

**Chizzuk Needed**

Posted by simchastorah - 04 Nov 2024 10:39

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Shalom to all the courageous members of GYE, who deal with this nisayon that so many struggle with, bravely admitting to their issues and doing everything that they can to overcome it. I had a different thread in the past, but have not been active on it for a long time. I have been struggling recently and what I have tried has not helped. I have a filter, accountability with HHM, and have delved deeply into my inner life to try and understand the roots of my struggle. I daven passionately to Hashem in every way I know how to help me, but alas I find myself falling again and again.

My hisbonenus for today is to be mischazek in the emuna that Hashem has infinite koach and He can overcome my yetzer no problem. And ??? ?????? ?????? ???. And that any voice in my head that tells me I'm bound to fail, ??? ???? ?????. As some explain the the ??? ????? is this thought itself, that I don't have the power to overcome the yetzer.

Yesterday I fell three times and by the end of the day I felt like I was living in hell. I finished a productive and meaningful morning seder and walked home davening to Hashem to help me not to fall. By the time I got home I felt that I had the chizzuk I needed to not fall. Even with being mchuzak I fell and wasted much precious time throughout the day trying to find cracks in my filter to squeeze out whatever filthy content I could.

But ????? ?????? and I am absolutely committed to not being ??????.

I am committing bli neder to posting here every day until I have 30 days clean from porn and masturbation.

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**Re: Chizzuk Needed**

Posted by simchastorah - 09 Dec 2024 17:21

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Thanks for the feedback ????? each one is mamash mechazek me from his own angle. It really helps

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Re: Chizzuk Needed

Posted by BenHashemBH - 09 Dec 2024 17:52

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[BenHashemBH wrote on 09 Dec 2024 15:43:](#)

[simchastorah wrote on 09 Dec 2024 15:09:](#)

Feeling an urge right now. I feel alone with it. If I think about what it is that I want to do I find the thought disgusting. The disgustingness also means I'm not comfortable to call someone up and say "hi i have an urge" that feels too vulnerable and embarrassing. Like calling someone up and saying "hi how you doing i'm making some diarrhea what's up". it seems to me that the urge itself bears within it a message about how i'm disgusting and i should just do it because the fact that i have it itself means that i'm lowly. i have to be able to see past it and maintain a sense of dignity and being above that behavior, looking at the urge as a confusing message being sent to me by someone else who is not me, who knows how to trick me into thinking that it's my own thought.

My Brother, it may not be easy to call . . . but embarrassing? So you've got a *yetzer hara*? #MeToo, and so does everyone else - courtesy of His Majesty the *Ribono Shel Oilam*. We are *Am Echad* and we are fighting together. Especially here more than anywhere, we can relate to your feelings. We've all been low, but that's not who we are. Reach out to a fellow, because we rise together.

Kol tov

I meant to encourage you to reach out, that you would not be judged by your chaverim.

Unfortunately, I see that what I wrote is invalidating your feelings - which is not my intention at all, and I apologize for that.

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Re: Chizzuk Needed

Posted by redfaced - 09 Dec 2024 19:15

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[odyossefchai wrote on 09 Dec 2024 15:15:](#)

[simchastorah wrote on 09 Dec 2024 15:09:](#)

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I'm almost insulted! Calling us all here disgusting!

All jokes aside, a true friend is someone you can count on during the hard times. They may lend you money during a moment of financial despair, or they may bring you a clean pair of pants if you get yours soiled.

I've called friends here about some weird stuff. They didn't judge me or make me feel bad. They uplifted me and gave me chizzuk.

Oh wow thanks - I'm in al little financial crunch right now do you have some money I can borrow?

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Re: Chizzuk Needed

Posted by simchastorah - 09 Dec 2024 19:17

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[redfaced wrote on 09 Dec 2024 19:15:](#)

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I can lend, but I'll need you to share something really really embarrassing first

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Re: Chizzuk Needed

Posted by odyossefchai - 09 Dec 2024 19:34

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[redfaced wrote on 09 Dec 2024 19:15:](#)

[odyossefchai wrote on 09 Dec 2024 15:15:](#)

[simchastorah wrote on 09 Dec 2024 15:09:](#)

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Re: Chizzuk Needed

Posted by Muttel - 09 Dec 2024 19:41

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[simchastorah wrote on 09 Dec 2024 15:09:](#)

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I definitely get where you're coming from. What I'd say is that the olam here is super non-judgmental about any and all urges that come our way.... Feel free to reach out, we've heard many types of urges.....

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Re: Chizzuk Needed

Posted by redfaced - 09 Dec 2024 19:45

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This is embarrassing as heck

[redfaced wrote on 11 Jul 2024 18:40:](#)

hi evyone, i am a chasideshe yingermann who is strughling with this a very long time, p and m, sice i was a buchor and somene showed my a not aidelh thing in camp. i am very chasidish with krazldeigh payiss and a ripps friday night an go to mikve two timmes daley but it didnt help this terribels struhgle. but most of all is i have a few fetishes i cant say evrting here for mor detles pm pls but espeshily frum is very hard, i can stay frozen and stare and almost drool at frum women like in bingo or evergreen once my wife even had to give me a noodge in my side to wak me up from stareing and drroling. so nothing i tryed helped not even my rebbeh who said its nothing just get married it will go away. so please anybody with some ideas looking forward to grow thanks verry much

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Re: Chizzuk Needed

Posted by redfaced - 09 Dec 2024 19:47

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[simchastorah wrote on 09 Dec 2024 19:17:](#)

[redfaced wrote on 09 Dec 2024 19:15:](#)

[odyossefchai wrote on 09 Dec 2024 15:15:](#)

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Re: Chizzuk Needed

Posted by chaimoigen - 09 Dec 2024 20:00

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[simchastorah wrote on 09 Dec 2024 17:16:](#)

It's true that everyone has a yh. And mine may not even be particularly distasteful (thankfully). Still the thing itself is a gross thing. If you'll excuse my revisiting the analogy - it's healthy to need to use the facilities. And under the right circumstances you may even need to discuss it. But I'm sure as hell happy when that conversation with the doctor is over.

Some people ??? can't control their bowels when they reach old age. And they may stink. And if they do I'm sure they're embarrassed, even though it's perfectly natural that someone with such and such a genetic makeup, with such and such conditions, would develop a condition where they can't control their bowels. Still they will be embarrassed if they smell bad.



For me this is similar. Sure everyone has a yetzer hara. And I have no problem talking about it in an abstract way, and truthfully even in a concrete way when I'm talking about something in the past, because that's just 'past me'. But when right now I feel a desire to do a shameful thing, speaking about it is saying "hey i have this aspect of me which is really quite shameful!". And that's embarrassing.

The yh itself is the definition of ??????. Mamash in the most chasardike way possible. Whether in the ???? of the ???? who calls it ???? or the ???? who talks about ?? as ??????. And the source of embarrassment too is ??????. (So I heard from my Rebbe ????? many times, one example I heard him translate ?? ????? as "... will not be ???")

This is true. It addresses most of what was said, and it's a very valid point.

However, for me, I still feel that reaching out to get to the place of **overcoming** has an element of nobility that counters the shame, and perhaps can negate it (????? ?? ????? ????? ????). In that sense it's different than your analogy. Going to the doctor to avoid an embarrassing medical incident isn't laudable. Overcoming an urge is what makes us praiseworthy. Looking at it like this is something that's worked for me. And I never realized how much I had to benefit from shedding the burden of Shame....

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Re: Chizzuk Needed

Posted by chosemyshem - 09 Dec 2024 21:10

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[simchastorah wrote on 09 Dec 2024 17:16:](#)

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Fantastic post and discussion.

Two points.

1) If it was just talking to schmooze about the urge, then you would have an extremely valid point. But the point is that calling someone to share that your having an urge *is an **extremely** powerful method of killing that urge*. I think this is HHM's advice. Just calling someone and sharing is a powerful tool. And a part of the power of that tool I think is the sense of shame. Simply saying it out loud helps you realize how bad of an idea it is. So if you can, recognize that even though it's embarrassing it's also very helpful for you to do it and put on your (unsoiled) big boy pants and do it.

2) Without getting into whether or not you should feel embarrassment about this, the fact is that you do. But calling someone to share doesn't mean getting into every gory detail. It means the general picture. To continue with the incontinence mashal - you're not calling and sharing how you lost control and feces got everywhere and there were little flecks of corn leftover in there from the bbq last night and now your couch has a stain on it shaped like Australia that smells like rotten corn. That would indeed be embarrassing. You're sharing more the trigger that is making you *want* to act out, not the details of *how* you want to act out.

E.g., I'm feeling frustrated so I want to pretend like I'm going on Youtube to check the news and end up spending an hour on inappropriate content. Not getting into detail about the exact shape and flavor of the inappropriate content.

This is, I think, less embarrassing.

3) A bonus point. To echo CO's point about the Bastille of shame. It's totally normal to be ashamed and not want to reach out. This is something that keeps us trapped in acting out. We are effectively telling ourselves something like: "Oh, I'm so disgusting, so ashamed of my terrible life. I can't possible talk about this. The only thing I can do is to keep on acting out (since the ways to get out of acting out are so embarrassing.)" This is a very harmful thing.

That being said, you can ease into reaching out. Posting is a good start. Then perhaps find one person whose posts resonate with you and reach out to them. One of the big guys maybe, who speak to dozens of people and if their contact list gets out half the Jewish world is going down with you. Then maybe make a friend or two. No rush, and no mitzva to speak to everyone. But opening up takes a hammer to the gates of shame, and it feels pretty darn good to be on the other side of that gate. This paragraph is literally just a summary of my personal experience.

Hatzlacha!

Side point: I disagree with looking at the urge as a thought from someone who is "not me". It's helpful as a short term technique to avoid a given urge, e.g. urge surfing or find the fox techniques. But in the long term, you'll probably find that it is indeed you who wants these things, and that's why you do them. Not "society," not "the internet," not "the yetzer hara," but you.

And when you start realizing that you do want this, you can deal with resolving that want in a better way. But if you always disassociate yourself from the urge then you will never resolve those inner drives and they may pop up again in the most unexpected and unhelpful places.

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Re: Chizzuk Needed

Posted by simchastorah - 09 Dec 2024 21:16

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Wow before any further response I need to go ahead and say thanks for those details!

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Re: Chizzuk Needed

Posted by simchastorah - 09 Dec 2024 21:36

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@choosemyshem you made a bunch of good points, thank you.

In particular I find the differentiation between calling to shmuze and calling for help to be helpful, and the next point more so, that the focus is on the underlying feelings which are the cause of the urge, or the vacuum of power that the Russian government I mean the urge may come to fill, or whatever the exact mechanics happen to be.

Regarding your point about relating to the urge as "I" or not as "I" - I (whoever that is) think that it's a very hard topic to get a strong handle on. We know that there are different layers of the self, and we also hear various people defining the true I as different things.

When we investigate the urge/desire deeply we may find that there is some perceived deeply positive element to what this thing is doing for me, and we may identify the desire or pull towards that positive element as something which is rooted in an aspect of ourselves which we are more prepared to be ???? ??? I. Failing to recognize this is dangerous, because any way of addressing the urge which does not address the "true" benefit that acting out does bring to us, the benefit that even the positive side of ourselves sees, will ultimately be recognized by us deep down as missing the boat. (eg I can tell myself from today till tomorrow that this is not fitting for me, and below me, but deep down I feel that this is where I get some semblance of love, and if I fail to recognize that then my "deeper" self will reject the more superficial message).

Because of the above I could understand wanting to say "it is me that wants this thing."

On the other hand, even if the desire on a deeper level is essentially positive, when it becomes encllothed in a desire for something which is essentially destructive, and does not in fact truly satisfy what is desired on a deeper level, that 'clothing' is itself something entirely different from what could have been a positive desire. It comes to have a life of it's own, with a leering imitation of something which could have been beautiful. And the forces at play, which take that deeper desire which is very positive, and mold it and twist it into something else, are very much not us.

This is how I look at it, does that fit with your view?

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Re: Chizzuk Needed

Posted by simchastorah - 09 Dec 2024 21:36

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PS I'm glad I already didn't like corn

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Re: Chizzuk Needed

Posted by chosemyshem - 09 Dec 2024 22:06

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[simchastorah wrote on 09 Dec 2024 21:36:](#)

This is how I look at it, does that fit with your view?

Reasonable minds can differ here. And it's important to remember that there's multiple elements going into an urge: there's normal masculine drives, there's habit, there's pleasure, there's probably inner emotional stuff, etc. etc. etc. And you don't have to figure all that out to get clean.

I'm not saying, "concupisco, ergo sum" (thanks google translate). I think I mostly agree with you.

In a very real inner layer lust is something I absolutely do *not* want. At the same time, if I totally didn't want it then I wouldn't be doing it - generally speaking people do not choose to do something they do not want to do (leaving any discussion of addiction aside). So saying "I don't want this" is not being honest with yourself. And that may come back to bite you later, especially by making you focus on externalities instead of inner work. You have to find a resolution that applies to the part of you that wants it, in addition to strengthening the part of you that doesn't want it.

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