

i'm new here's who i am

Posted by gma316 - 17 May 2009 15:50

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I grew up in a normal modern home and went to a modern dayschool and high school. My rebbim had a huge impact on me so I started learning every night when in 12th grade, although my problem started when I was much younger. I went to 2 years in yeshiva in ertez yisroel which included one in the mir, followed by 4 years in a yeshiva in america where I became the top bocher and got married. the whole time I felt I was living a double life and was very imbarressed as to the fact that I would look at pics on my phone as well as read stories on the phone and if I ever had internet access I would watch videos. materbation was all too common for me and I would cry at night because I was so imbarressed and I was terrified that someone would find out. B"h no one ever has. 9 months after I got married I had a beautiful baby girl B"h, and we moved to a small community kollel which ended up being a disaster and shut down. following the kollel shut down my wife left me with no warning and took my daughter with her. I am now divorced from her b"h as I was not so happy with her which did not help my problem. it is almost 3 years since she left me and I do have my daughter monthly.

I often wonder how come I am the way I am I always imagined that being the top bocher and avrech in a kollel my spirituality would keep me from stuff like this, but as time has told I have not been strong enough to fight the overpowering yetzer harah. I feel like I live a double life the person who I am that I have worked so hard to become, and the evil twin. B"h in the last few weeks discovered this web site and have been getting these emails, and since then I have only stumbled Bli eyn horah once and have gotten the chizuk to try and remain strong.

I used to think I was the only frum Jew and for sure the only yeshivish black hat Jew to have this problem even though I had heard about others I just could not believe it. Although seeing that the last 3-4 years I have spent in legal divorce issues and a horrible mess with the last kollel I was in I have had real problems as depression (which I am getting over b"h) and loneliness which is my biggest problem and makes my lust so much stronger rule my life at a lot of times although hearing others' stories and cries for help has been the biggest chizuk I have ever had so thank you as baruch Hashem I have gone 12 days without even looking at anything which I shouldn't kolshechain any masterbation. I hope to hear more tremendous chizuk stories to help me and maybe I can help some of y'all. I have some ideas which I use to help myself but unfortunately I do not have the time to post them now so feel free to ask me if you want.

P.S. these 12 days have been some of the happiest of my life as well I am not remember feeling this good in the almost 15 years in which I have struggled. I hope B"h with all y'all's help I can overcome.

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Re: i'm new here's who i am

Posted by gma316 - 29 Jul 2009 03:27

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As Tisha bav nears and I think Bout the chorban I wonder if with my new streak of almost 10 Days I should dwell on my own personal chorban and my addction or if that might lead down the wrong path any ideas thAnks?

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Re: i'm new here's who i am

Posted by Dov - 29 Jul 2009 16:23

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[gma316 wrote on 29 Jul 2009 03:27:](#)

As Tisha bav nears and I think Bout the chorban I wonder if with my new streak of almost 10 Days I should dwell on my own personal chorban and my addction or if that might lead down the wrong path any ideas thanks?

Many may strongly recommend this and, by the same token, many others may strongly advise *against* it. We can cite sources in Torah and experience to go either way. For me, the sha'ayloh is: What works for me today? I'd daven for guidance in this. Then i'd try to do whatever my heart tells me to try and do. Whatever it is, you'll learn about yourself in the process!

As far as the churban is concerned, we are asked to keep our minds on the churban, as a person in shivah is to keep thoughts on the meis, r"l. This is respect for the Beis Hamikdash. So, maybe that's part of the issue, I don't know. I have seen in seforim that all our confusion, misdirection, and real problems, are basically only possible w/o the Ge'ulah and would be fixed were the Tikkun here already. (lots of this in R' TzviMeyer) I get a more useful experience on T" B'av when I recognize that as deeply as possible. I guess that requires some first step work (kind of what you are talking about), Reb GMA.

Have an easy and meaningful fast all Yidden!!

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Re: i'm new here's who i am  
Posted by chl - 30 Jul 2009 13:09

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bs"d

Dear Gma,

i decided on Tisha b'av afternoon to go through some threads i haven't read yet. As someone mentioned to me we have to mourn the tragedies/struggles of the klal and the prat - they go  
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So i read through your thread... and all i want to do is give you a hug.

i also want to thank Dov, Battleworn and Guard for a very stimulating discussion with lots of food for thought - all in your zchus, R'Gma!

Hope that you have a meaningful fast, and that we all soon witness a complete redemption, biklal ubifrat.

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together. And also think about the geula/successes of the klal/prat  
Re: i'm new here's who i am  
Posted by gma316 - 03 Aug 2009 03:11

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I just updating every one on how I have been and chasdei hShem I feel great especially beacus I have now gone two straight weekends and the week of cousre and no problems I am concerned that this will end soon but I try not to think about that as that can lead to aprobonits own any way I need advice on new filter for my comp ny ideas thanks to every one

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Re: i'm new here's who i am

Posted by bardichev - 03 Aug 2009 03:18

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IT WILL NOT END

TELL THEM BARDICHEV DOES NOT LET!!!

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Re: i'm new here's who i am

Posted by gma316 - 05 Aug 2009 03:51

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I am writing know because I am very afraid that my yetzer is starting to make apush I do not know why but I do not feel as strong starting tonight I am petrified any advice I want to stay clean more than anything and I do not know if I am strong enough for the upcoming war with my yetzer please help

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Re: i'm new here's who i am

Posted by Tomim2B - 05 Aug 2009 04:01

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Re: i'm new here's who i am

Posted by Dov - 05 Aug 2009 13:58

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[gma316 wrote on 05 Aug 2009 03:51:](#)

I am writing know because I am very afraid that my yetzer is starting to make apush I do not know why but I do not feel as strong starting tonight I am petrified any advice I want to stay clean more than anything and I do not know if I am strong enough for the upcoming war with my yetzer please help

Thank G-d I do not have wars w/my yetzer, nor with my Yotzer. I am a full-blown addict in full-blown recovery and my "foe" is much more powerful than I'll ever be (and it's getting stronger yet!) and I'm sober today, B"H.

I love you!

Dov

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Re: i'm new here's who i am

Posted by gma316 - 06 Aug 2009 03:39

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B"h today was not nearly as hard as I thought it might be which makes me feel happy and even more scared but I will keep writing as I feel that that help out a lot and will bezras hashem keep saving me thank you every one

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Re: i'm new here's who i am

Posted by nezach - 06 Aug 2009 12:45

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its a tremendous satisfaction when you experience strength and shimrah (protection from anything harmful) - recognise that this is Hashem directly helping you!

I feel it is also important to mention that you reflect on your priorities, values and fences so that you continue growing and gaining strength. Now that you have recently succeeded it is important that you gain additional strength and momentum for times ahead : )

Please continue writing regularly as it provides us with chizuk whilst helping and being kind to

yourself!!

b'Hazlacha

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Re: i'm new here's who i am  
Posted by gma316 - 07 Aug 2009 02:48

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Hank you every one for all of your help days can be tough but Baruch jashem I am managing I just try to keep reminding myself if something pops into my head of ways to push it out and keep it out as as turni g away or closing my eyes to avoid seeing inappropriats things thank you all again hayzlachah to all good night

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Re: i'm new here's who i am  
Posted by gma316 - 10 Aug 2009 00:34

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I happy to say that bli eyin horah I am doing great and strong but that makes me scared I am vunarable to let my guard down

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Re: i'm new here's who i am  
Posted by the.guard - 10 Aug 2009 11:23

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Dear gma, the Yetzer Hara is like the dark clouds of a thunderstorm, but your Neshama is like that flash of lightning that LIGHTS UP THE NIGHT... And at the end of the day, the thunderstorm brings with it showers of blessing, renewal and life! That is how I see you, and that is why I chose this picture for your Avatar on the forum. Keep strong, holy Yid!

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Re: i'm new here's who i am

Posted by gma316 - 11 Aug 2009 21:27

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i had to travel yesterday and it was very hard but baruch hashem i kept thinkinhg about everything i have seen adnheard on this site and baruch ahshem yall saved me thank you

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