

Tcholent for the Soul (the Group)

Posted by Avrom - 10 Apr 2013 06:21

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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 some\_guy - 07 Oct 2013 01:16

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Hello,

Shabbos went well for me. I had no problems, not even a thought, at all. This morning I had a really small slip while in bed. I am not worried about it. I stopped myself before it went anywhere, so I am actually happy. I hope everyone else had a great shabbos also.

some\_guy/Elias/Eliyahu

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Re: Tcholent for the Soul (the Group)  
Posted by Avrom - 11 Oct 2013 12:52

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Hi,

Please forgive me for not posting in while. Yes im braking my own rules that I wrote..

I had a a very rough time in the last week of bein hazmanim.. BH I'm back clean for a few over a week now..

When something goes wrong, you have to reconsider the plan of action, what went wrong - what can be done better? Insanity is doing the same thing over and over and expecting a different result.

I have have found that when talking to people on the phone, witch enables me to really be open about myself - I can give up the lust.

I haven't opened up to as many people as I would have liked to, but I'm in the process. I will be meeting a good GYE-friend this week IYH and really looking forward...

Every call has a deep impact on me, even if we are not talking about our struggle. Its a deep connection we share and I feel great every time I hang up. Even though I only made a few, I looking forward to keep it going. I also joined one of the phone conferences, I'm not sure I belong there, but I will soon figure that out too.

Since there are no tcholent eaters left besides me and some\_guy (pm'd you my phone number.. ) I don't feel that my resignation will have to much impact on the members.

When guys leave the forum, its usually accompanied with a long "thank you" letter. However, I'm not saying good bye, because I still will come by from time to time, but ya know whet I mean.

Still I must say, that without this forum, without the awesome guys here. I probably never would have started living, never would have started feeling, nor would I have known how to have a relationship with my wife (that still must be found IYH) And it is only thanks to GYE that I was able to find those friends and for that I have to write a "thank you meggilah", until then,

Have a great Shabbes!

Avrom

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Re: Tcholent for the Soul (the Group)  
Posted by Chachaman - 26 Oct 2013 00:50

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Sorry it's taken me a while to post as well--I kind of left the forum for a long time, but I think it's what I needed.

I am really enjoying Yeshiva, and it is amazing being in a Yeshiva for the first time. I had some difficulty over Sukkos, but Baruch Hashem things are going well.

I have learned a lot from GYE, but, unlike last year, I now actually have genuine friends and a Mashgiach who cares about me and I can talk things over with. I definitely am not out of the woods, and I still have difficulty sometimes, so I am definitely going to stop back. It's just I don't know if I really need GYE on a regular basis at this point, considering how busy I am.

Baruch Hashem! I hope everyone else is doing well too.

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Re: Tcholent for the Soul (the Group)

Posted by some\_guy - 27 Oct 2013 21:19

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Hi,

Sorry I have not been posted for a while. I had my computer completely blocked. I can't use it for anything.

Anyway, I have been good. I have been positive and looking forward. I probably will not be back for a while, but keep posting. I try to read all the posts I have missed. I hope everyone stays clean and hopeful!

--some\_guy/Elias/Eliyahu

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Re: Tcholent for the Soul (the Group)

Posted by gibbor120 - 29 Oct 2013 00:31

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It's nice to hear from you chachaman and some\_guy. I'm glad you are both doing well.

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Re: Tcholent for the Soul (the Group)  
Posted by some\_guy - 31 Oct 2013 03:21

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Hi,

I am glad to be back so soon. I have been very good. Almost no bad thoughts or anything. I

--some\_guy/Elias/Eliyahu

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Re: Tcholent for the Soul (the Group)  
Posted by cordnoy - 30 Jun 2015 00:36

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[Chachaman wrote:](#)

hope everyone else has been well. I may not come back for a while, so stay clean everybody!  
[Avrom wrote:](#)

It seems your heading in the right direction chacha!! KOT

Just three things id like to share with you:

In your megilah you mention

"I need to just forget about problems"

- HOW do you do that?? In my experience the more I try to forget about a problem - it just rebounds with double velocity!! Only when I explain to myself that the problem is not really a problem - and try to see the bigger picture, that every thing is just for the good. Only then the issues become (more) bearable.

two:

there's no chiyuv for me to be unhappy given what I've gone through, to lust for anyone--in fact, there's no chiyuv for me to act as if I have a problem at all! Ignore it, forget about it (but of course with a solid plan of shmiras einayim, and fences), maybe post once a week, and when you need chizuk there is plenty of that, because we are literally all in this together.

This sounds scary - ill leave to the experts - but regarding myself, i realized that if im not constantly busy with the issue - it catches up with me. Leanyius daati - it has not come the time to forget about the problem. HOw many yom kippurs was I ready to forget that I ever was mzl... Now is the time to act. Perhaps after a couple of clean months - when one sees that the plan is working, maybe then start to forget about it? Anyhow as of now I think its important to know that I have a problem. Would love to hear what the oilam thinks of this...??

One last thing:

La'aniyus Da'ati, I respectfully disagree about Hashem being more close to us at certain times than others. (I have the same problem with "this time being an eis ratzon, this time not", etc.) Hashem is there year round, 24/7, and it's only our perceptions that make Him seem closer or more distant.

there IS a concept of hashem being closer. That's why people go to the kosel... Or daven with more kavanah at certain times..

I just want to add that R' Sholom Shwadron says: Many people think that they will leave tshuva

to the long winter... Whats the rush to make an effort in elul?? Wrong!! Being that the king is in town and every peasant has the opportunity to see him. If a person over sleeps the kings arrival - and dears to approach the king in his palace - he will be kicked out!! The king will ask "I was in your home villiage - where where you then??" SO if someone misses that opportunity he also looses the year-round possibility to get into the palace by appointment.

If I only brought up these 3 points - you can take from that that I agree to the 1342 things you

Keep up the good work!!

Sorry it's been a while, but I've been adjusting to college and my first full-time experience of being in a Yeshiva, and so far it's been amazing. I really love Yeshiva.

I hope everyone's doing well. I am back in my hometown for Succos. Right now I am attempting to make an egg-salad...not the most lofty of goals but it's been a learning process for just wrote

I don't think you and I were disagreeing. What I meant when I said that (what seems to be working for me) is to forget about problems is that:

-I know someone who moved out of their parent's house long ago but still is feeling negative affects from it. What I mean is that they are in their thirties, and though they have been gone since high school, they still have issues stemming from their childhood.

And I don't mean to negate those issues. I am sure they are very valid. They definitely aren't anything related to abuse; it's more "the mother is very controlling", this, that, and the other.

At some point, if you've left your parents house 15 years ago, you've got to move on and stop diagnosing yourself with problems based on what happened 15 years ago. I am just using this case as an example.

Now, when I say "move on", I mean "deal with the problem in an authentic way--either through forgiving, internalizing that your parent's problems aren't yours, that your parents are human too, or something along these lines".

At least for me: some things about my childhood I just have to move past. I can get past them 10 years from now, or I can get past them now. I can live life hating my parents, despite the many many kindnesses they've done for me, while not accepting that they are human and have rights to their flaws even though these flaws in no way reflect anything about me and these flaws diminish their quality of life--or I can forgive and love them with a simple heart.

???? ???? ?? ?' ??????. Love Hashem. Don't chesbon things out too much--just say "no matter what, what has happened is for the best and I love you Hashem".

Also, never forget about the problem. The difference between me today (I hope at least) and a year ago is that right now, I am literally taking things a day at a time. I don't trust myself at all--not in the slightest. I'm not counting how many days at a time. And I think right now I am truly taking it day by day, minute by minute--like some\_guy said.

However, do I need to frame life as "fall v. no fall"? Of course not. Would it have been productive for me to be on GYE the past 4 weeks? No--it would have taken away from time from other things like learning, and I didn't feel it would be a huge help to me personally.

That's all I meant, and I'm sure everyone's situations are differently.



Anyway, chag sameiach!!!

To think or not to think....that is the question

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