

i'm new here's who i am

Posted by gma316 - 17 May 2009 15:50

---

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.

=====  
=====

Re: i'm new here's who i am  
Posted by gma316 - 08 Jul 2009 20:45

---

Hello I know i have been a way for a few days but chasdei hashem I am doing great and feel like new today will be 4 days and I hope all lasts

=====

Re: i'm new here's who i am  
Posted by the.guard - 08 Jul 2009 21:19

---

Good to hear from you GMA! I want to hear you on one of the four phone conferences as well!  
See [this page](#).

=====

Re: i'm new here's who i am  
Posted by gma316 - 10 Jul 2009 03:04

---

I hope every one had an easy fast and a meaningfully fast Baruch hadehm I can sadly say know 5 clean days and I feel great. Although I am starting to get scared again as I am starting a very hard scary difficult new part in my life again shuduchim and the stress is frightening although I feel I can do it with help of Hashem and the gye network

=====

Re: i'm new here's who i am  
Posted by gma316 - 12 Jul 2009 03:01

---

i hope every one had a great shabbos b"ch I did and I am now at 7 days and happy about it

=====

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

---

Posted by battleworn - 12 Jul 2009 09:42

---

7 days is what it takes to build a new world! It's time to celebrate! If you keep [trying to keep] up the simcha, you will surely succeed!

=====

=====

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

Posted by the.guard - 12 Jul 2009 18:53

---

You're back up on the chart at Level 2. KUTGW - we're all proud of you!

=====

=====

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

Posted by gma316 - 17 Jul 2009 13:08

---

I am writing now what may be my final post as I feel I do not deserve to be associated with such tzadkim. I want the wall of honor so badly but I can not keep up my streaks as I have given into addiction for lust 2 times since I was added I aNt

ore than anything to be am to win my milchama but I am out matched I will continue to fight but I to ashamed of my self to having my ne added to the wall even though I strove for that accomplishment thank you all for all your help. :'(

=====

=====

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

Posted by the.guard - 17 Jul 2009 14:23

---

Even if you fell off the 90-day wall, please continue to post about your struggles here on this thread... Every day, every moment that you hold back - IS PRICELESS.

As YosefYakov once wrote:

*I see the 90 day chart as an aid and not as a goal. Only you know your strengths and weaknesses and what may be a doable goal. Why don't you make a shorter goal, one that you know that is challengieng yet doable and then work one day at a time? Even if you fall, you can then have the challenge of beating your prior record.*

*I myself - with the Y'H's help - have the tendency to "bundle" my targets, and if I fail in one then everything comes down. I am learning to "compartmentalize" and have in my mind separate target charts. Should chas v'shalom I fail in one area I should still keep being on target in any other areas.*

=====

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

Posted by Sturggle - 17 Jul 2009 14:38

---

Dear Gma316,

Please do not stop posting. It gives me so much chizuk to see other people posting here. It's not a matter of how many days. It' the fight! That is why I think it is so important to keep posting; to share that with others. So many greater people than myself have said it in so many different places on this site and in many different ways. Keep your chin up, looking forward to hearing from you soon.

struggle

=====

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

Posted by Noorah BAmram - 17 Jul 2009 14:52

---

Holy Buddy gma613,

DON'T U DARE LEAVE!!! Do U HEAR ME!!

I once heard in the name of the Baal Hatanya that a person is, where his thoughts are!!!

If your thought are on the Wall of Honor, then on the Wall of Honor u are.

Promise me and all the h

Members on the site that you are here to stay!!

Promise?

I'm waiting for your reply! No getting away from us with any kind of farewell post;) oh No!!  
Absolutely Not!!

You freind in this world and in the next

Noorah from the house of Amram (who also fell many times!!!!)

Ps pm me, maybe I can help. Hey you never know!!

=====

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

Posted by the.guard - 19 Jul 2009 11:09

In the name of the entire Chabura Kadisha Batar Kadisha hodein

We created a new "automated" 90 Day Wall of Honor chart to make it easier for everyone (it is still under construction, but it is already functional).

[Click here](#) to see the new automated chart.

To sign up, [Click here](#).

From now on, you can updated yourself manually. The chart **automatically** keeps track of how many days you are clean and what Level you are on, each time you update.

**Here are the RULES for the new chart:**

- You must update yourself at least once a week.
- If you do not update yourself for over a week, your name becomes RED.
- If you do not update for two weeks, your name falls off the chart.

(Even if you fall off the chart, your name remains in our database, so you can choose to go back on the chart by logging in with your username and password and pressing "edit profile" and then selecting "Put me on the chart").

To update yourself, [click here](#) to Login.

Type in your username: **gma613** (if that's what you chose)

The password for everyone on the chart is currently: **GYE**

(you can change your password by clicking "edit your profile" at the bottom)

To update the chart, choose "Still Clean" and then press "Update Chart"

We hope you enjoy this new feature. It is one of many new features that we are working on.

Please send us any remarks about the new system, or if you think something should be different or that we should add/change anything.

Keep strong!

=====

Re: i'm new here's who i am  
Posted by battleworn - 19 Jul 2009 12:07

---

gma I'm sorry if you weren't warned but the fact is it's a one way street. There is no leaving! This is a club of fighters, not winners. In truth we are winners because not giving up IS winning. When the angels claimed that the Torah should be given to them and not us, Hashem answered "Do you have a y"ch?" R' Tvi Meir says that we learn from this that the bigger your y"ch is, **the more you have a right to Hashems holy Torah!** It's a very big zechus for us to be associated with you. And anyone who doesn't let a fall get him down is guaranteed to succeed!

=====

Re: i'm new here's who i am  
Posted by Dov - 19 Jul 2009 15:24

---

[gma316 wrote on 17 Jul 2009 13:08:](#)

I am writing now what may be my final post as I feel I do not deserve to be associated with such tzadkim. I want the wall of honor so badly but I can not keep up my streaks as I have given into addiction for lust 2 times since I was added I aNt

ore than anything to be am to win my milchama but I am out matched I will continue to fight but I to ashamed of my self to having my ne added to the wall even though I strove for that accomplishment thank you all for all your help. :'(

Dear GMA -

What I am about to write I have written before, but spelling it out gets too many members upset, so I try not to. But as you are apparently at wits-end and figuring you "lost", here goes:

My own experience and opinion - I am not speaking for Hashem and His Torah as an authority (but is that what you need? an authority...or a fellow addict?) - normal morality *and* the common rules/ideals of normal yiddishkeit are trying to use **on your problem** are primarily made for **normal people** and normal misuse of this part of you/your body. Words like "I *feel*", "yetzer hara", etc. are **sometimes** code-words for an addict who is living in a fantasy-land of morality, in my experience. No wonder you are not succeeding. Addicts are not normal and need a different approach to "win". By **definition**, an addict is a **loser** (by their own power) when it comes to their addiction. Please stop referring to a bunch of folks who depend on Hashem to keep them from using their drug of choice as "tzaddikim". At least do not include me in the ranks of tzaddikim. With respect to this issue I am nothing more than a **complete loser** against lust who finally realized that the 12 steps/12 step followships are **meant** specifically for ME - who else?

For people who *can* control their drug of choice? What would *they* need **help** for? NO, no, no. The steps are made specifically for people who lost - on the condition that they recognize they are a total failure **at *this* business** and need to **finally** really relate and depend totally on Hashem. The steps will help you learn how to *do* that, because you can't figure it out on your own. Yo'd be just turning back to the infected understanding of Torah you developed while you were learning how to act out. No?

In my opinion, you need to decide if you are an addict or just choteh. Has this problem made your life unmanageable? Is it progressing? *Can* you control and enjoy (use) lust (independent of whether it is right or wrong or Hashem's Will - this is about the way YOU ARE, not at all about the way you SHOULD be)... Do you get me. If anyone thinks what I have written is evil, or just plain dumb, I ask you what more you have to say to someone in this state than chizzuk? If he leaves, as Noorah seemed to be writing, he really doesn't leave, he will just carry himself with him. Sometimes, we need to first learn how to live with our REAL selves, rather than be *told* by true tzaddikim what our REAL selves *are*.

=====

====

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

Posted by the.guard - 19 Jul 2009 16:13

---

Dov, there's nothing as refreshing as the simple truth!

=====

====