

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 - 28 Jun 2024 13:24

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This thought is in honor of my birthday a few days ago. (all birthday wishes happily accepted!)

I was recently bothered by a question. In the bracha of ??? ????? in which we are davening for parnassa I noticed that the focus seem to be on the ??? . I wondered why didn't chaza"l formulate a bracha that is more directly asking for a bracha for our parnassa. Why put the emphasis on "the year". In addition, the bracha as written seems to focus on crops and produce. The brachos of shemona esrai are timeless, most of us are not farmers any more, why would a bracha for parnassa be written specifically related to crops?

I had another question. If any of us were to formulate one standard bracha to daven for (absent a specific crisis) it would most likely be a bracha for Hatzlocha, Gezunt, Parnassa & Nachas from our children. That is the most typical bracha given today. Yet we don't really see such a request in shemona esrai. There is Refa'ainu, but that is for someone who is sick. There is parnassa in ??? ?????, but the rest seems to be missing. The typical place where people would

include these requests is in ????? ????? or before taking three steps back, but it is not included in the standard brachos that chaza'l formulated.

None of these questions are earth shattering, but still they had me thinking....

I want to suggest that in the bracha of ??? ????? there is possibly another meaning beneath the surface. There is only one thing on earth that we continually count by years. We count the years that we are alive. Every time we pass our birthday we note the completion of a year and the beginning of another year. We don't do that with anything else.

When we say ??? ????? ?? ????? ????? we are asking hashem to bentsh this year of our life! All of the brachos we would want our included in this. Perhaps this is why chaza'l put the emphasis on the year, rather than just a wording that would refer directly to parnassa.

??? ?? ????? ??????? refers to everything this year produces, all the fruits of our efforts and labor, our children, our ruchniyus our parnassa – everthing that we worked for this year.

?????? ?????? And fill us from the goodness – let our hearts be full of nachas.

When we say in closing that hashem is ??? ?????, this is similar to the bracha we make for good wine. ??? refers to the grapes which are end product by themselves, ????? is when the end product is further blessed by hashem and produces wine. So too in ??? ?????, Tov is a reference to our children and ????? is a reference to the product of that ??? – namely our grandchildren!

This past year was arguably (to my knowledge) so far, the best year of my life. As I begin a new year I ask hashem ??? ????? ?? ????? ????? ....????? ??????? ??????. May it be a year of even more growth, may it be a year of hatzlocha, gezunt, parnassa and nachas for me, and may I in turn be zoche to bring nachas to hashem.

repost. in honor of my birthday....

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Re: Work in progress  
Posted by frank.lee - 28 Jun 2024 13:50

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Happy birthday!!!! Ad 120 in the best of health, bikedusha uvitahara!

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Re: Work in progress

Posted by vehkam - 02 Jul 2024 20:54

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Please note the following Is geared for people that have had serious falls and have already tried filters many times etc without positive results.

When I resolved to fight this battle I sensed that something was different this time.

I didn't think I could be successful. I no longer remembered what it was like to be clean and my closest friends that I confided in were non Jews of the opposite gender.

And Yet I felt more committed to change than ever.

I was extremely wary that the inspiration would not last. Especially if I was faced with an attack of desire by the yetzer hara. I felt that if I put on a filter my desires for what I could not have would immediately awaken.

Given that my struggle had gone way beyond viewing forbidden images on my phone, the danger of falling in person would also be greater if the phone was not available for less serious forbidden activities. (I did speak to someone high up at gye to confirm that what I was doing made sense).

So I decided that I was not going to filter my phone at all. I did not delete any accounts. I did not get rid of any access. I told the yetzer hara that everything was still available to me- there is no need to attack. And I kept myself incredibly busy for the next few months. I went into offense mode. Listening to shiurim or music anytime I had a free moment. In the car, in bed, on the way to work. There was no open time for fantasizing. Still no filter.

During this time I slowly reconnected with hashem. I used music to become more emotional and I used the emotions to connect to davening. Everything else I was doing is spelled out earlier in my thread.

Bh I never needed the filter. Eventually I did put one on but I hope to never test it.

The benefit of this method was that I did not have the constant yetzer hara to figure out how to access my desires. It was all available if I really wanted and my mind wasn't working overtime to find loopholes.

I was able to clarify and work on what I really desire which is a connection with hashem. I treat that relationship like any intimate relationship. Constantly looking to renew the commitment and freshness. Constantly looking to show my devotion. The more you put in the more you receive.

I caution again that having no filter is almost always not advisable. However, for a small percentage of people it may be a method that works.

I hope no one ever needs to use this method

Best wishes

Vehkam

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Re: Work in progress

Posted by BenHashemBH - 02 Jul 2024 20:59

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[vehkam wrote on 02 Jul 2024 20:54:](#)

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Best wishes

Vehkam

Runing towards instead of running away. This was also how I finally unlocked a lasting change - with Hashem's help.

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Re: Work in progress

Posted by adam2014 - 06 Jul 2024 10:15

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I love this post. It gave me a lot to think about. I have been constantly battling to plug all the holes in my daily routine. Filters on everything, not going certain places, it has been a 24/7 defensive battle against the Yetzer Hara. As a little kid, if my mother told me I couldn't have something, that something became much more desirable.

If the ultimate goal is freeing yourself from these demons, hiding from them may help in the short term, but the long-term answer is not to desire them anymore. I am not downplaying the need for filters and other protective measures, but true freedom lies in not needing them.

Fasinating!

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Re: Work in progress

Posted by vehkam - 12 Jul 2024 17:14

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Bh closing in on 1000 days iyh within two months. I am genuinely humbled by this gift from hashem. I am iyh planning a party to celebrate and dance in recognition of hashems kindness In bringing me to this milestone. (You are the only ones who know about this, Everyone else thinks I'm planning a wedding)

I received a text today from someone who remembered me from a few years ago when I used to attend forbidden events. I responded that I know longer participate in any of these events, and I proceeded to delete the exchange and his number . I felt very good that Hashem sent me this to remind me of, and to strengthen my resolve.

The truth is that it is always good to do things to strengthen this resolve. Indeed, often when I pass a club or other forbidden sites, I will lift up my hand as an additional blocker besides, just looking away. Sometimes I will even say out loud I don't go there, and I don't look at this. All of this helps to ingrain in me an instinctive resistance to these temptations that would otherwise naturally cause me to feel a pull towards them. .

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Re: Work in progress

Posted by Muttel - 12 Jul 2024 18:34

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Wow, wow, wow!

Such a chizzuk to see this, as we matriculate our way towards milestones in your wake....

Following your lead!

Muttel

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Re: Work in progress

Posted by judah10 - 09 Aug 2024 07:33

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That's amazing - I wish I could get there someday.

I found that last sentence

*"It takes a long time to rewire 30 years of the thinking but only a second to turn towards the right direction!"*

very powerful - I find myself obsessing about the way in which my mind has been messed up by porn, with concentration, productivity and creativity affected, and how long it will take to get my brain back to normal.

The thing is - I have no power over that! The only thing I can control is me in the present moment.

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Re: Work in progress

Posted by vehkam - 09 Aug 2024 13:42

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[judah10 wrote on 09 Aug 2024 07:33:](#)

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I found that last sentence

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The thing is - I have no power over that! The only thing I can control is me in the present moment.

the only choice you have, is the one that is right in front of you. Everything else is just a distraction.

the goal is not to "get the brain back to normal". the goal is to make the right choices. When you do that it will change your life much faster than you can imagine.

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Re: Work in progress

Posted by vehkam - 03 Sep 2024 20:25

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**My very first post – December 16, 2021 -**

“Hello all. I am new to the site. I have been aware of GYE for quite a while but had come to terms with the “fact” that I am too deep into my secret life so I might as well embrace that side of me. For the past many years I have had a “live and let live” relationship with the two sides of me. I recently committed to make a number of serious positive changes in my life. It took about 3 weeks of having “set up GYE account “ on my to do list, but I finally did it! It will be a slow process for me. I will definitely need to get a personal therapist as well.

I am looking forward to being able to share more, both about my struggles and about my journey to recovery. At this point I only have the struggles and I am waiting for further guidance before I post more about that. I don't think the details are appropriate for an open forum and I don't want to trigger anyone else by talking about my past activities. On the other hand to truly obtain the support I need it is important for people to know where I am coming from.

I am in my 50s and Bh have children and extended family to whom I am quite close. It pains me to have had to keep this secret from them for so many years. So far, they all respect me. I am a very caring, thoughtful and good natured guy. Would I lose their respect if they knew this other side of me?

I have tried to stop in the past without any success. There have been many times that I deleted my accounts and passwords etc. it never lasted. I really feel that things are different now and that the opportunity is ripe for success. The tools available to me are way beyond anything that has been available in the past. I have more menuchas hanefesh then I can remember. (I daven that this is not the calm before the storm).

I am not guaranteed success and there is a part of me that does not believe it is possible. I listened to today's boost and I could not even bring myself imagine what success feels like. (I did appreciate the part about hashem being with us in the struggle) I don't remember what it feels like to be pure. I am an emotional person and I am tearing up as I write this.

please feel free to comment or question. I am hoping to build positive relationships and appreciate any support I can get. I could go on for a long time but I just realized that it's already over a half hour that I have been working on this post. Sorry for rambling and thank you in advance. “

### **1000 days later-**

Hello all once again. I am no longer new to the site! It feels like I just started here yesterday,

but actually it is close to three years since I started lurking and then posting. Many of the people who would post when I first started here are long gone. Some of them have deleted their accounts and some just don't log in anymore. Perhaps some of them are still here under a new profile. I have to say that I do miss some of those people and I continue to daven and think about some of them every day.

I would like to thank those who encouraged me from the start. The ones that took the time to acknowledge me and my struggle. The ones who gave their recommendations and suggestions but most of all they gave me the sense that they cared and they believed in me. All of them played a part in a successful transformation from a guilt-ridden imposter chasing cheap imitations of pleasure to a confident and genuine person who is in touch with what my soul really does desire.

I don't know for certain what specific zchus I had for which I merited this gift from hashem. (I have written previously about it. I believe it was the daf yomi that I started and kept to.) I don't know how I was able to climb this giant mountain on which previously I kept sliding further and further down. As indicated on my very first post here on GYE, I was very unsure that it was possible to climb out of the hole I had dug for myself. The pull of the decadent society to which I was privy seemed to win every major battle in my life, with each defeat moving the battle lines to something even further removed from my true purpose in life.

The beginning of my recovery was extremely emotional. Bezras hashem I was able to capture many of my feelings in writing that I posted here. The encouragement and feedback that I received from my writings helped solidify everything that I was doing. I started to gain more and more confidence and eventually I realized that if I continue to actively follow the plan I had set forth, I did not have to worry that this growth would not last.

There is not room for complacency. One can go up or go down but one never stays the same. In the beginning it was easy to recognize growth. The mere fact that I was no longer going to the places I had been going or seeing the things I had been seeing was testimony to the fact that I was growing. As the metamorphosis continued it was clear to me that my time and my actions were becoming more and more dedicated to their true purpose. However, yesterday's growth can become today's routine, as I was discussing with my dear dear friend Reb Chaim Oigen recently, how do we continue to grow.

The truth is that there is growth in routine. As the medrash in parshas pinchas says that says according to one tanna - ?????????????? ?????? ?????????????? ?????????? ?????? ?????????????? ?????????????? ?????????????? ????????????????????? is the greatest of all the rules (even greater than v'ahavta l'reiacha kamocho or shma Yisrael...) Keeping to the set routine, day in and day out reinforces the dedication that we have. Keeping to our commitment without letup is not complacency. The growth may be more subtle but if you look back after an extended period of time you can recognize that slow and steady growth.

There is another element of growth that is not as subtle. Over these past few years, people have reached out to me. Often this led to a phone or sometimes an in-person conversation. Having these conversations and answering questions about recovery gave me the opportunity re-verbalize the ideas and theories that have helped me in my journey. Every one of those conversations left me renewed in my commitment, resolve and contentment in following this

path. I believe that I gain as much, if not more, than any person reaching out. I am forever grateful for each and every person that elevated my confidence and reinvigorated my motivation by recognizing me as a resource through which they could grow in their own battles and commitments.

Most importantly, I wanted to publicly thank my incredible group of current friends here on GYE, some that I have gotten to know quite well. From coast to coast and across the great seas you know who you are. I believe that slowly the battlefield is changing and collectively we are giving so many people a real chance of success in this struggle. I am honored to be counted amongst your friends and cherish each and every call, text or meeting.

As I celebrate hitting day 1000, I call out to each and every one of you here. May hashem continue to lead us on the road of kedusha. May we be zoche to continue to inspire and be inspired. May we all join together in song and dance as we greet Moshiach very soon from our front row seats, speedily in our days.

Wishing all of you continued success

vehkam

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Re: Work in progress

Posted by yiftach - 03 Sep 2024 20:42

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MAZAL TOV!!!!

I'm not sure what you imagined when you first joined, but I can unequivocally say that reading your journey gave me a tremendous push and the feeling that it's ultimately possible to actually achieve the life I've been dreaming of living.

Meeting you was an experience I will never forget. You have the ideas laid out so clearly that there's really only one choice to make.

My wish is, don't disappoint and disappear like others have. You have so much to offer and each post of yours is read and reread till the idea resonates.

I might be speaking for myself, but I truly believe that these feelings are shared by many active and silent users.

Keep being the watchtower. There's so much guilt and pain in this world, but ,??? ??? ????? ????  
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Re: Work in progress  
Posted by willdoit - 03 Sep 2024 21:00

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Ur post made me cry.

I DO remember when u started posting and through following ur thread, I got to feel a lil about ur struggles and stuff u dealt with all along.

Tbh, I was skeptical in the beginning as of how long you'll fight b4 giving up, and you kept/keep on growing, battle after battle.

Vehkam, you're the guy that I wish to emulate, one day..

may hashem grant u a lifetime of purity and all you need.

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Re: Work in progress  
Posted by Muttel - 03 Sep 2024 21:05

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*When there are no words, ?????? will suffice.*

*Though I can't post ??????, know that I sit here contemplating your words, thinking back.....*

*You were the first I met on this hallowed site. The boost you gave, seeing how deep you fell and how high you grew,*

*Inspired me and continues to do so.....*

*But my deep feelings at seeing you hit this milestone remain unspoken.....*

*Know that the love I have for you is deep and strong.....*

*Muttel*

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Re: Work in progress  
Posted by amevakesh - 03 Sep 2024 21:47

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The ????? ?????? that you have in so many of our journeys cannot be overstated. Your 1000 is not just a number, but it represents the ultimate transformation that a human being can attain. You have become a role model for so many of us of what we can become. Your sound advice given over with genuine humility (either on the forums or on the phone) always inspires me. It's been a great privilege and ????? to get to know someone like you.

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