

Post / Thread of the Year 5777

Posted by Markz - 09 Oct 2016 16:57

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Ok guys the new year began and the posts keep rolling in

Please only put here outstanding original posts which have at least 2 "Thank You's"

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Re: Post / Thread of the Year 5777

Posted by cordnoy - 08 Feb 2017 23:30

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I thought you wanted some of this under the covers.

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Re: Post / Thread of the Year 5777

Posted by Shlomo24 - 15 Feb 2017 03:30

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"Watson" post=305880 date=1487114221 catid=1This whole site's about hilchos pornography.

Simen 1, se'if 1:

Don't.



Simen 1, se'if 2:

Just don't.

Simen 1, se'if 3:

Seriously?

Hadran alach hilchos pornography.

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Re: Post / Thread of the Year 5777

Posted by cordnoy - 21 Feb 2017 13:54

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So I try to keep my eye on sanity rather than goodness.

Oops, sorry, I didn't realize the title of this thread.

The above was a Dov quote in SB Sr.'s thread.

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Re: Post / Thread of the Year 5777

Posted by Markz - 05 Mar 2017 18:04

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[cordnoy wrote on 05 Mar 2017 15:47:](#)

[mirror wrote on 05 Mar 2017 14:19:](#)

...you have been sober for a while. Perhaps an avaira should weight on you. Not a crippling weight, but just enough to enable you to do teshuva.

I am not trying to give advice, but rather to understand where we should draw the line of too much guilt, vs. teshuva. I am sorry if i offended you.

Firstly, you did not offend me at all.

GYE is a public forum and onel is limitin' his prospects of recovery ifl he restricts suggestions, questions, advice and criticisml. As a matter of fact, I welcome it.

I don't know where the line shouldl be drawn. I know only regardin' myself, and even that is very little. **I know guilt and shame is not beneficiall for me. I know that my recovery isl based on my inner emotions and feelings. That is why I work on anger, jealousy, fear, resentment and more. I ask God to help me with these. When those middos are squashed, there is a direct result (which is important for people to hear) to the amount of llustin'.**

My Rosh Yeshiva says: we all need to know what our mission is (and that can take years, and it can change): presently, mine is not teshuvah and guilt; it is an issue with lust, and the recovery method is by workin' on my bad middos, of which there are many.

Once again, I welcome advise and no offense was taken.

Hatzlachah to all.

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Re: Post / Thread of the Year 5777

Posted by Markz - 06 Mar 2017 23:53

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I realized that this was posted on the boring B.B. forum, and this terrific post is for public consumption

[unanumun wrote on 06 Mar 2017 13:40:](#)

[cordnoy wrote on 05 Mar 2017 23:57:](#)

Wonder what Daniel would write if he would hear that I am still self-centered, egotistical and self-obsessed?

I just know how to hide it better.

You are the most selfless, helpful, and caring self-centered egotistical and self-obsessed person I have ever met.

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Re: Post / Thread of the Year 5777

Posted by MayanHamisgaber - 09 Mar 2017 12:57

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[cordnoy wrote on 08 Mar 2017 18:13:](#)

A quote from Rabbi Dr Abraham Twerski:

A lobster is a soft mushy animal that lives inside of a rigid shell. That rigid shell does not expand. Well, how can the lobster grow?

Well, as the lobster grows that shell becomes very confining and kind of the lobster feels itself under pressure and uncomfortable.

It goes under a rock formation to protect itself from predatory fish, casts off the shell and produces a new one.

Well eventually that shell becomes very uncomfortable as it grows... back under the rocks – good.

I think the lobster repeats this numerous times, the stimulus for the lobster to be able to grow is that it feels uncomfortable.

Ok, now if lobsters had doctors, they would never grow, because as soon as the lobster feels uncomfortable it goes to the doctor, gets a Valium, gets a Percocet, feels fine. Never casts off his shell. So, I think, what we have to realize – we have to realize is that times of stress are also times that are signals for growth. And if we use adversity properly, we can grow through adversity.

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Re: Post / Thread of the Year 5777

Posted by MayanHamisgaber - 09 Mar 2017 20:49

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[cordnoy wrote on 09 Mar 2017 20:44:](#)

[gibbor120 wrote on 09 Mar 2017 20:23:](#)



[TzedekChaim wrote on 05 Mar 2017 18:15:](#)

5) This is more of a question. I know that many have and continue to say on this forum about how marriage does not solve this problem and may in fact even make it worse. (now that is a bit scary, but also realistic, and I get where it is coming from) However, in 'the fight' shiurim by rabbi shafier he talks about how before marriage one must fight the fight in the smartest way possible using the best tools available, but that until one is married it is impossible to totally win the fight. Obviously, marriage does help in some fashion. (in the shiur he explains some of the manners in which it helps) I was wondering if anyone more wise/married had any positive aspects of marriage that contribute in good ways to this fight? (I feel like the other approach is too focused on negatives, albeit not unrealistic. I just feel that it is difficult enough as it is to not think that I'm entering a new and only more difficult fighting ring. To me now it feels a bit like shooting myself in the foot so to speak getting married.) Any good things gained from getting

married in this area of potential and growth?

Disclaimer: I didn't like "'the fight' shiurim by rabbi shafier".

That said, I think marriage can help and hurt. I think one of the misconceptions is that acting out is about taivah and hormones. Therefore, if a person has an outlet, he will not have a problem.

That may be true to a certain degree, but certainly for someone who is addicted, it can make things worse. He can view his wife as an object to satisfy his desires. (This is a sliding scale by the way, and I think we all do it to one degree or another.) He can then pressure her etc. She is

Addiction is about escape. I know for myself, and I think many others here will agree, the ).

The fact that addiction has much more to do with emotional state etc. means that marriage can be good or bad. A good marriage can uplift a person etc.. A bad marriage can be toxic.

Even in a good marriage, there are bumps along the way. Getting married is stressful. As much as you think you love your kallah, and nothing will ever go wrong... the reality is much different.

turned off and it can make intimacy a source of tension instead of well intimacy. I wouldn't stress about it too much. Just realize, that your emotional state is probably more important than your physical satisfaction.

Just do your best to be a good husband. To appreciate your wife as a person, and not pressure her to satisfy you. (That is not so say that she should not satisfy you, just that you should not be obsessed with her satisfying you in specific ways.) It is a learning process for both of you. Be open and honest and IY"H things will be good.

biggest trigger I have is being in a fight with my wife. (That trigger doesn't exist for singles

Please keep us posted.

Please get this in the award postin' section.

When Gibbor writes several paragraphs, it's really a doozie.

Thank you

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Re: Post / Thread of the Year 5777

Posted by Markz - 14 Mar 2017 04:12

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### **Blame game: How to win**

[Shlomo24 wrote on 14 Mar 2017 02:35:](#)

Sounds you had a tough situation to deal with. It can be very frustrating when people who are "supposed" to be of a more esteemed nature let us down. Remember that they're human too. They make mistakes and they have failings in their lives. The title of Rebbe doesn't mean malach. **I know for me however, that nobody caused me to be the person I was. While many people had an affect on how my personality became shaped and how I perceived myself, there is nobody responsible for my problems. I'm responsible for my problems. If I have an issue I deal with it. Blaming people is not only unproductive, it makes the problem worse.** I have a decision to make, I can be happy or right. I want to be happy. **So is my father still very flawed? Yes. But I'm a happy person who's independence is growing more and more.** When I was in therapy before I got sober I just blamed everyone for causing all my issues. Did very little. Now I have taken my life in my own hands and I do the work I need to do. Ultimately it's up to my Higher Power, as he is my vitality, but I'm in charge of the effort. If I didn't make a decision to become healthy and do whatever was necessary to get there then I would be nowhere today.

Hatzlacha Rabah.

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Re: Post / Thread of the Year 5777

Posted by MayanHamisgaber - 15 Mar 2017 12:21

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[Shlomo24 wrote on 14 Mar 2017 19:26:](#)

I'm writing this because I am aware of my status on this forum and I believe I can send a strong message. I've been struggling a bit for the past two weeks. I've been taking my will back in many areas of my life and it's affecting me. I haven't been taking strong actions of lust, but my discipline has been getting weaker and weaker. It kind of came to a head a couple of days ago. I was watching a cooking show and I was attracted to the chef. I sought comfort in him and I desperately wanted connection with him. He also seemed like a nice guy, which made it more triggering for me. The thought process was, "It's a cooking show, you can watch it!" Even though it was lustful and triggering FOR ME. That was a strong example of unwillingness. I then proceeded to watch YouTube for some hours, watching videos that I knew might have some lustful content in them, even though I thought they would be mostly clean. But I willingly allowed some lust in, which is not a good sign for my sobriety.

As a result of that event and realizing that I need to get back on the horse if I want to stay sober, I did a mini cheshbon hanefesh. I went on the YouTube app and looked at all my subscriptions. I asked myself, "Is any of this necessary for my life?" The answer is no. So I deleted the app and I have been avoiding YouTube since. I still find myself itching for it a bit and I am still escaping. The problem is me, not YouTube. However, I do think it was the right thing to do and I am feeling much more quality of sobriety over these last couple of days.

My main point is that a couple of months ago I talked about this on GYE. I talked about how I watch YouTube and it's not triggering for me. But things have changed and I don't think that it's the right thing for me anymore. I wanted to make this public to show the forum and myself that 1) I don't know everything. 2) Things change with time. 3) Humility is necessary for sobriety. I also want to show that everyone has their failings and their own issues. I think there's a theme on GYE that some people are infallible (I'm not referring to myself). They aren't. And I want to be up front with how I am holding and not just "talk the talk." It's very easy to do that. But the hard things are usually the things that are helpful for me.

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Re: Post / Thread of the Year 5777

Posted by MayanHamisgaber - 20 Mar 2017 18:52

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Does this not personify the writer or what!!!!

[cordnoy wrote on 20 Mar 2017 15:39:](#)

[mh wrote on 20 Mar 2017 14:37:](#)

Good morning all,

This is my first post. First time telling anyone about this (apart from the wife).

I have only recently joined GYE. I have signed up to the 90 day chart and doing well BH. Day 19 still clean.

It took me a while to come to a conclusion that I need some real help with my problem other than web filters and web monitoring, although they do help as a first line of defense.

I have a bunch of questions to ask you guys, but I think I'll post the one at a time. Any feedback will be appreciated.

Question: Are we all normal?

what's normal? I'm not.

Are we a small minority of people that struggle with this?

majority of people struggle at times. A minority of people struggle more than that.

Am I an addict,

how should we know? (perhaps read the white book or ask your therapist)

is there something wrong with me?

difficult for us to answer that question.

or is it very normal for the yetzer horah to be this strong but considering the temptations out there nowadays it hardly should come as a surprise that we fall.

it's normal, but many of us make him and allow him to be stronger.

I struggle with the answer to this question (and so does my wife)

once you are open with her, you should be open with another to obtain guidance.

Thanks in Advance

wishin' you tremendous hatzlachah

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Re: Post / Thread of the Year 5777  
Posted by Markz - 21 Mar 2017 15:17

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[Jonathan wrote on 21 Mar 2017 15:11:](#)

Hi everyone,

Reading through this thread, I feel obligated to say that I am somewhat dismayed by some of the responses being given to the struggler who started it. I do agree that it would be very wise, if not crucial, for "strugglingtomakeit" to attend therapy and seek professional guidance. However, that does not negate the real support an anonymous forum such as this one can have for this individual.

One thing that I want to strongly encourage is the realization that a simple, "I get that you are in pain" and "I am here for you" can do wonders for someone struggling and that advice, and telling a person what to do is simply not the **only** way we provide support. Doing so may even have the opposite effect.

Being attuned to the person you're supporting and seeing how they are responding to what you say is also key. If you see that your support isn't helping or being met with resistance, take a step back and consider that what you said may not be what the person is ready for or what the person is needing for their issue. And nonetheless, even in those times, we can **STILL BE THERE** for that person. We can say to him that we may not know what you need right now to get past this, but we accept your struggle and hear your pain, and are always here for you to lean on.

This can make an awesome difference for a struggler.

And that is what this forum can be for many. I hope we can better make it so soon.

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Re: Post / Thread of the Year 5777

Posted by GrowStrong - 02 Apr 2017 16:51

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Perfectly stated with absolute eloquence. A perfect welcome mat.

[serenity wrote on 02 Apr 2017 15:30:](#)

I came to GYE two and half years ago. I've been sober for two years. "From the struggle comes the reward." But really **this doesn't have to be a struggle. It's only a struggle for as long as we keep fighting it.** Also **never be discouraged.** To me life is a journey. Our society and our community is too often part of the now generation. **Give this place a try, a real try and if it's not working for you, then maybe try something else or add something!** Do I have struggles from time to time, yes I do. But **I no longer have the daily struggle with porn and masturbation.** Just bear in mind that for me and many like me we realized that **our issues went way deeper than porn and masturbation.** That **our acting our was a solution to our problems and not our problem itself.** This may mean nothing for you.

**Live in the solution!!!**

Hatzlacha

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Re: Post / Thread of the Year 5777  
Posted by cordnoy - 02 Apr 2017 17:13

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[GrowStrong wrote on 02 Apr 2017 16:51:](#)

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[serenity wrote on 02 Apr 2017 15:30:](#)

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**Live in the solution!!!**

Hatzlacha



Il volunteer to be the doormat.

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Re: Post / Thread of the Year 5777

Posted by MayanHamisgaber - 02 May 2017 04:48

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[cordnoy wrote on 01 May 2017 21:15:](#)

So, 38 to the P and 38 to the M.

Wrong group, I know.

There is a bit of pressure to write somethin' profound (or, at least, it should make sense) for post # 10,000, especially after my dear friends Mark and Gevura threw down the gauntlet.

Truth be told, 10,000, like 90 or 38, is simply a number. Does it really represent somethin' epic? It means that I waste quite a bit of time, almost ten posts per day. Yes, perhaps there are several that helped myself and perhaps there are even a few where others were helped, but the bulk of them I'm sure were just some joke or wisecrack. There were even those that were hurtful as well. It just means that I have been here for a considerable amount of time and I have not yet gotten frustrated enough to leave for good (more on that later).

?But let us circle back to the beginnin' of this post, and contrary to most of my posts, this one will be lengthy: the Mincha thread, one that I am proud of. Why? Because it made a difference in my day and seemingly in others as well. I am an expert in selfishness. I have been doin' things for myself for decades. Always: what makes me happy. That's how I work. So the thread worked for me. Icin' on the cake was that it worked for others as well.

Recovery was different though. And perhaps it is worthy to repeat here the steps I took. You know that I don't spend much time thinkin' about addict vs. non-addict. I don't spend much time thinkin' about anythin' at all. It wasn't always like that. I came to this site by accident, of sorts. Yes, there were several decades of filth and smut in my days, but I always stopped, at least for a week or two, or more. Recovery and lack thereof did not consume my life. I was fine with the

pattern. Of course, yamim noraim (mostly), I'd cry and beg and resolve to sin no longer. Some years I even threw in the towel and made a deal with God that I'll do lots of good in other areas and let's just hide this issue in the closet.

But eventually, there was a rock bottom of sorts. That, together with a push, encouragement, threat of exposure from a woman friend of the family (whom I must have been tryin' to seduce) put me on a course of action. And that action wasn't a snap of the fingers. And it wasn't without heartache and pain. I went 90 days sober (so to speak). I engaged a long distance therapist, a professional who is recommended by GYE. I joined SA in a city an hour away from me. I was there for about eight months. I went to a local therapist/specialist on and off for about two years. I got two sponsors, one Jewish, one not. I joined calls and eventually led calls. I have been workin' the steps in some way or another for several years. I read the big book, white book, action book and 12&12. I am on my sixth cycle. And I post as well, every once in a while.

Talkin' to live people really does wonders. Posts are different when I know the poster and they know me. It makes it more real. (This is an important point to know for anyone who spends time on the forum.)

GYE gave me the opportunity to personally meet many fine fellows. I will list them, for I thank each and every one of them for their friendship, advice, suggestions, criticisms, etc.

Pidaini

Lizhensk

Big moish

Gibbor (need more)

Skeptical (although we need a better meet)

DD

Unanumun

Laasos

Still going

Zemmy

Jake

Innastruggle

Lavi

Pischoshelmachat

Fresh start

RGT

Kilochalu

Misgaber

SB

I was within a hundred feet from:

Gevura

Guard

Shlomo

I have had private and personal conversation with:

Grow strong

TZ

Dov

Real simcha

Godhelp

OTR

ShmielZ

Shteiger

Yesod

Dms123456789

Yesod

Workin'guy

Laughin'man

Serenity

MoB

MarkZ

Yidtryin'harder

Chullent kin'

Trouble

Belmont

ShmuliK

Boropark yid

Israel61320

Watson

Mggmbs

YosefTH

Appearance

I have been in touch with:

Yiraishamaim

Maayan

NIC

Aryeh

Hashivalisassonyishechaimisgabechea

Shivisi

PeloniAlmoni

Eli

Lifnei

Lomed

Shtiebel

SIB14628

Joe

Singularity

NewActin'

MendelZ

Shmeichel

MBJ

Now, what I just did is fairly dangerous (and I really need to look this over again, for it was done at several sittin's), because I probably left out a bunch of fellows, and I do apologize, but I wrote this list for two reasons: 1. I wanted to display and demonstrate the power of GYE; it creates lastin' friendships, friend who deeply care about one another. Four years ago, I knew none of these fellows and now we are best of friends. 2. Perhaps a couple of them I have helped on their journey, but one thing is certain - each and every one of them helped me on mine. I learned humility from one, commitment from another. Mussar, calmness, faith, prayer, carin', devotion, thoughtfulness, diligence, humor, assertiveness, resolve, confidence and more - are just some of the things that I try to apply in my daily life, and for that, they need to be mentioned. If I left you out, you know it was just an oversight and I sincerely apologize (and i will include in the edit- I am gettin' rushed to hit submit), but I truly thank you for helpin' out a punk like me.

And I must confess that when a fellow emails, calls, texts, WhatsApps, skypes, bumps into me and says, "Cords, you really saved my life, you truly helped me today, this past year would have

been impossible without you, I didn't get that massage because of your text" yes, it feels good, and my ego makes it feel even better, but it's you guys who deserve the credit. You, who set me straight to begin with, you, who showed me my flaws, you, who convinced me of my egotistical, self-centeredness, you, who paved the way for me, and you as well who gave me the opportunity to give back, to keep me honest, to constantly share life's struggles and mine in particular, so thank you.

So, in conclusion:

There might be ten thousand reasons to let you all go

There might be ten thousand reasons to just quit the show

About ten thousand reasons

If I had a highway, I would stay in my truck

If the coffee wasn't bitter, we'd be all out of luck

But you're givin' me ten thousand reasons

Givin' me ten thousand reasons

I bow down to pray

I try to make the worst seem better

Lord, show me the way

To cut through all this worn out leather

I've got ten thousand reasons to walk away

But baby, I just need one good one to stay

Posters stuck in a cycle, they look off and stare

It's like they've stopped breathin', but completely aware

'Cause you're givin' me ten thousand reasons

Givin' me ten thousand reasons

And if by mistake I say something that it might even mean

It's hard to even fathom which parts you should believe

'Cause you're givin' me ten thousand reasons

Givin' me ten thousand reasons

Baby I'm bleedin', bleedin'

Can't you give me what I'm needin', needin'

Every heartbreak and fall and sickness makes it hard to keep the faith

But baby, I just need one good one

Good one, good one, good one

Baby, I just need one good one to stay, to stay, to stay.

And that good one is you.

Yes, you.

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