

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 - 01 Jun 2022 19:05

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Yom HaMeyuchas

I don't remember hearing that term before. Over the years it is likely that I did hear that the 2nd day of sivan is called yom hameyuchas but it just didn't mean anything to me. So I don't remember.

Today, I received a few messages referencing yom hameyuchas and I did not know what it was about. Then, during lunch, I came across a post that explains – today is the day that Moshe Rabeinu relayed the message to klal Yisroel from hashem.

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My heart filled with emotions of gratitude and joy that I am able to finally feel that I too am a part of this ????? ?????? To feel that hashem is lifting me up. That is taking me out of my personal mitzrayim... To feel that ahava that he has for us, his chosen nation... to be part of a group of mevakshim that will keep getting up no matter what and no matter how many times we fall! A group that is anonymous but is comprised of Chassidim & Ex Hasidim, Litvaks, Sefardim, Ashkenazim, BTs, FFB, young bochurim and seasoned adults.... All working K'ish echad b'lev echad to better ourselves and each other in Kedusha. And I say ashreinu ma tov chelkeinu....

We are truly hashem's treasure.

When I said birchas hamazon after lunch, I noticed the third HaRachaman – and this is my bracha to all of us, that hashem should always be glorified and honored **through us** -

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Re: Work in progress  
Posted by Vehkam - 03 Jun 2022 02:52

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I finished the last chapter of The Battle of the Generation last night. I will spend the next few nights reading the addendum and start the book again on motzai yomtov. I try to read one chapter every night. I encourage you to join me. Especially if you have never read the book before you may find it to be a game changer in your perspective.

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Re: Work in progress  
Posted by Vehkam - 07 Jun 2022 16:32

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My celebration bbq worked out great bh. Over 50 people who thought it was all about my birthday. There was one close friend that knew I was celebrating six months clean. it still feels good to have 50 people sing happy birthday to you!

My suitcase got delayed by the airline erev Shabbos and I was feeling more than a bit overwhelmed- heading into a three day yomtov . Then just when I needed it most I got a text from DaveM wishing me a good yomtov. It could not have come at a better time - just when I was about to enter macys to buy clothing for yomtov! Thank you so much.

bh I was able to get what I needed to manage and my suitcase was actually delivered to my hotel on Shabbos....

I did lose one night of reading the battle of the generation because the book was in my suitcase! I think that might be the first or possibly the second night I did not read it since I purchased it. I did finish the addendum last night (The addendum for chapter 10 is absolutely amazing for anyone dealing with guilt issues ) and plan to start my third round of reading it tonight.

I have some other writing that I will post iyh later.

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Re: Work in progress

Posted by Vehkam - 07 Jun 2022 21:09

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Here is the writing I worked on last week. This is an abbreviated but completely true version of my story. I appreciate the opportunity to be able to share it here.

I started my journey full of energy and light

Excited by Mitzvos learning day and night

I thought I was immune had not much to fear

Just keep to the Torah he won't get very near

But the yetzer hara had other plans

He knew I had desires just like every man

The pictures I looked at, the things I read and saw

And then there was no stopping I wanted more and more

In middle of Seder in middle of sleep  
Into my mind those images would creep  
Pleasure won't change you, you'll still be the same  
But when I succumbed I only felt shame.

Of course when I'm married these thoughts will all cease  
I'll have pas b'saalo I'll handle it with ease  
But what kind of house, what foundation was built  
When constantly falling, all I felt was guilt

My dreams were abandoned goals put to rest  
To the outside successful, inside was a mess  
Slowly the failures took over inside me  
at myself, when I look, I don't know who I see

no longer learned much didn't hang out with yidden  
Spent money and time on things surely forbidden  
I hid my tracks well don't be caught was my rule  
Only me and hashem could never be fooled

And then the Daf Yomi at MetLife so proud  
Next time I will finish with the rest of the crowd  
And for brachos Daf beis at a shiur I was sighted  
And from deep within me a small flame ignited

Day after day I would finish the blatt

straddled both worlds - both of them - a lot

But inside my neshama was now awake

I couldn't ignore it could no longer be fake

The struggle continued another whole year

Chasing life's pleasures yet a heart so sincere

A moment of clarity, it all made no sense

Please hashem help me unstraddle this fence

So I made an account on the guard your eyes site

Resolved to try hard to put up a fight

While I hoped to succeed, was the right time and place

I fully expected to fall flat on my face

I posted my story my hopes and my fears

The hole that i'd dug my pain and my tears

The responses were helpful was no longer alone

It took some more weeks but I picked up the phone

I spoke to a mentor he understood

I started to believe if I wanted I could

Put all this behind me in a way that would mean

I could live out my life with a slate that was clean

Then hashem helped me, Hillel S wrote a book

The battle of the generation changed how I look

At my relationship with hashem who loves more than A father

And was waiting all these years while I just didn't bother

From the time I realized that hashem wanted me back

All that bad stuff I was doing just stopped in it's track

The desire to please him and reach levels much higher

Has helped to extinguish any harmful desire

Now I know that this feeling is a gift from above

And I must work to continue to serve hashem with love

For so many years that needed correction

I can't be complacent, I need that connection

my father in heaven can I express even a fraction

For allowing me back in spite of my actions

I took one step towards you in the hopes to repair

And you showed me a world that you always were here.

My dreams once abandoned are now back in place

I want only one thing, to live in your grace

Excited by mitzvos learning day and night

I continue my journey full of energy and light.

[Vehkam7@gmail.com](mailto:Vehkam7@gmail.com)

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Re: Work in progress

Posted by Shtarkandemotional - 09 Jun 2022 04:25

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[Vehkam wrote on 07 Jun 2022 21:09:](#)

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[Vehkam7@gmail.com](mailto:Vehkam7@gmail.com)

Wow incredible.

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Re: Work in progress

Posted by taherlibeinu - 09 Jun 2022 09:44

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What a great post - thank you for sharing this

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Re: Work in progress

Posted by Vehkam - 19 Jun 2022 20:24

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What would I say if I had the opportunity to speak at the kinus for women being advertised this week...

I cannot speak for a womens perspective but as a husband/son/father here are some of my thoughts.

Your sons are growing up in a world with unprecedented challenges. Most of your children will be exposed to things that used to be beyond comprehension. That is even if you are successful in keeping your house pure. Please know that your children especially your sons will be

challenged. There are things you can do to help them get through these challenges.

1. love them unconditionally. No matter what. Especially when they are struggling they need to know that you still love them.
2. Believe in them. When a child feels that you believe in them, that empowers them to stand up to challenges. Always praise their strengths.
3. Never judge. It's easy to draw lines that should not be crossed. Don't judge even if those lines are crossed. You have no way of knowing the nisayon of the next person- even your children. The best advice is not to judge anyone and to leave that for hashem.
4. Talk to them. Keep the lines of communication open. If they trust you and are used to communicating with you, you will have many more opportunities to help them if they are overwhelmed by challenges.
5. Simcha - happiness in the home is key. Do whatever it takes to make your home a happy place. Focus on all the positive aspects. The Simcha of Shabbos and yomtov (not the stress of cleaning up etc...)
6. There is a natural curiosity to look at things that should No be looked at. This is true for your daughters as well. Even the really "good" ones. Don't make it easy for them to satisfy that curiosity. Filter and password protect everything.
7. No filter is going to stop someone who does not want to be stopped. The main focus must be on the internal person. To help them build the connections and the desire to be connected to hashem.
8. The desire to be close to hashem needs to be stronger then the desire of the temptations around them. Otherwise eventually the willpower to resist can easily fall away. Try to bring an awareness to that connection which is unique for each individual person.
9. Your children must know that hashem loves them no matter what. So many years have been lost by people that fell and didn't bother getting up because they did not believe that hashem still wanted them. (It's not all or nothing)
10. Teach your children to recognize the positive that they do. The yetzer hara will tell them that they are a rasha for a few big aveiros when in reality they are holding back from aveira much more then they are giving in. We can reinforce this concept and protect them from falling for that trap of the yetzer hara.
11. We are not perfect. Hashem created us and created our challenges. Good people fall. Sincere people fall. Talmidei chachamim fall. Don't think that once someone falls that they are "damaged goods". If someone falls you can still believe in them. Believe in them and you will help them to believe in themselves.
12. These challenges are opportunities for growth. With the proper perspective you can help someone ordinary become extraordinary in their relationship with hashem.
13. Share these concepts with the people around you. Discuss them. Make them part of the fabric of your house.

I believe that with this atmosphere we will be able to raise a generation of ovdei hashem who will rise from the decadence around them to levels of yira and ahavas hashem that are unfathomable.

What would you add to this list?

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Re: Work in progress

Posted by DavidT - 19 Jun 2022 20:35

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[Vehkam wrote on 19 Jun 2022 20:24:](#)

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What would you add to this list?

This is a truly amazing post. Adding would just take away.

I printed it out to review it, thank you!

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Re: Work in progress

Posted by Markz - 19 Jun 2022 20:44

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[Vehkam wrote on 19 Jun 2022 20:24:](#)

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What would you add to this list?

You're hired!

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Re: Work in progress  
Posted by Vehkam - 19 Jun 2022 20:53

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Thank you all for your kind words. I really believe that the more people spread these messages the easier it will be for all of us. I did not think of these ideas on my own. These are the things I have been internalizing from all the chizuk that is now available to us. It would be amazing if 40k people could hear it too...

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Re: Work in progress  
Posted by Captain - 20 Jun 2022 00:38

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[Vehkam wrote on 19 Jun 2022 20:24:](#)

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Beautiful! Incredible post.

I would add:

14. The greater the challenge, the greater the accomplishment and the greater the person.

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Re: Work in progress  
Posted by Hashem Help Me - 20 Jun 2022 10:39

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If anyone has a connection to the administration of TAG - **Please forward this post to the organizers of the event.** There have been many technology events. Rarely are many of these points brought up. If parents could be better informed about how to keep the lines of communication open, and in general how to view this issue - very responsibly but without panic, so many things would look different. I would add one more item - that parents/schools preempt their child's "discovering" the shmutz, and give them a child friendly understanding of sexuality - obviously under the proper guidance.

Some time back i was at a local technology event and i asked the organizer to include a few of the items that Vehkam so clearly pointed out. I was told that the purpose of the event was to educate the public that is unfortunately still naïve, of the dangers of the Internet. I wish people would understand that if Vehkam's message would be properly disseminated and reviewed again and again, we will to a great extent be inoculating our children against this "disease".

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Re: Work in progress  
Posted by Dave M - 20 Jun 2022 13:27

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I just printed this out, to review over and over again

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Re: Work in progress  
Posted by Vehkam - 21 Jun 2022 22:50

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A lot of my posts focus on the connection that I , (with hashems infinite kindness,) have been fortunate to re-establish with hashem. There is a level of inner peace and simcha that I have not previously ever had in my adult life. This is not at all diminished by what I am about to write

One could read my story and believe that with hard work and determination anyone can return... even after decades of being submerged in a secret life filled with pursuit of forbidden pleasures.

The truth is that it there are consequences.

Yes, Once the determination was there, it was not so hard to stop what I was doing. Especially with all the tools available today.

Yes, I pray that I will use my challenges as a catalyst to propel me to great heights.

But I have to tell you that receiving a clean parchment on which to write the story of my soul is going to be a lot more difficult.

Living unsheltered in a perverted world means that your mind becomes perverted too. You tend to see and notice perversion and you are drawn to it.

The location of every unhealthy place that I chanced upon is stored in the recesses of my brain. I stored them there so that they would be easy to return to. In every city that I traveled, I know where to find forbidden stuff. I could give you directions in my sleep. I have a good memory. There are phone numbers too. So much information just stored away. And of course the actual forbidden things that I did and saw. And I did it for a long time

I Don't have a desire to return to any of the places or memories. My time is now being used in a healthy and meaningful way. Yet the information is still there. Wasting precious space in my mind and a regular reminder of the decades of time and effort that I can never get back. There are so many triggers I encounter wherever I go that awaken these memories. Not the desire to. Just the memories. And I can't unremember them!!

Do I daven to Hashem that I forget? As I advance through middle age it is hard to daven for that. Memory is something we don't want to lose chas v'shalom. So I don't daven to forget.

Perhaps with time, those memories will dull. Perhaps I will be able to attain a level of purity that will filter my mind from the perversions of the past.

Until then, I must live with the consequences of my past choices and daven that the pain of these memories be included in the yissurim tovim and add to the zchusim that I so surely need.

This is my current challenge and I accept it wholeheartedly. I am not dejected by this. I know that if I do my part, Hashem will continue to carry me.

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