often they have them. *Modeh Ani* is every day, and really every moment. If not for this daily prayer, would I remember that life isn't guaranteed?

If not for counting the days, would I remember that each day counts?

How often though do I internalize the magnificent gift of life when I wake up? Do I say *Modeh Ani*, like clicking the clean day counter? As I put a check in that box, am I also checking in with myself? The celebration of a milestone is a compilation of all the days that lead up to it. A birthday is one day that celebrates an entire year of days. *Modeh Ani* for returning to me my *Neshama* – the one I had yesterday on day 999, and the day before on 998, all the way back to day 0. Hashem gifts me life every day, but I get used to it, like always eating steak. I don't appreciate it as much without some occasions to stop and think about what I have. Every week needs a *Shabbos*. Every month needs a *Rosh Chodesh*. Every year needs its *Yomim Tovim*. Celebrate 1 week, one month, 90 days, 1 year, and any time is a good time to take stock of

where you are holding. Day 1000 is another good steak, but it stands out, which makes it worth *chapping arein* the opportunity to appreciate everything. Every day mattered. Every day I made and followed deliberate life choices that, with *Siyata DiShmaya*, have brought me to where I am in this present moment.

It's not an easy thing, though it has gotten easier. It's not something I take for granted, though it has been granted to me. It's not something I have completed, though I am more complete. I am finished with it, though I am never finished with it. I am building the model airplane, and I am the model airplane. My soul is repairing my body, one piece at a time. Pulling out of the nose-dive. Deploying the parachute. Recalibrating the controls. Getting aligned on the runway. Revving up the engines. Taking off. Learning how to stay balanced and ride through the turbulence. Flying in the skies.

It's a lifetime of skill-building. Refueling, modification, upgrades, maintenance, refinement, and adjusting to new environments. Higher and higher we can ascend – there is no limit. It becomes more natural, and sometimes we can even activate the autopilot, but some clouds hide mountain peaks, so the radar should always be running in the background. Pay attention if alarms are sounding off, and get your hands back on the yoke.

When my tank felt low, I'd guzzle the cheap and dirty fuel, though it was choking me. Gunk and sediment clogged up my systems, and inhibited my ability to function well. The wear and tear would take its toll and sometimes things would seize completely. The parts of my life needed to be disassembled, thoroughly cleaned, and put back together. Filtering is hard, but clean fuel is worth every effort and expense.

The same winds that used to toss me about are now the thrust beneath my wings. When you angle yourself right, they propel you upward. That doesn't mean you should fly into a tornado. Storms should be avoided. But sometimes you can't evade them, at least not completely, and that's when you need ground support, every tool in your arsenal, and a helping hand from above. His goal isn't to down your plane. He's trying to test your skills and push you to grow by forcing you to the very edge of your abilities. That's how you will shatter your limits and achieve greater heights.

The view from 1000 days is both awesome and humbling. I have learned so much and gained access to elevation I never thought I'd see.

Today I look back on all that transpired to get me here.

Today I look forward towards the places I might be headed.

Today I look inward to appreciate the person that I was capable of becoming.

Kol Tov to all my Brothers

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Re: I Want to Help Others

Posted by altehmirrerr - Yesterday 16:28

L'chaim ben!!! i am super super excited for you! love the depth of your post!, but perhaps more than anything i am inspired by you! keep it up as i am constantly looking up at you as i'm walking your well treadin path!

the @alteh

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