

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 you 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 you all's help I can overcome.

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

Posted by the.guard - 20 Jul 2009 11:03

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Gma is doing a fine job fighting milchemes Hashem.

Yet he seems to be giving up on ever truly succeeding, no? So you'll say, "it's the fight that counts, not the success"... Well, that is true if there is no 12-program. But now that Hashem has given the world this "Refuah", there is no more excuse to say that. Too many "hopeless cases" have somehow succeeded in STAYING sober for the long term. They are "mechayev" all of us.

It's very clear from his post that his problem is not that his life is unmanagible, rather that he is expecting too much from himself and he needs to get rid of the stress and work on his self-esteem.

Is it expecting "too much from himself" to want to **stay** sober? If he **CAN'T** stay sober, then his life is - by definition - unmanageable, at least from a Frum yid's perspective, no?

And also, how do you propose he gets "rid of the stress and work on self-esteem"? I know a

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

Posted by Momo - 20 Jul 2009 11:29

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Dear GMA,

I often feel exactly the same as you described in your last post. As so many have written, at this

stage for us, it's the fight that counts, not whether we win or lose.

Please read my blogs (two here so far), and you'll read that I'm always being kicked down by the Y"H, and get back up to fight another day.

Forget about the tzadikim here who are on the big chart. Don't compare yourself to them. I stopped a long time ago, it just got me thinking that I'll never be on that chart no matter how hard I try, and that just depressed me.

After 120 years, HaShem will not ask you why you were not like Reb Guard, He will ask you why you did not live up to GMA's potential. That's all HaShem wants, for us to "be all that WE can be".

Every day you fight the Y"H is worth more than one clean week with no struggles.

We need you here and love you.

Momo

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Re: i'm new here's who i am  
Posted by battleworn - 20 Jul 2009 12:29

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Rabeinu, I don't want to debate you because we don't understand each other at all. But there's one thing that I feel I must comment on.

Yet he seems to be giving up on ever truly succeeding, no?

I just have to -once again- stand up for the honor of GMA. He did not give up at all. He pledged to keep fighting and everyone who keeps fighting WINS. His only mistake was that he thought that we are better than him, while really he is better than us!!!

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Re: i'm new here's who i am  
Posted by Dov - 20 Jul 2009 13:10

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Good Morning!

As far as your honor, GMA, I rest assured that you are aware no one here looks down at you, nor should anyone consider you an equal. You are YOU, and that is something no one else can get close to, as Ein malchus achas noga'as bechavertah.

In case there is any confusion, though, I'll just reiterate that the emphasis of my focus on reality is for two reasons: First, admitting the truth based on repeated and proven track record is **never** damming - it should always be **liberating**. **The exception is** a person who is looking for an excuse to truly give up on themselves and not accept the help they need in order to recover! You do not seem *that* way to me, at all.

The second reason taking note of our track record and admitting failure is necessary *in some cases* is that the attitude of: "Well, I'll just get up and keep fighting, for that is what hashem delights in!" is only nice for avodas Hashem **in a vacuum**. The reality is that is we'd ask our wives and children and jewish community if they'd prefer a solution (that I got from following the 12 steps with SA's help) vs. this "avodah", they'd surely choose the solution. Would *you* prefer your wife or father to be doing these things, violating the trust of your relationship, and lving a double life, giving you a false face? That is not mesiras nefesh for a wife, that is self-*disrespect*. I love you - including your future and your special neshoma - and I honor your family - or your future family - and the jewish people. I want for *you*, what I have been given bechasdei Hashem. Hashem *can* give you freedom and success in living as a yid, just the way you know in your heart it *should* be. I believe anyone knows that in their hearts.

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Re: i'm new here's who i am  
Posted by the.guard - 20 Jul 2009 13:23

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we don't understand each other at all.

Yet I still love you dearly!

He did not give up at all.

I hope you are right. But what if he keeps having falls c"v, are we allowed to just "accept" it and say that some people are destined to fight and fall, fight and fall, for their entire lives? or should we perhaps suggest the NEXT tool in the handbook, and the next, and the next, until he succeeds in truly staying sober for the long term?

Momo is a true Hero in my eyes, because he keeps falling and getting up - and he is **ALSO** trying everything he can. He is learning the 12-Steps with Chaim Duvid and he went through the handbooks. So **his** falls are **part of** the journey. But to someone who is not interested in trying the tools that Hashem made available to us (and I am not talking about gma because I am sure he wants to), will you continue to encourage him with Chizuk till 120 and tell him that it's the fight is what counts, not the success? That's only true if we do **all we can**.

With love and respect,

guard.

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

Posted by battleworn - 20 Jul 2009 13:31

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Yet I still love you dearly!

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

Posted by battleworn - 20 Jul 2009 14:05

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The second reason taking note of our track record and admitting failure is necessary in some cases is that the attitude of: "Well, I'll just get up and keep fighting, for that is what hashem delights in!" is only nice for avodas Hashem in a vacuum. The reality is that is we'd ask our wives and children and jewish community if they'd prefer a solution (that I got from following the 12 steps with SA's help) vs. this "avodah", they'd surely choose the solution. Would you prefer your wife or father to be doing these things, violating the trust of your relationship, and lving a double life, giving you a false face?

Reb Dov, you can click on Gma and see all his posts and you'll see that this is not the situation. Actually he doesn't have a wife at all right now and we should all daven for him that he should find one soon. You can click on anyone else's name as well and you will see that just about all the posters (probably all of them) do not do anything outrageous. They're all here because they want to do Ratzon Hashem. We are all here because Hashem told us very clearly:

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We all want to live!

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

Posted by the.guard - 20 Jul 2009 14:09

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I think Dov knows he doesn't have a wife. Dov wrote:

I honor your family - or your future family

And Dov also wants him to LIVE. As he wrote:

I want for you, **what I have been given** bechasdei Hashem. Hashem can give you freedom and success in living as a yid, just the way you know in your heart it should be.

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

Posted by battleworn - 20 Jul 2009 14:26

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The reality is that is we'd ask our wives and children and jewish community if they'd prefer a solution (that I got from following the 12 steps with SA's help) vs. this "avodah", they'd surely choose the solution.

Again, to stand up for the honor of Hashem's Elite Force soldiers, SA has not been found to be an automatic solution. In fact, statisticaly it seems that this forum has a much higher success rate among frum people than SA does.

**When we encourage a positive attitude and simcha shel mitzvah etc. it's not so that the guy should continue acting out c"v. Rather it's to help him break the vicious cycle of addiction. When we reveal the truth and the y"h's lies don't work anymore, we are able to restore normal bechira and bitachon and win the fight. Anyone that doesn't get down from a fall, WINS!!!**

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Re: i'm new here's who i am  
Posted by the.guard - 20 Jul 2009 15:17

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statisticaly it seems that this forum has a much higher success rate among frum people than SA does

But what do we do though with someone who writes "this is my last post"?

To him we SHOUT - REB YID, before you leave just listen to us. There is something out there called "the 12-Steps" that seems to statistically have a high success rate with those who **LEFT** our forum :D

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Re: i'm new here's who i am  
Posted by Dov - 20 Jul 2009 15:53

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[battleworn wrote on 20 Jul 2009 14:05:](#)

They're all here because they want to do Ratzon Hashem. We are all here because Hashem told us very clearly:

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We all want to live!



Dear Battleworn,

lif you would please look up a post I returned to, I think it was "chusid", or "chosid" about a month or two ago, regarding his question about exactly what issur is there in there in acting out, you'll find there is another opinion about exactly what you are saying here. And it gets to the crux of my recovery. I am not saying that it works that way for everybody, but I know others for whom it is the same, too. Saying that our will to survive is "the ratzon Hashem" is technically true, but it does not really capture the experience of any recovering addict I have spoken with. Really. Your friend, Dov

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Re: i'm new here's who i am  
Posted by the.guard - 20 Jul 2009 17:27

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Dov's referring to reply #12 on [this page](#).

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Re: i'm new here's who i am  
Posted by gma316 - 21 Jul 2009 03:36

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I am back on as I hvae needed time to regroup after all the posts to my leaving I thank you for the help I will update more tomorow bli neder or in the very near future we will all suseed together

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Re: i'm new here's who i am  
Posted by battleworn - 21 Jul 2009 09:42

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Dear Battleworn,

If you would please look up a post I returned to, I think it was "chusid", or "chosid" about a month or two ago, regarding his question about exactly what issur is there in there in acting out, you'll find there is another opinion about exactly what you are saying here. And it gets to the crux of my recovery.

Reb Dov, I know that there are PLENTY of people like that out there. **I was reffering to the "POSTERS" on this holy forum.** And it is their honor that I want to defend. The kind of people that you are reffering to do not generally post here. Every few months one of them pops in and disappears as fast as he came.

I know this forum very well. I've been here since 2 weeks after it started and I've read every post (maybe I missed a few) I feel close to all the holy Tzadikim here like my family. I don't expect you to know the forum like I do and that's why I'm trying to let you know this basic fact.

I have tremendous respect for you and I appreciate the fact that you were worse off than ANY other regular poster. I ask you to appreciate the fact the overwhelming majority of the chevra here, are here because they want to do Ratzon Hashem.

**When we shine the spotlight on the pnimius of the person that wants to do Ratzon Hashem, then that part of the person shines forth and overpowers the chitzonius of the person with it's animalistic desires. If we c"v choose to highlight the chitzonius of the person that it will c"v shine forth and hide the real person and he will look like a goy.**

Reb Dov, there's no way in the world that you can imagine how much I love you and the rest of the chevra here.

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