

Journey of life

Posted by lifebound - 07 Sep 2017 05:10

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Re: My sorry state...

Posted by HakolMilimala - 02 Feb 2018 06:39

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[HakolMilimala wrote on 02 Feb 2018 06:17:](#)

Ok. So With these mental hurdles, you have to figure out what exactly is scaring you about it in your case, "I am scared of being judged"

now, ask yourself, why am I scared of being judged? What is the worst case scenario? Can I even be sure that I will be judged? Can I even be sure there will be a bad scenario? What am I so scared of? what do I even have to lose?

really think about it for a few minutes, and think about it honestly, and let us know.

Let me give you a personal example. I was working with a therapist about my relationship with my mother.

The therapist asked me: Why don't you speak to her and voice your requests of her/ concerns about her current way of acting?

i said that I could technically do that and I think it would work but that there is something blocking me from doing that and I'm not sure what it is.

therapist asks me to think about it and try to define what could be blocking me

i closed my eyes and thought about it and suddenly a lightbulb hits

i say that since I know that if I do that, I will potentially repair our relationship, I don't want to do that. I say that I am storing a lot of anger and resentment towards her and I feel like I will be rewarding her by repairing our relationship.

you can't understand how powerful of a feeling that moment is unless you've experienced it yourself.

for years I had no clue why I wouldn't just work on repairing the relationship. No clue. And the only problem was that I had never thought about it. Now this is something that is very hard to do on your own. You need someone asking you the right questions.

now, look at this example, it turned out that perhaps my mental hurdle was very well backed. It wasn't for no reason.

but by speaking out and defining the true reason behind the mental hurdle, I was able to work on the root of things and begin to heal, begin to come to terms with some of the anger and resentment and begin to become more comfortable with the concept of repairing the relationship.

i think you can have a similar process when it comes to opening up.

and yes, I do think that even if the rebbe might not have the perfect responses, just the fact that you opened up will do wonders and set you on the right path.

i also think that once you open up to one person that you respect and care about your relationship , it will only steamroll into more healthy interactions like that.

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Re: My sorry state...

Posted by tzomah - 02 Feb 2018 12:29

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it looks as if lifebound is getting more comfortable

way to go we are rooting for you

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Re: My sorry state...

Posted by Yerushalmi - 02 Feb 2018 13:25

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Dear Lifebound,

Perhaps you can start a private chat with someone here. You can spill everything you want to, NO ONE will know. You can tell or not tell whatever you want in a non threatening way. Even though it's a total stranger, just opening up will help.

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Re: My sorry state...

Posted by lifebound - 04 Feb 2018 03:51

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Re: My sorry state...

Posted by HakolMilimala - 04 Feb 2018 04:28

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Yes. I think that that day will come iyh very soon. I'm praying for it. I think you're having some self-fulfilling prophecy over here. You admit it's only discomfort. So c'mon, you gotta give it a try. Obviously, opening up is not an end in it of itself, but I think it's a very logical first step to getting things turned around. I know that after I speak to someone, I feel rejuvenated and motivated to change.

Sometimes, you just need some motivation. Step back and look at where you're holding today. Is that really what you dreamed of when you were in teens? Is that where you imagined you'd be? Wouldn't it of scared you?

Well, I think it's up to you to reclaim your life.

Don't let it slip any further away. You can get to a much better place. It just might take a little sacrifice, discomfort and sweat.

But its going to be SO worth it.

And YOU know that, right?

So hey, today's the first day of the rest of your life. Let's get going!

Like tzomah said, you got a team rooting for you here.

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Re: My sorry state...

Posted by tzomah - 04 Feb 2018 13:34

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[HakolMilimala wrote on 04 Feb 2018 04:28:](#)

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look at sukkah daf nun gimel amud beis

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Re: My sorry state...

Posted by lifebound - 04 Feb 2018 18:07

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[tzomah wrote on 04 Feb 2018 13:34:](#)

look at sukkah daf nun gimel amud beis

Looked it up, I'm not seeing the connection?

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Re: My sorry state...

Posted by tzomah - 04 Feb 2018 22:14

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[lifebound wrote on 04 Feb 2018 18:07:](#)

[tzomah wrote on 04 Feb 2018 13:34:](#)

look at sukkah daf nun gimel amud beis

Looked it up, I'm not seeing the connection?

sorry it's the top of amud aleph that a baal teshuvah is someone who uses his older age to fix what happened when he was younger

i thought it fit what hm was saying about what you thought would be in your teens etc.

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Re: My sorry state...

Posted by lifebound - 04 Feb 2018 23:13

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oh ok I see it now, thanks

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Re: My sorry state...

Posted by gibbor120 - 06 Feb 2018 21:25

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Welcome back! Never ever give up!

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Re: My sorry state...

Posted by lifebound - 12 Feb 2018 03:06

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Re: My sorry state...

Posted by lifebound - 13 Feb 2018 08:44

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[guardyoureyes.com/forum/1-Break-Free/289575-Mishpacha-Magazine-Lifelines-Story-about-GYE#289575](http://guardyoureyes.com/forum/1-Break-Free/289575-Mishpacha-Magazine-Lifelines-Story-about-GYE#289575)

[guardyoureyes.com/media/kunena/attachments/3202/mishpachalifelines-doublelife-june12016.pdf](http://guardyoureyes.com/media/kunena/attachments/3202/mishpachalifelines-doublelife-june12016.pdf)

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Re: My sorry state...

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Posted by iampowerless - 13 Feb 2018 15:03

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@Lifebound glad you found the article, but after reading your story sorry to be so blunt i feel you will need to take some more bold steps than just an article in Mishpacha to get sober and out of your depression like opening up to someone, (fellow GYE members could be a great 1st step)

As a fellow bachur in shidduchim i understand the pressures which you are going through, i was in a pretty similar situation to you but b'h i opened up to my rabbeim, keep in touch with fellow GYE members and went to therapy and now baruch hashem have been sober for 50 days and i'm feeling more confident and better as i'm going through the real tough parsha of shidduchim in fact i'm going on a date tonight (please daven for me that hashem should help and guide me through this real tough and emotional decision, and help me make the right decision) C'mon we are all rooting for you! feel free to reach out

Lots of love Yankele (a fellow bachur your age with similar problems in life!!!!)

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Re: My sorry state...

Posted by lifebound - 13 Feb 2018 17:33

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Re: My sorry state...

Posted by Yerushalmi - 14 Feb 2018 12:26

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[lifebound wrote on 12 Feb 2018 03:06:](#)

I had a bad fall yesterday and need all the inspiration I can get.

Hi Lifebound.

I have been in similar situations as you! I would have a fall, and then feel terribly guilty about it! I'd wander around the halls of the yeshivah, hardly learning a word. Of course, with all that guilt, I'd say to myself, I'm hopeless anyway, why bother, and then I'd do it again, and again, and feel more depressed....and so on.

It was, and still is very hard to break out of that cycle. (I am married for 13 years so far, and still find it hard.)

Here are some thoughts/ideas that helped me:

1) Hashem LOVES me, and is rooting for me. HE wants me to win. HE is on my side. HE is happy (??????) when I win. Every victory, no matter how tiny, is important to him. There is no such thing in HIS eyes as "what's the point?" If you have 100 diamonds in your pocket, and you discover that there is a hole, and 80 of them slipped out, would you say what is the point, and let the rest slip out?

2) I heard in the name of R. Shimshon Pincus, that every time we overcome a nisayon in these areas, that creates a big ?? ?????! If you know somebody, a relative or close friend, who is in need of parnassah or a ????? ?????, dedicate your fight to that person. Say to yourself that in so and so's merit, I WILL WIN this fight this time. A few years back, when missiles from Gaza were falling over Israel, and air raid sirens were going off all the time (I live in Jerusalem), when faced with a challenge, I said to myself that klal yisroel needs a zechus now, I CAN NOT do this now. I was able to stay clean for a while using this tactic.

3) You say "What's the point", yet you get depressed over a failure. That means that there is a point. If you really felt that it's pointless, you wouldn't feel guilty about it. On some level, you feel that there is a point, and that's why you feel upset over failing. Deep down, you know that you do care, and you do want to do the right thing.

4) There are a few pesukim in Koheles that describe a king besieging a city. An old wise man saved the city, but everyone forgot about him. Chazal say that this is a moshul for the ?????? ?????? If we analyze it, it says that everyone forgot about him. That means that when faced with a battle, we can forget about the past. Previous losses are of no account right now (we will have to do teshuvah for them, however). If we lost the battle yesterday, it has no impact on today's fight. We clear the record for each fight. If we don't the yetzer hara definitely acts this way. If we won the fight 100 times, he still comes back at us anew. He is undeterred by 100 failures, and still goes at it with no holds barred. So should we!

5) Hashem provides us with nisyanos that we can pass. HE knows exactly what we are capable of, and pushes us to the limit. But not beyond that limit. Sometimes it seems that there is nothing we can do, but there is. Hashem knows how hard and how strong and for how long we



can fight. It is a very difficult, but fair, fight. When gripped by a strong ta'aveh, daven right them and there. Something along the lines of "Hashem, this fight is very hard. I don't know if I can win, please fortify me, so that I can do what you want me to do". I can't tell you how often I was saved by this. Often, Hashem's answer is subtle. It may be an infusion of strength, or it may be a subtle distraction that causes us to look the other way for a while.

6) You know what situations cause you to stumble. Whether in bed, the bathroom, or the shower. Avoid those situations like the plague! If you can't, find tricks to minimize the fight. If I sleep without a blanket, I know that I won't do anything, (I was in a dorm) because anyone can see. Avoiding the fight COUNTS AS A FULL FLEDGED WIN!

I hope this helps!

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