

Rock Bottom

Posted by yosefms - 05 Nov 2024 17:25

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Hi People

Hopefully someone will find this and reply and give me some chizuk. Struggled with P & M issues since the age of 12, nearly 40 now. I'm married very happily have kids and really lack nothing that I can think of BH. However, I have this problem that just never seems to go away. If not for chassidische sforim like Lekutei Maharar, Yismach Yisroel, Nesivos Sholom and some others too I dont know where I'd be. I look like anyone else, beard, payos chassidish kleider, I learn a lot, daf yomi, dirshu, Sukka B'iyun but still have this problem that just wont go away. Maybe the longest I ever went with P&M was 2 months a few years ago but fell back into it. Last year I started getting into webcams, really really bad thing. It went from just looking at other people lowering themselves to actually chatting to someone. I never told my wife about that, I think she'd be devastated. But this year before Rosh Hashona I put a new filter on my smartphone, everything blocked and for two weeks it was bliss. But then a day or two after sukkas for some reason and I cannot really understand what was going through my head I went on my wifes computer which doesnt have a filter and found a Zoina near me. I contacted them and had two encounters. It was the first time I did that and the feeling was crushing. I felt like my neshoma tehora was sucked out of my body. There was zero enjoyment and i dont know why i did it. I am struggling to come to terms with what Ive done and feel the lowest ive ever felt. This is ultimately where this taava can lead and im very ashamed. NEED CHIZUK please

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Re: Rock Bottom

Posted by odyossefchai - 12 Dec 2024 13:46

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[yosefms wrote on 12 Dec 2024 12:47:](#)

Omain!! Thank you and I wish you continued hatzlocha in your own journey.

I will check it out

40 days+

And your story is painful too.

Yet you are finding tremendous strength to fight through the harder moments.

The efforts you are putting in, is inspirational. A tremendous chizzuk to everyone else, to see what you went through and you are not giving up. You aren't telling yourself that you are stuck with this for life. We look up to you.

May Hashem bless you on your journey to true freedom and happiness

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Re: Rock Bottom

Posted by yosefms - 30 Dec 2024 11:56

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A lechtege Chanuka to all!!!

Boruch Hashem holding now by 60 clean days. Chanuka so far has been very enjoyable especially as my frame of mind has changed so much.

I think a lot of chevra here will resonate with Yomim Tovim being stressful or anxious times because rather than being busy with the mitzvos, learning, enjoying yom tov with our families... we are only concerned with one thing. HASHEM HELP ME NOT TO ACT OUT OVER YOM TOV. Now for the first time in a long long time, I've enjoyed chanuka because I do not have this annoying, pestering, obsessive thought in my head anymore.

and for this matona I would first like to give my Hakaras Hatov to Hashem Yisboruch for giving me the koach and daas to get to where I am.

To GYE for giving us all no matter where we are the opportunity and space to reach out to others for help and for me especially R' Eerie for all the time and care he has shown me.

I'd like to share a vort with everyone too whilst not directly related to our struggle can definitely be applied.

Someone told a friend of mine that he struggles very much with waking up on time for davening, regularly misses zmanim for Krias Shema/Shmonei Esrei and minyonim in general.

He asked Rebbe Itche Meir Morgenstern for advice and chizzuk because it was really getting

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him down. The Rebbe told him that in the first se'if of shulcah aruch orech chaim it says a person should wake up like a lion to do the ratzon Hashem. He said lions sleep for 16 hours a day but donkeys sleep for only 3, surely we should emulate donkeys instead? But he said no, because once the lion is awake he knows he's the King of the animals. So too if you wake up late, once you're up know that you are the king over yourself and daven with a bren don't beat yourself up, now your up so daven azoi vi a yid. So I say so too with our struggle.... sometimes we fall asleep spiritually R'L but once we are awake remember we are the king over ourselves.

Let's all help each other to stay awake.

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