

A BLEEDING SOLDIERPosted by ???????? - 25 Dec 2024 05:06

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even after not giving in?' 'I was moiser nefesh this time hashem send me some type of simen' and on top of all were the waves of thoughts 'how can I pretend to be a ben torah with this secret? 'how can I deceive everyone I know that I am sitting and learning when it's not worth anything?

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I am close to hitting 30 days now. It's not for the first time but I am very hopeful that's it's the last time. And its all from these relationships I leaned of that are keeping me going, and I ask you all to help me and not let go of me and to be mechazek me, this time **before** I can fall again.

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Re: A BLEEDING SOLDIER
Posted by upanddown - 25 Dec 2024 11:24

[???????? wrote on 25 Dec 2024 05:06:](#)

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secret? 'how can I deceive everyone I know that I am sitting and learning when it's not worth anything?

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Hi and welcome to the forums!!

Thank you for sharing this expressive first post! I love your honesty and determination.

And boy do I relate to everything you wrote. Especially the many thoughts that go around in your/our brain all day... It's important though to differentiate between the thoughts that are trying to bash your confidence and get you to give up - those can be immediately disregarded as they come straight from the YH - and the type of thoughts which are 'constructive criticism', which can be really helpful in motivating us to become better, more genuine Yidden. It's not an easy avoida. I struggle with it alot.

Wishing you tons of Hatzlacha!!

30 days is a massive achievement (just imagine the amount of times you have said 'No'). Keep going and keep us posted!

Stay strong,

UpAndDown

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Re: A BLEEDING SOLDIER
Posted by amevakesh - 25 Dec 2024 12:23

Welcome Tzadik to the warmest family. Your journey reflects the pain of one whose been isolated by the YH, unable to share his secrets with others, left to stew in feeling of worthlessness and hypocrisy. My friend, you've come to the right place. For many of us, half the battle is breaking the wall of shame that surrounds us. This battle is so much easier to fight when in the company of others. The good people here will understand you and have compassion, the deepest connections are formed by brothers on the battlefield. Please understand, that you're not a bleeding soldier, rather a fighting one that's fighting a valiant battle in an elite force. You're going against your nature and coming out of secrecy in order to fight this monster. There are so many people out there that are in pain and bleeding, not doing anything about it. You however, have taken the initiative, to respond to those to those hanging signs,

something that couldn't have been easy. You are being trained as a fighter by two of our top generals, heroes with lots of experience, and my guess is it won't be that long until you are able to break free and help others.

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Re: A BLEEDING SOLDIER
Posted by iwantlife - 25 Dec 2024 14:32

Welcome to the GYE family. What a heartfelt first post! So glad you're joining our ranks; it's IYH the beginning of the rest of your life. If you're speaking to @iwlr and @minhamayim, you're in good hands! And ????? for nearing 30 days, that's amazing!

Much hatzlacha,

iwantlife

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Re: A BLEEDING SOLDIER
Posted by jollylemur95 - 25 Dec 2024 17:25

Though your story differs from mine, your feeling are exactly what I felt (and sometimes still do)

Waiting for HKB"H to pat us on the shoulder and say "GOOD JOB"

The Steipler ZT"L writes that he will do something like that while sending down a huge Shefa of bracha in inyanai ruchniyes and inyanei gashmius.

He just adds that it will not necessarily be right away, but at a time that HKB"H knows is best.

Thank you for this post! It is very courageous to put it out but the benefits you will see from it will

make it worth it.

Keep in touch brother!!

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Re: A BLEEDING SOLDIER

Posted by iwannalivereal - 25 Dec 2024 20:26

It's been an absolute pleasure getting to know you. I've mentioned to you on the phone and I'll say it here in "public" - the intense teshuka and drive to get yourself out of this struggle is absolutely incredible. Blows me away really. All the hard work you've put in and continue to do will surely help you raise up and out of this stuff. I have high hopes for you and look forward to continue to share in your success.

IWLR

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Welcome to the forums and nice username

Re: A BLEEDING SOLDIER

Posted by proudyungerman - 25 Dec 2024 20:52

My dear brother!

Welcome to the warmest family in the world!

Here you will find true care, concern, and warmth.

Here you will learn that you CAN break free!

There are many tools here to help you in this fight.

There is the F2F Program, the [Vaad Program](#) (click [here](#) for an explanation of what the vaad is), and the book [The Battle of the Generation](#) - many have found this very helpful in reframing the

struggle.

There is also an extremely powerful tool of accountability, friends, and mentors, as has been mentioned, that has helped hundreds - myself included.

HHM - Hashem Help Me - is the mentor-in-chief around here. He's reachable at [michelgelner@gmail.com](mailto:Michelgelner@gmail.com).

Some of the other great guys here are Eerie - 1gimpelovitz@gmail.com, Muttel - muttel15@gmail.com, Reb Akiva - mevakesh247@gmail.com iwantlife - iwantlifegye@proton.me

Keep posting, you'll see, the oilam is here for you.

Looking forward to seeing great things from you!

And don't forget, as always, KOMT!!

P.S. A friend of IWLR and minhamayim is a friend of mine...

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Re: A BLEEDING SOLDIER
Posted by livingagain - 25 Dec 2024 22:55

[????????? wrote on 25 Dec 2024 05:06:](#)

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You've come to the right place. The chevra here give chizuk to each other as we deal with the struggles. I've made friends here that I reach out to when I feel I may slip

and fall. Feel free to reach out. Hatzlacha

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Re: A BLEEDING SOLDIER

Posted by icanbreakfree - 26 Dec 2024 01:42

its okay to feel like your bleeding.

But try to be open to this FACT:

YOU ARE A CHAYAL!!!!

Chayalim put up with very harsh conditions, sleeping for very short stints at a time.

Crawling through mud and the most challenging terrain.

Finally reaching what seems like a safe haven only to be attacked again.

Watching their fellow soldiers shot, wounded and even dying in front of their eyes.

Somehow these Chayalim continue to pick themselves up after all these kinds of setbacks and painful experiences!

YOU, my dear ChayalHKBH, are EXACTLY like that soldier!

you have experienced much pain, failure and setback.

Dealt with Nisyonos of all kinds and seen and experienced wounds and "deaths" on your own person.

Reached places where you thought you'll never be challenged again, only to find yourself up against the enemy once again!!

But you have NOT given up!!

You are that Chayal thats "seen it all" but continues fighting through it all!

You are one impressive individual!!

@IWLR and @minhamayim will train you for the marines!

They'll bring you up to the next level!

You'll be able to tread in the freezing water's of the YH,

and fight like the real soldier that you are and are destined to become!

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Re: A BLEEDING SOLDIER

Posted by minhamayim - 26 Dec 2024 01:54

Welcome to gye dear friend and more importantly welcome to the forums!

It's been a true pleasure getting to know you. Right away from that first conversation, it was clear that your sincerity and honesty would propell you through the inevitable discomfort and pain that comes along with starting this journey. Your determination to understand yourself and grow has brought you to this point and will bezh continue to be a driving force behind your shteiging in all areas.

with respect and admiration,

minhamayim

Warning: Spoiler!

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Re: A BLEEDING SOLDIER

Posted by livingagain - 26 Dec 2024 03:07

[minhamayim wrote on 26 Dec 2024 01:54:](#)

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Re: A BLEEDING SOLDIER

Posted by ???????? - 26 Dec 2024 05:44

Thank you all so much for these replies, I didn't imagine anything close to this!! something I have never felt like

Messages so full of warmth and concern, so much chizuk and closeness and navigation with clarity

I am so happy I decided to write and post and ty @stopsurvivingstartliving2024 for pushing me

to this

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Re: A BLEEDING SOLDIER
Posted by livingagain - 26 Dec 2024 05:49

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Re: A BLEEDING SOLDIER
Posted by ?????????? - 26 Dec 2024 05:51

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Re: A BLEEDING SOLDIER
Posted by ?????????? - 26 Dec 2024 06:14

:I did not think that this is how my post-first post is going to look like but I don't want it to be outdated if I write it so here it is

Tonight (tomorrow really) is my 30th day since I started this war from fresh BH.

When I was zoche to light the menoire tonight after shkia it was something very big for me. The brochos were very emotional especially when I made a shehecheyunu almost forgetting what the bracha is really referring to! I thanked Hkbh for my nes bazman haze of finding the path to climb up the mountain with so much support. (I would have said mountain of nisyoines and tumah until I get over it but today I understand to say a mountain of kedusha that I am climbing and becoming higher and better - though I still need much work internalizing the perspective) And I sang to myself 'Bren lechtile bren..' 'veil ayer fire is hielig un taye es baliecht di gantze velt' thinking about all the mesiras nefesh yidden here... who light up the dark world (I lit in yeshiva so it all worked out)

(It reminds me of last year, I made a count (I then didn't have the support from all of you) and day 30 was the first day of to mikaim D' Minim which meant really a lot to me and it was literally what helped me going, thinking all the time of that big moment. The day before was Shabbos and my machshoves racing and the nisyoines harder than ever and I fell!! I was broken and shut down as you can probably imagine, I didn't know where to put myself. At the end I tried to be mechazek myself knowing that it's all part of the YH. I tried my best the next morning (mainly thinking that I couldn't get a better simen of my hard work seeing that this is what happened Shabbos afternoon -with no ability to call anyone- on that LAST day before my so long waited day of celebration! Something only the YH is capable of) but it was happiness with a sting of pain. Btw after y"t I called... and he told me that halacha wise it doesn't count as a fall but just very very close and I continued to 31!)

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