

Tcholent for the Soul (the Group)

Posted by Avrom - 10 Apr 2013 06:21

Tcholent for the Soul

(Nuu! Eat it while its hot!)

By:

Inastruggle

Chachaman

Some_guy

Zvi

Hopefull

joeshmo

Avrom

Credits:

Our dear father in heaven

and GYE - thank you so much!!

(This group started [here](#))

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Re: Tcholent for the Soul (the Group)
Posted by gibbor120 - 24 Apr 2013 22:19

I found the Dr Sorotzkin site through someone here too. *Chavrach chavra eis lei.*

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Re: Tcholent for the Soul (the Group)
Posted by inastruggle - 28 Apr 2013 10:15

B"h my week was good.

I hope everyone else's was too.

NEWSFLASH: I opened a 90 day chart account under the name Cholent group.

i started the clean streak from last monday. i will pm the members of the group the password so they can update how long we're clean for.

have a great week everyone:)

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Re: Tcholent for the Soul (the Group)
Posted by Avrom - 28 Apr 2013 15:00

!!! Interesting fact: I had you guys (all GYE) in mind before my family!! In the Mear'a I almost fainted - i made it all the way to the kever, but then it was impossible to get out. After being stuck for 20min being squished like a sardine - i cried out to rashb'i for help - 5min later a huge chasid "bulldozed" the thank you Hashem!! Hope it was worth it (the closer the better..) - let me know if you

As for my week,

Thanks for the link gibbor120, your link already helped me alot. Good week BH

Have a great Lag Baomer!

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Re: Tcholent for the Soul (the Group)

Posted by Avrom - 28 Apr 2013 15:20

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Re: Tcholent for the Soul (the Group)

Posted by Avrom - 28 Apr 2013 15:22

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Re: Tcholent for the Soul (the Group)

Posted by Avrom - 28 Apr 2013 20:12

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Thanks for the link gibbor120, your link already helped me alot. Good week BH

Have a great Lag Baomer!!!

Chachaman - Matzel Tov on installing the filter!! Im dont know if im right about this, also not in
your case: But generaly its helps alot to take one thing at a time. Nobody can turn around there
life in a couple of days. Try to think of one or two things that you can change. (Like you have, by
putting on the filter) It will be so much easier to direct your energy at one battle at a time. "Small
had you guys (all GYE) in mind before my family!!
people think big, big people think small"

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way out
Re: Tcholent for the Soul (the Group)

Posted by Pidaini - 28 Apr 2013 23:15

I also just got back, and interestingly also had GYE in mind (not first though). I find these trips very taxing, there are so so so many things NOT to look at, and it is almost impossible to not look, but i think i made it past mostly ok.

My week was also BH uneventful, as i Bh have a much fuller day than last zman.

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Re: Tcholent for the Soul (the Group)
Posted by nitzotzeloki - 29 Apr 2013 22:19

i was also in meron and experienced the 'stuck in the crowd and cant move. help!' phenomenon. i was thinking of the chevra when i was there wondering how many of us would be there and davening that we should all have a positive holy experience

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Re: Tcholent for the Soul (the Group)
Posted by Chachaman - 01 May 2013 07:57

I fell yesterday.

Here's what I was thinking (probably the YH):

"I'm not hurting these people. These people are in full-time yeshiva, somewhat full of themselves as they're riding a huge clean streak. Obviously they're counting days for themselves. Meanwhile, I've been stuck in a rut for a while--if I fall, it doesn't affect them, since they'll know deep down that they're ____ number of days clean."

While this is an exaggeration, and believe me I'm happy for you guys and sincerely hope that success continues (and think that you guys are doing a remarkable job of staying humble despite great success), I think it sheds light on the fact that we have to be a group, not a collection of individuals.

I'm not sure if the "I'll post updates once a week" thing is an ideal group. I think group members need to be there for one another, and fight the battle together. The whole point is to come out of isolation; I'm not sure if the group is promoting that.

Just a thought! Sorry about the really long post the other day, it was completely off topic and I was just a little frustrated with life.

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Re: Tcholent for the Soul (the Group)
Posted by Chachaman - 01 May 2013 20:14

Fell again; ah well, thank you Hashem for the one day clean. My 21-day clean streak leading up through Pesach seems like a distant memory.

I'm pretty sure my problem is isolation / fear of intimacy. This would make sense because:

My parents are divorced. I've never felt that close with my dad, who has always been distant, constantly had girlfriends.

I'm close to my mom, but I don't think she understands me either. Furthermore, whenever I'd ask her stuff about my dad, she always bad-mouths him terribly. Without fail. Thus, it only makes it worse when I tell her about my current situation with the new step-siblings and such.

I think I used to be kind of close to my step-dad, but he can be abusive towards my mom; they're living separately.

I like my brother at least, but he's gone through the same problems, only worse, that I have, and he's reacted differently (e.g. drugs). He's in college now, and he's doing well. He doesn't understand me either.

I go to a public school. No one there gets it either. Though I have a lot of friends, I've never developed any close friendships. I've always remained pretty distant (though there are a few kids who are actually really nice. Don't get me started about diversity--I will tell you that many black kids are much nicer than white kids in many instances. Oh well, that's off-topic.)

Anyway, I'm just hoping the issue will go away when I go to the Jewish college I hope to go to next year.

But it makes sense: p* makes light of all intimacy, throwing it out the window.

Now that I've identified the problem, maybe I can start fixing it.

The point is to still shteig away.

Furthermore, whatever problems I have are definitely not my fault. Just a cancer patient isn't responsible for his problems, but still seeks treatment, it is reasonable for me to try solving the problem.

Again, I haven't really been finding this group helpful; I might just become "Chachaman" again on the WOH, for the reasons I mentioned in the last post.

I know you guys are shteiging away in Yeshiva, so you probably won't read this for a few days, which is terrific. Keep shteiging!

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Re: Tcholent for the Soul (the Group)
Posted by Avrom - 03 May 2013 01:41

Had a fall beginning of this week (actually two, but im looking at it as one big one)

Im currentnly reassessing my situation, as I see that what i did so far wasn't enough. Sorry for the burned cholent.

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Re: Tcholent for the Soul (the Group)

Posted by Chachaman - 03 May 2013 04:24

Dude, don't get discouraged, you were on a roll. You had a good idea about solving the problem with movies.

And I don't know how old you are, but don't feel bad for feeling desire. That's everyone, and especially us who have been feeding it all these years.

That feeling will eventually go away. Until then, just keep shteiging and battling.

Don't feel bad for having desires--only feel bad if you give up.

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Re: Tcholent for the Soul (the Group)

Posted by inastruggle - 03 May 2013 23:02

To both of you, KOT and KUTGW.

i think it looks like i don't really struggle too much and the truth is that it is easier for me now that i'm clean for a nice amount of time (thank you hashem and gye) but i do know how you guys are feeling because before this clean streak i was doing the regular up and down cycle, i just wasn't posting too much then.And of course, even though it's easier it's still a struggle.

So about what chacha said, i pretty much agree with him that there is not too much of a reason to fall because of the 90 day chart. SO with the groups agreement (i already asked pidaini and chacha) we will be starting a new program called the [insert good name] program.

What this is, is that whenever someone from the group falls then everyone has to do the group knas. As of now i think that the group knas should be 10 kappitlach tehillim the first time someone falls and 15 the next time etc.

Hopefully this is going to stop us from falling because otherwise we're all going to become tehillim zuggers (i know, sry).

names for the program.) and also

Have a great week everyone.

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Re: Tcholent for the Soul (the Group)
Posted by Chachaman - 04 May 2013 01:52

I think it's a good idea.

It was definitely the Y"H, jealousy for people having success, that gave me that negative attitude.

One of the things I struggle with is hitting bottom while on top. That's why after like 2 clean days so fellow cholent groupers, when u see this plz post ur haskamah (or disagreement). I think I'm the biggest thing in the world, "who needs GYE", etc. That's right when I fall.

No joke: whenever I walk in to a room, or I daven mincha, I rationalize to myself why I have more kavanna than the guy next to me--WHILE I AM MYSELF IN THE MIDDLE OF SHEMONEH ESREI!

I don't want people to judge me on appearances, but I judge people all the time.

Man, I have a real ga'avah problem. Any help with that?

The problems with me, that's why I posted what I did, because I didn't want to own up that the problem was with me.

But anyway, I think that's a good idea to start out with. Hopefully, as all of us begin to succeed, we'll need the group less and less.

Should we establish a set time to post?

Btw, one thing I'm taking on is to use the internet less. I'm still trying to work out the mechanics of that. Basically, I spent like 7 hours on Wednesday on the internet, which was just ridiculous.

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