

My Journey L'chaim Tovim

Posted by Lchaim Tovim - 22 Jun 2022 20:57

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This is my first post but I've been lurking for years. Years which I've shed many tears...tears of sadness...tears of shame...tears of fear...tears of anger. Anger at myself, my rabeim, women in the street and Hashem.

There were times that I felt hopeful and times that I felt hopeless. Surrounded by people yet so alone. Trapped in a prison that I had created with my biggest enemy my mind, as a cell mate.

I didn't understand why I was wired this way. Why I was the only one that a simple chol hamoed trip could be so disastrous. What was the use of everything I'm doing, of my trying to be a good Jew when I am such a bad person. If I'm chayiv misah bidei shomayim and can't do teshuvah, what is the purpose of my life.

I know, when I'm married and have "pas b'saloi" it will finally be easier. But it wasn't and what now. Not only is what I am doing affecting myself, but I have a wife and a couple of kids now as well.

Then I saw the ad "now when I shake the rabbi's hand, I no longer feel ashamed" (or something like that. Could it be? Are there other people out there that are like me??

I joined GYE and saw that not only was I not alone, but that some people had fallen lower than I had and had picked themselves up. All my life it had been drilled into me that the highest aspiration was to be a Talmud Chochom but now I saw tzadikim...real tzadikim, lamed vuvniks even. I learnt so much from so many people on the forums, that I decided to pick myself up and that I too could become a tzadik.

I was going through a terrible time financially and told Hashem, I can't make more of a hishtadlus for parnassah than I already am doing, please let this nisayon be the zechus I need. I was clean for 173 days, when previously, I had never made it past 3 days. I was convinced my life would change, I was starting over, becoming a new person, surely I was going to have Siyata Dishmaya. I started writing a book on shemiras einayim and the struggle but...

Not only did my financial situation not improve it got worse. I was so depressed in a place of complete Yiush that I fell after 173 days.

I was so angry at Hashem, Hashem I attempted the impossible, you know what a broken person I am inside. Why? Why? Why?

After that over the next few years there were more downs than ups. I felt that I had completely reverted back to my old self. Interestingly enough, my financial situation stated getting better. But I always had this tickling feeling in the back of my mind. What if I hadn't fallen after day 173, was that my Yosef Hatzadik moment and I failed???

I decided to try again, it's been about a year now of trying again, never making it past 2-3 days but now I'm at day 12.

Sorry for the long post but I will continue b'ezras Hashem with why I feel like it will be better this time around and why I decided to post.

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Re: My Journey L'chaim Tovim  
Posted by Lchaim Tovim - 01 Aug 2022 20:20

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personally, lct, as we spoke on the phone, i think that all this planning and obsessing is wrong for you - at this time. you're going to a place where there are triggers and challenges - deal with it! you wanna walk in lobby and beach w/o your glasses, fine, decide that now and move the hell on! you wanna walk in hallway directly behind your wife holding on to her backside, also fine! wanna hang the white book on your bedpost, the bee gees' book on the bathroom towel rack and chayeil olam on the fridge, so be it!

I'm confused, I'm trying not to obsess plan etc. Just tryna breathe in and out and learn to let go.

for extra precaution, have the numbers from some of the fellows here on speed dial and use accordingly. [if i'm one of them, i'll answer only if you send pictures first.] now, get on with life!

I think that's blckmail but if the only was is with pix...A mans gotta do what a mans gotta do

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Re: My Journey L'chaim Tovim  
Posted by Trouble - 01 Aug 2022 20:36

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[Lchaim Tovim wrote on 01 Aug 2022 20:20:](#)

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I'm confused, I'm trying not to obsess plan etc. Just tryna breathe in and out and learn to let go.

breathing in and out does not involve posting here over and over; enjoy the bahamas! [try the duck tacos at the baha mar!]

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Re: My Journey L'chaim Tovim  
Posted by Lchaim Tovim - 01 Aug 2022 20:51

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I have no idea what youre trying to say. I post cuz i try to make sense of the maze that is my brain.

I could get behind the idea of not obsessing and planning. but You write "you're going to a place where there are triggers and challenges - deal with it!" "Decide now and move the hell on"

This is exactly what I am trying to learn, how do I deal with it? How do I move on? By pretending it doesn't exist till is slaps me upside the face?

Do F2F over the next six weeks? Great but what about tomorrow, Heck, what about tonight?

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Re: My Journey L'chaim Tovim  
Posted by Trouble - 01 Aug 2022 20:56

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[Lchaim Tovim wrote on 01 Aug 2022 20:51:](#)

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Re: My Journey L'chaim Tovim  
Posted by Sapy - 01 Aug 2022 22:11

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[Trouble wrote on 01 Aug 2022 20:56:](#)

[Lchaim Tovim wrote on 01 Aug 2022 20:51:](#)

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Nu....

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Re: My Journey L'chaim Tovim  
Posted by Sapy - 01 Aug 2022 22:37

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Chaimy, my two cents...

If your leaving tonight to a place you might get triggered, use the tools you have, dont obsess over new ideas and tools. There is no right and wrong, you dont havto do it now in a certain way.

I do agree that in the future you should learn how to live with urges, but for now, you've got your tools enjoy your vacation! You'll be good!

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Re: My Journey L'chaim Tovim  
Posted by wilnevergiveup - 02 Aug 2022 05:31

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[Sapy wrote on 01 Aug 2022 22:11:](#)

[Trouble wrote on 01 Aug 2022 20:56:](#)

[Lchaim Tovim wrote on 01 Aug 2022 20:51:](#)

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Nu....

Can someone let me know if this happens, I don't want to miss it again...

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Re: My Journey L'chaim Tovim  
Posted by Trouble - 02 Aug 2022 11:47

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[wilnevergiveup wrote on 02 Aug 2022 05:31:](#)

[Sapy wrote on 01 Aug 2022 22:11:](#)

[Trouble wrote on 01 Aug 2022 20:56:](#)

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how is today 3:00 - 3:30 est? [if you don't feel like responding here, you can email me: troublescall@outlook.com]

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Re: My Journey L'chaim Tovim  
Posted by Lchaim Tovim - 02 Aug 2022 13:26

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[Trouble wrote on 02 Aug 2022 11:47:](#)



how is today 3:00 - 3:30 est? [if you don't feel like responding here, you can email me: troublescall@outlook.com]

I'm in. Same number as last time?

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Re: My Journey L'chaim Tovim  
Posted by Sapy - 02 Aug 2022 13:43

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2:30-3:00 Works better for me

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Re: My Journey L'chaim Tovim  
Posted by Lchaim Tovim - 02 Aug 2022 13:54

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2:30-3:00 Works better for mel can do that time as well.

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Re: My Journey L'chaim Tovim  
Posted by Trouble - 02 Aug 2022 16:21

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[troublescall@outlook.com](mailto:troublescall@outlook.com)

title: obsession vs. planning

because today's session will be slightly graphic, and it will primarily be questions and responses, we need to protect the privacy of those asking. the conference # will be given via email from above; if you want it, drop us a line please. thanks

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Re: My Journey L'chaim Tovim  
Posted by Sapy - 02 Aug 2022 18:12

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No response so far... need to know the time....

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Re: My Journey L'chaim Tovim  
Posted by Trouble - 02 Aug 2022 18:40

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email sent

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