

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 - 13 Jul 2022 17:07

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32= Lev. The heart that I'm trying to use for the right thing.

Song I've been listening to today...

The whole world has gone crazy

You can see it everywhere

Every time I flip the station

Every time I smell the air

But there's a man on the inside

Just waiting to be released

Sometimes I cannot find him

And sometimes he finds me

I'm not giving up on you...I still believe

I was talking to an old friend

Who lost all sense of pride

He'd been in and out of prison

The prison in his mind

I said maybe I could help you

Try and find the key

Then I realized I was talking

to the prisoner in me

I'm not giving up on you...I still believe

I had a dream that I was flying

I had a dream that I was free

And the whole world below me

Slowly disappeared

Everything was perfect

Yet still I needed more

Then I woke up from the nightmare

and stepped outside the door

I'm not giving up on you...I still believe

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Re: My Journey L'chaim Tovim

Posted by Lchaim Tovim - 14 Jul 2022 14:34

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33 days, I can't remember the last time I made it this far.

Some of the things I've been doing differently this time around are...

No more LinkedIn App. This is very hard as I directly make money from it but I see I don't have a choice.

App Store is now locked so no more access to Twitter which is an absolute cesspool, and various other "innocent" and "innocuous" apps. Honestly, the App Store itself is pretty bad.

I also realize that browsing the news and listening to various podcasts has been detrimental to me as well. Some of the news/hosts is not to great for me to listen to and I usually feel down afterwards which is not good either.

All of this has been very difficult for me but to quote Cordnoy (who has completely changed my perspective on loving the wife but that's a conversation for a different time) "The right thin' to do and the hard thin' to do are usually the same"

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Re: My Journey L'chaim Tovim  
Posted by Bigmoish - 14 Jul 2022 16:43

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[Lchaim Tovim wrote on 23 Jun 2022 01:44:](#)

I've always been hesitant to go onto GYE at night when I am home, as I am scared of my wife knowing that I am on this website. Although she knows that I am working on shemiras Einayim and is appreciative of that, I am worried that out of curiosity she will start perusing the forums and questioning, what is it that I have done, how far have I fallen or trying to figure out which user I am and that it will open a Pandora's box that will come back to bite me.

What do you guys feel, are my concerns legitimate?

Yes, totally legit

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Re: My Journey L'chaim Tovim

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Posted by Lchaim Tovim - 14 Jul 2022 17:16

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What do you guys feel, are my concerns legitimate? Yes, totally legit. Thanx. I just hate still hiding but I guess I don't have a choice. I guess, better to be hiding this than other stuff...

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Re: My Journey L'chaim Tovim  
Posted by Lchaim Tovim - 14 Jul 2022 17:18

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I've always been hesitant to go onto GYE at night when I am home, as I am scared of my wife knowing that I am on this website. Although she knows that I am working on shemiras Einayim and is appreciative of that, I am worried that out of curiosity she will start perusing the forums and questioning, what is it that I have done, how far have I fallen or trying to figure out which user I am and that it will open a Pandora's box that will come back to bite me.

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Re: My Journey L'chaim Tovim  
Posted by Lchaim Tovim - 14 Jul 2022 20:39

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I'm noticing, that being tired is not a good thing for me in this struggle and that being upset is no good either. But I'm upset that I'm tired and so tired of being upset.

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Re: My Journey L'chaim Tovim  
Posted by Lchaim Tovim - 15 Jul 2022 16:15

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I know that I can't have Whatsapp, LinkedIn, news & podcasts,

Though I want them, especially Whatsapp, I know that I cannot have it.

My question is, what about the future? Will I be able to have these things once I've been sober for a while or is this just my reality?

The future? Why I am I worrying about that? I've got today to worry about.

But I'm not going to worry bout today, I've got to keep living

L'chaim

\*\*\*Someone sent me a PM asking what is wrong with Whatsapp, so I am editing for clarity.

I'm not saying that in general there is something wrong with Whatsapp. only, that for me it has been problematic. I've fallen with Profile photos, statuses and pictures/videos shared on groups and I've got to stay away. It's the only way I can be sober, i don't know if it will be like this forever, but forever is over.

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Re: My Journey L'chaim Tovim

Posted by bisyata dishmaya - 15 Jul 2022 19:30

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Whatsapp is definitely bad. There have been many people who have fallen in the same way.

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Re: My Journey L'chaim Tovim

Posted by Lchaim Tovim - 17 Jul 2022 15:34

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I think it should be mandatory for every Kiddush on Shabbos to have a bottle of Woodford on the table.

I was at Kiddush on Shabbos and saw the Woodford and all I could think about after that was GYE.

I turned to the guy next to me and told him " a gleizele of Woodford could keep you from doing Aveiros". He looked at me like I was nuts... That's probably how it's supposed to be when I see my tzitzis.

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Re: My Journey L'chaim Tovim

Posted by Lchaim Tovim - 18 Jul 2022 14:04

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Yesterday was rough...

I kept on realizing that my glances were turning into looks, my looks into second looks and at night when I went to sleep, I had a harder time focusing my thoughts elsewhere.

Maybe it's because it was a fast day and I was weaker in general but I'm not going to spend too much time trying to figure out why.



BH I didn't fall, I do feel bad for the way yesterday went and I am using those feeling of regret to renew myself in this struggle.

Onwards...to 90 and beyond...

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Re: My Journey L'chaim Tovim  
Posted by Kavey - 18 Jul 2022 17:42

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*I know that I can't have Whatsapp, LinkedIn, news & podcasts,*

*Though I want them, especially Whatsapp, I know that I cannot have it.*

*My question is, what about the future? Will I be able to have these things once I've been sober for a while or is this just my reality?*

*The future? Why I am I worrying about that? I've got today to worry about.*

*But I'm not going to worry bout today, I've got to keep living*

*L'chaim*

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That's a struggle for me too. At some point I cut out Whatsapp but got so much negative feedback from my wife and family (I have family in Israel so Whatsapp is a primary mode of communication). As a result I have it and just try to "keep it on a leash" as much as I can.

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Re: My Journey L'chaim Tovim  
Posted by Lchaim Tovim - 18 Jul 2022 18:12

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[Kavey wrote on 18 Jul 2022 17:42:](#)

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*Though I want them, especially Whatsapp, I know that I cannot have it.*

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That's a struggle for me too. At some point I cut out Whatsapp but got so much negative feedback from my wife and family (I have family in Israel so Whatsapp is a primary mode of communication). As a result I have it and just try to "keep it on a leash" as much as I can.

You gotta do what works for you...

Were never going to be able to cut ourselves off from everything, nor do I even know if that's healthy...

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Re: My Journey L'chaim Tovim  
Posted by Lchaim Tovim - 19 Jul 2022 17:42

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Yesterday there were no highlights or lowlights. I guess no news is good news.

I did see a great quote though that I think perfectly describes this journey I am going through.

"The real voyage of discovery consists not in seeking new lands but seeing with new eyes."

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Re: My Journey L'chaim Tovim  
Posted by Lchaim Tovim - 20 Jul 2022 14:22

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Today is going to be my 40th day and this is my hundredth post. I can't remember the last time I made this far but more importantly, I can't remember the last time I made it this far without white knuckling, without being angry/depressed/moody and without feeling like I am going to fall any moment.

I think a big part of this is, after lurking since about 2015, I finally took the plunge and started conversing on the forums. I find it to be therapeutic and also that it keeps me in a very positive mindset. Like I am not doing this alone, so many chevra are doing this together with me.

We're an army unit so secretive that we don't even know who else is in our unit except by our codenames. I hope somehow to be able to meet some of you in real life one day.

Thank you to all of you here on the forums for helping to get me to this point and beyond B'ezras Hashem.

L'chaim Tovim,

Chaim

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