

Work in progress

Posted by Vehkam - 02 Jan 2022 18:43

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Trying to post here on a somewhat regular basis so that I stay on course. I have to rewire my thinking patterns of over thirty years! I set the counter to the last date that I fell in masturbation. I have been able to stay away from other things for longer. I thank hashem for his kindness in helping me to this point.

this shabbos I was in Florida. Obviously there are a lot more nisyonos. I definitely was more successful than other times in not following my eyes and gazing with the help of GYE. (Not to say that I was successful in every instance- at some point my feet just took me in the wrong direction even though my mind was saying- STOP!)

One thing that helped me alot was a shiur I heard recently that describes the power of a tefila that one has immediately after he withstands a nisayon. When I feel a possible weakness to a temptation, I quickly resolve to turn away and then I immediately daven for something that is very important to me. Each small victory is another tefila. I don't want these nisyonos, but if they are coming anyway at least I have the opportunity to use them for something very meaningful.

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Re: Work in progress

Posted by Vehkam - 15 Sep 2022 13:30

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Thank you such much for your very kind words. If I am ever feeling down I will look back at what you wrote....

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Re: Work in progress

Posted by Face the challenge - 16 Sep 2022 03:44

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This post honestly made my day!! I am so happy for you and wish you much hatzlacha!! Keep posting and keep inspiring!!

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Re: Work in progress

Posted by Vehkam - 18 Sep 2022 16:39

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On track to finish The Battle of the Generation for the fourth time iyh next shabbos. I plan to spend a few days reading the addendums and iy'h start the book again on Motzai Rosh Hashana. If you are looking for something positive to read on a daily basis I encourage you to consider joining me...

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Re: Work in progress

Posted by Hashem Help Me - 18 Sep 2022 16:48

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Vehkam, as usual your post is gadlus. May hashem help you find the wife that will appreciate the treasure that you are.

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Re: Work in progress

Posted by frank.lee - 18 Sep 2022 18:47

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Vehkam, beautiful words! Very excited for you and inspired by you!

Yes. But for the grace of Hashem, things could have been so different...

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Re: Work in progress

Posted by iLoveHashem247 - 23 Sep 2022 03:54

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If anyone wants a copy of this book (upstate NY/Monsey), please reach out. I've got a few hundred in my garage that i distribute locally.

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Re: Work in progress

Posted by iLoveHashem247 - 23 Sep 2022 03:55

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If anyone wants a copy of this book (upstate NY/Monsey), please reach out. I've got a few hundred in my garage that i distribute locally.

"DavidT" post=376855 date=1643986391 catid=4

[Vehkam wrote on 03 Feb 2022 23:45:](#)

Wasn't sure where to post this question-

I ordered a copy of the book The Battle of the Generation . Do you think it's OK for me to leave it around when my adult sons and their friends are over for Shabbos. Most of them are not makpid at all on shmiras einayim. I bought it for myself, but I was thinking it might be a good conversation starter....

The book The Battle of the Generation is written in a very careful & sensitive way. It does not mention any explicit terms and it's safe even for people that were not exposed. You will have a great mitzvah and zechus if other people start being more careful with shmiras einayim this is a classic case of *mezakeh es ha'rabim!*

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Re: Work in progress

Posted by Vehkam - 30 Sep 2022 21:12

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BH its been a busy week and I therefore haven't been able to post on my thread. It took me a couple of extra days to get through the appendix but bh i am starting to read The Battle of the Generation for the fifth time tonight!

Selichos etc... has me more tired than usual but bli ayin hara i have not missed selichos b'tzibur so far this year. I don't know if i have ever (in my entire life!) gone through yomim noraim without missing a day of selichos!

The last night of the year the yetzer hara paid me a special visit. I woke up at 4AM from a very

vivid dream that i preferred not to have. I was a bit nervous going back to sleep because i did not want to go back to that place, but i knew that i needed the sleep to get through the day. i said a silent prayer and bh made it clean through the night (i think i put on a shiur to help). It was a bit disconcerting but i took the approach that this was another challenge that i was able to overcome with hashems help.

I received some beautiful messages before yomtov and it was a great feeling to know that i made a difference in other people's lives. I view those messages as hashem's way of sending me a pat on the back! I miss having the time to write for hours, iyh after sukkos i will have more time. I am looking forward to a one year celebration at the end of October...

Have a great shabbos

vehkam

by the way there have been some great posts on the forums recently. i am looking forward to a whole new slew of GYE friends...

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Re: Work in progress

Posted by Vehkam - 04 Oct 2022 19:59

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It is erev yom kippur and i have already davened mincha. The al cheit's that i said were for the same aveiros as previous years. (i started my journey about a month after yom kippur last year.) But what a different tefilah this was compared to the past. I am no longer burdened by the heavy guilt and shame that permeated my being in years past. I stand in awe of my creator and I am not bold enough to stand tall in his presence saying that i am cleansed and free of sin. I simply open my heart and offer that i have but one desire and that is to serve hashem to the best of my ability. I am an open book. There are no secrets hidden or suppressed. I look forward to the davening and am hopeful that i will be zoche to all of the kappara that is uniquely available on this coming day.

From the depths of my heart i wish each and every one of you to be sealed in the book of good life for the coming year. I will daven for all of you and i hope that you do so for me as well. If i

offended or slighted anyone here i hope that you will be mochel me.

Wishing all an easy and meaningful yom kippur

vehkam

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Re: Work in progress

Posted by Vehkam - 09 Oct 2022 21:15

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It's an hour to sukkos but I would be remiss if I did not post here to thank all of you for the inspiration that I had on Yom Kippur. At the end of each tefila I said all of your names that I could remember. I also had in mind the people whose names slipped my mind. It was extremely emotional to think about the unprecedented effort that we as a group are putting in to fight our way through this. Regardless of the individual results. I truly believe this was the most powerful part of my davening on Yom Kippur.

thank you again and wishing all a very joyous sukkos.

vehkam

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Re: Work in progress

Posted by Human being - 12 Oct 2022 01:10

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its AMAZING HOW FAR YOUVE COME AND WHAT A FIGHTER YOU ARE. sorry for the all caps im just getting into that vibe:peace:

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Posted by Vehkam - 16 Oct 2022 03:43

Posted by Vehkam - 21 Oct 2022 20:21

- vehkam

Was thinking back to how lonely I was through all the years that I struggled. bh I am no longer hiding and no longer lonely

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Re: Work in progress

Posted by Vehkam - 24 Oct 2022 17:54

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One week from today marks the anniversary of the day i started my journey. One year ago i came face to face with the stark realization that i no longer had any idea who i was or who i wanted to be. My compartmentalized lives could no longer be compartmentalized and i needed to choose a path for how i wanted to live out the remainder of my life.

I decided to take a break from the counterproductive activities and fantasies that i had been living with. I was hoping for clarity. So that i could choose with a clear head.

With tremendous siyaata d'shmaya clarity came very quickly and within a few weeks i made my choice. I knew what i wanted I just wasn't sure if i could possibly get there. That is when i started posting here on GYE forums.

I am not sure what would have happened if there was no forums to post. if i did not have the opportunity to anonymously post my story. my pain and my confusion. my longing and my uncertainty. What would have happened if those painful feelings just stayed inside me. If i hadn't received the encouragement here in the forums and in private messages?

Would i have had the strength and resolve to do it on my own (with hashem's help of course.) I don't know the answer to that question. But i do know that this community has been there for me. As mentors, as friends and as coaches. Encouraging me along on every step of my journey.

I have learned so much from sharing and responding here. Each one of us is unique. None of us has "all the answers". Yet together as a community we strive to give each other the best possible opportunities at escaping from our personal abyss. To encourage, suggest and focus on the goodness and greatness of every person here.

I was incredibly fortunate over these last yomim tovim to have had the opportunity to be honored with both Maftir Yonah (which i bought and lained) and Choson Torah (which was given to me as a gift by the shul in which i was for simchas torah). One year ago i could not have enjoyed either of those kibbudim. The nagging inner voice would have been telling me that i was such a fraud... and that voice would have been right. Today i can say that though i am in no way deserving of such prestigious honors, i was able to embrace the opportunity without any guilt whatsoever.

All this and more are the reasons i am so appreciative to everyone here and to the founders and moderators of this site. This week Daf Yomi will iyh be finishing mesechta Kesubos. I will iyh attending two celebrations, one of them for my shul which i sponsored. Of course for me, these are not just another siyum. they are also celebrations of a full year into my journey. As i celebrate i will also be thinking of all of you who have been with me every step of the way. From the bottom of my heart. Thank you! and may we continue to inspire each other.

vehkam

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