

A Tisha B'Av Tikkun

Posted by TRAPPED - 30 Jul 2020 20:56

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Hi there friends, I hope those in Israel had a meaningful Tish b'Av and those elsewhere are still having a inspiring and meaningful experience. Just wanted to share a powerful experience with y'all.

My last serious attempt to break free was sadly enough over a year ago. After fessing up to my wife for the first time, I swore I was finished and went about 80 days. Last year Tisha bav I discovered a way around the filter on my phone and experienced my own churban beis hamikdash - dabru al leiv yerushalayim - my heart shattered into millions of pieces. I had left while they were reading Eicha in one shul and went to the bathroom in another shul where I acted out repeatedly. Then I had to return to Eicha - you guys know the deal. The worst. Just the absolute worst in the world.

I was so broken. I felt like this was it. I would be stuck forever. This entire year has been disastrous. The loophole in the filter tormented me, I was caught a few more time by my wife (who with the hadracha of gye has been amazing bh) and experienced terrible shame and brokenness.

Finally, three weeks ago I felt ready to start again. For the first time in nearly a year. I got involved in the gye forum, reading almost daily which has been incredible. I couldn't go two days - now it has been three weeks and I feel great. One day at a time. I am cautiously optimistic (not enough of a fool to say THIS IS IT after falling thousands of times, but taking it as said one day at a time.)

Last night I left Eicha around the same time I acted out one year ago and went into the same bathroom stall. I hope this is allowed (wasn't torah study and meloh chol ha'aretz kevodo, right?) but I poured out my heart before Hashem. I expressed my pain over the terrible year I had. I begged for forgiveness for hurting Him. And I thanked Him for these three weeks of freedom from compulsion, the ability to choose which I usually feel is not even an option for me. It was a form of 'teshuvah hamishkal' discussed by the Rambam and it felt absolutely amazing.

So I just wanted to document this experience, and give chizzuk to all the warriors out there - WE CAN DO THIS! The Third beis hamikdash will be made of our tears, our efforts, our struggle toward a life of kedusha.

May we soon see the rebuilding of all that is broken in our lives and the return of the Shechinah to am yisrael.

Thanks for listening! CHAZAK!

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Re: A Tisha B'Av Tikkun  
Posted by Grant400 - 30 Jul 2020 21:49

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Beautiful! Go to that stall. Take a tissue. Place it in your wallet. Take it out and refresh your memory of that holy moment when the going gets rough.

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Re: A Tisha B'Av Tikkun  
Posted by Hashem Help Me - 30 Jul 2020 22:47

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Incredible story buddy! Keep it up and keep inspiring us.

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Re: A Tisha B'Av Tikkun  
Posted by Captain - 19 Jul 2021 02:56

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Re: A Tisha B'Av Tikkun  
Posted by Captain - 07 Aug 2022 03:32

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Re: A Tisha B'Av Tikkun

Posted by taherlibeinu - 08 Aug 2022 14:49

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This was very powerful to read. Thank you for bumping this.

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Re: A Tisha B'Av Tikkun

Posted by Captain - 26 Jul 2023 18:17

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Bump

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