

Work in progress

Posted by Vehkam - 02 Jan 2022 18:43

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 iwannalivereal - 02 Nov 2023 19:19

Although I did just hang up the phone after calling Vehkam to wish him Mazel Tov, I also wanted to add my wishes here!

To me, Vehkam is not just a lesson in knowing that anything is possible. To me Vehkam is a living example of how to properly channel our struggles to reach greatness. It's not every day that I have the opportunity to have a shaychus to a Gadol, but since I've met Vehkam I now have that opportunity. Seeing his face and hearing his voice always gives me such inspiration as his kedusha and gishmak shines out so bright and clear. Thank you for always having time and patience for me, for meeting with me, talking on the phone and of course all the texts back and forth.

Much continued hatzlacha and keep racking up all those zchusim of people who have changed because of you!

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Re: Work in progress

Posted by ainshumyeiush - 02 Nov 2023 20:46

What birthday present could possibly do justice? But ill share with you that im gaining a lot from the battle of the generation that you sent me. And im hoping to buy one for my rosh yeshiva so he can give it to whoever might need it. Happy birthday!!!

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Re: Work in progress

Posted by chaimoigen - 02 Nov 2023 22:58

Your birthday, Vehkam, has birthed a thousand hopes and new beginnings.

From the very day that you wrote to me “There are many doors open to you...”, and I went on to read your thread, my heart knew a rebirth...

You have shown us what Teshuva MeAhava can be, the delicate beauty it can create, the clarity it can engender.

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Re: Work in progress

Posted by frank.lee - 05 Nov 2023 23:32

Thank you Vehkam! Always inspiring by sharing your real struggle and energy and willpower to change, smartly. Battle of the Generation!

I think we both started on gye the same time. I remember chatting with you back then...

Ad meah ve'Esrिमim!!

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Re: Work in progress

Posted by Vehkam - 18 Jan 2024 14:42

For all my chabad friends on GYE, I wanted to share that today is day 770. Lchaim and thanks for all the inspiration that helped me on this journey.

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Re: Work in progress

Posted by redfaced - 18 Jan 2024 16:03

[Vehkam wrote on 18 Jan 2024 14:42:](#)

For all my chabad friends on GYE, I wanted to share that today is day 770. Lchaim and thanks for all the inspiration that helped me on this journey.

I can appreciate the share even as a non chabad friend

(yes , using the same emphasis as I am a non porn watcher)

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Re: Work in progress

Posted by tzadikil - 18 Jan 2024 18:43

[Vehkam wrote on 18 Jan 2024 14:42:](#)

For all my chabad friends on GYE, I wanted to share that today is day 770. Lchaim and thanks for all the inspiration that helped me on this journey.

Moshiach now! Didun notzach!

???? ???? ?????: "?? ?????? ???? ????"

????? ???? ???? "?? ?????? ??????" - (???? ?????? ?? ????", ?????? ?????? ?????? ?? ????"? ??? ???????).

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Re: Work in progress

Posted by Vehkam - 11 Feb 2024 06:01

Just finished the battle of the generation. I lost count of what number this was. Start again tomorrow iyh.

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Re: Work in progress

Posted by cande - 14 Mar 2024 23:16

seems you wrote many times that when you **took upon learning** (the ??) and **started** learning, that was the first thing

that made you feel like wanting to change.

seems fascinating!

can you elaborate??

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Re: Work in progress

Posted by Vehkam - 29 Mar 2024 21:38

[cande wrote on 14 Mar 2024 23:16:](#)

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so sorry it took this long for me to respond. bh i have been quite busy and it is hard to find the time to properly write out my thoughts. to answer your question - I was a pretty good learner in Yeshiva. My original plan was to stay in learning and teaching etc... (that did not happen for a number of reasons.) When i first started following my desires the yetzer hara convinced me that i could still be a learner etc.. and just act out secretly once in a while. Nobody would find out and i could stop anytime. Often the acting out was just "one more time before i go back to being pure and holy". As time went on learning slowly became much less a focal point of my life while secretly acting out grew much bigger. Eventually it came to the point that i was much more connected to a forbidden world than i was to "real life". I had close friends in that world and spent much time making sure to explore every option that i could. Of course, this was all a secret and the people around me, including my family, friends and rebbeim would be shocked if they ever found out... (except my current wife who knows everything.)

When i went to the Siyum Hashas in Metlife I felt very left out and i really wanted to try to start learning again. With tremendous siyaata d'shmaya i ended up joining an amazing chevra and during covid i spent a couple of hours a day with the daf. This was the first time in many years that i had made a serious commitment to learning. I also was still very steeped in forbidden stuff. However, unlike when i first started acting out years ago, by now the two lives were seriously unreconcilable. There was no way for the yetzer hara to convince me that i could

have both worlds. I knew i had to choose. It did not happen overnight, I believe it took two years, but eventually i did choose. On the one hand it was an easy choice between life and death. on the other hand, it was incredibly challenging because i had to retrain my brain from decades of harmful thoughts and activity and i really wasn't sure it was possible. I had tremendous help from hashem and he led me to take the proper steps to be successful. I truly believe that the commitment to the daf was the zchus and the groundwork that i needed.

thanks again for the question, its been a while since i had the opportunity to write anything of substance!

best wishes for continued hatzlocha,

vehkam

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Re: Work in progress

Posted by cande - 29 Mar 2024 22:03

[Vehkam wrote on 29 Mar 2024 21:38:](#)

[cande wrote on 14 Mar 2024 23:16:](#)

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thanks again for the question, its been a while since i had the opportunity to write anything of substance!

best wishes for continued hatzlocha,

vehkam

im blown away!

was it onley a zchus?

,or did you feel the learing making a deep impression on you?

like did you start feeling a pull to the the good beacause of it?

did you feel committing to torah, transforming your essence?

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Re: Work in progress

Posted by Vehkam - 29 Mar 2024 22:12

I would say that I felt very connected. It's not that my essence was transformed. I believe that my essence was always good. The daily commitment and the effort to keep that commitment even when it was a challenge helped forge a connection to Torah and the ribono shel olam. That connection is was the neshama always craves and the yetzer hara hijacks that craving to send you in other dead end directions.

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Re: Work in progress

Posted by cande - 29 Mar 2024 22:18

[Vehkam wrote on 29 Mar 2024 22:12:](#)

I would say that I felt very connected. It's not that my essence was transformed. I believe that my essence was always good. The daily commitment and the effort to keep that commitment even when it was a challenge helped forge a connection to Torah and the ribono shel olam. That connection is was the neshama always craves and the yetzer hara hijacks that craving to send you in other dead end directions.

WOW!

commitment to learning may just be the **KICK OFF**, to get me at least to want, to want to sober up.

i do understand that learning may/will not cure an addict,

but there is a point that ?????? ??? ??? ?????? ?????? ?????? atleast to **WAKE ME UP!**

your whole story, and this **learning torah point is MIND BLOWING, for me.**

hashem should bless!

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Re: Work in progress

Posted by chaimoigen - 31 Mar 2024 04:05

[Vehkam wrote on 29 Mar 2024 22:12:](#)

I would say that I felt very connected. **It's not that my essence was transformed. I believe that my essence was always good.** The daily commitment and the effort to keep that commitment even when it was a challenge helped forge a connection to Torah and the ribono shel olam. That connection is was the neshama always craves and the yetzer hara hijacks that craving to send you in other dead end directions.

As a serious Talmid of this thread I feel there's a tremendous lesson to learn here.

I feel that believing in your own essential underlying goodness is a critical component of being able to get out.

Thank you for sharing these details.

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