

Please gimme some Chizuk and or Mussar.

Posted by Ineedhelp!! - 04 May 2009 05:15

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Hi fellow Yiddin,

I am new to the site, but what I've seen so far is extremely comforting. Before I saw this sight, I thought my cause was hopeless. I knew I could never tell anyone my sins in person and here comes this website to allow me to gain advice from people who are in the same boat as me and from poeple who have gone beyond the natural tendencies of man and succeeded.

I am a college student who learns half the day. I need to stop immediately. The internet is the biggest Yetzer Harah since the Nachash in the story of Adam and Chava. Many times I feel they are comparable. The Nachash told Chava that Hashem said she couldnt touch the tree. When in reality Hashem said she couldnt eat from it. After the Nachash pushed Chava into the tree, she saw that maybe the whole condition is canceled and she could now even it from it. We all know the rest of the story. And what was Chava's punishment? She had to go through painfull childbirths. From the Men's perspective we can see this as us doing the same. When we are Nichshal and do this evil sin, we are causing ourselves to go through a painfull childbirth. I dont know about anyone else, but after I finish giving in to my Yetzer Harah, I have the worst feeling in the world. It hurts more than any exterior wound. I really feel like "Shir Hama'alos Mimamakim Kerasicha Hashem!" It genuinely feels like calling to Hashem for help from the depths of earth, like Im on the brink of entering Gehinom. So, if we are about to be Nichshal we should try to rememebr that feeling that we had after the previous time, like were are going through childbirth so that next time we will actually think about our actions and not let our minds go astray.

I really daven everyday that everyone who wishes to, should have the Koach to destroy this Yezer Harah.

Hashem: Please all the Jews here have such holy intentions, give them the strength!

everyone should have a great day and keep your eyes down when walking, constantly think about Torah and what Hashem would want, and daven. (i wish that would all be as easy to do as it is to write)

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Re: Please gimme some Chizuk and or Mussar.

Posted by chl - 26 May 2009 18:44

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bs"d

Great post. Thank you, Dov!

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Re: Please gimme some Chizuk and or Mussar.

Posted by the.guard - 26 May 2009 20:53

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Dear Dov, I think you misunderstood INH. He wanted to hear a Shiur on the 12-Steps from Rabbi Twerski, who happens to be an expert in them...

But let me just say, I am SO GLAD that you misunderstood INH, because we all got another AMAZING post from you ;D

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Re: Please gimme some Chizuk and or Mussar.

Posted by Dov - 26 May 2009 21:00

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Oy gevalt! Sorry...

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Re: Please gimme some Chizuk and or Mussar.

Posted by the.guard - 26 May 2009 21:37

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Sorry, Shmorry. It was well worth it ;D

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Re: Please gimme some Chizuk and or Mussar.

Posted by Ineedhelp!! - 27 May 2009 02:14

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I am going to choose not to respond to that rather large post for obvious reasons. But i will say that despite the post I am still in favor of a shiur. Its ok Dov. But i will say that I also want a general shiur and this is against Dov's post. It sounds like youre saying that a shiur will not help the problem. I could not disagree more. Dov, lets say we have this shiur at 12 oclock and "Shlomo decides hes going to listen. Now, he has 2 options from my point of view. He can listen to the shiur or do other terrible things. If this shiur stops him for one hour its all worth it. Maybe in the long term Shlomo needs more advanced help , but short term this shiur can save a life. Literally. And this example can apply to anyone. If I get Chizuk from this shiur and not do something terrible for one night, the shiur saved a life. Please dont belittle the power of speech. Lets get the shiur even if its just on a general topic about say Shmiras Aynayim/Machshavah. Dont heed to words of Dov, GUE. He is blinded by the light that he has reached. I cant see the light yet and maybe a shiur will show it to me. I just want to see a glimpse!

-INH

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Re: Please gimme some Chizuk and or Mussar.

Posted by the.guard - 27 May 2009 08:34

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INH, of course you are right too, but Dov is focusing on REAL recovery, **LONG TERM** recovery...

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Re: Please gimme some Chizuk and or Mussar.

Posted by Dov - 27 May 2009 16:32

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So, the guy says to the judge: "He owes me \$500..."

The judge hears him out and says: "You're right."

The other guy protests: "I never borrowed from him at all..."

The judge listens and responds: "You know, You're right!"

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They both say: "Hey, judge, we can't **both** be right!"

The wise judge thinks and answers: "You know, you're right, too!"

- with love and appreciation ;D

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Re: Please gimme some Chizuk and or Mussar.

Posted by London - 27 May 2009 20:45

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[Ineedhelp!! wrote on 27 May 2009 02:14:](#)

I just want to see a glimpse!

INH

I will give you a glimpse of why I keep going back to my SA meetings. At the meeting which I attended yesterday we read and shared from the White Book, from the chapter called "How I Overcame My Obsession with Lust". The reading of this chapter is so powerful discusses techniques in overcoming lust in great detail, and the shares from other members with various degrees of sobriety amazing. Addictions are known to be "forgetting" diseases, addiction is the only illness that will tell you, you do not have it. I have to constantly go to meetings, work the steps, talk to other members and my sponsor on a regular basis. For me listening to a shiur on the 12 steps simply will not work, they may for you but I am too sick for shiurim in isolation I need the whole package deal of face to face meetings, interacting with other recovering addicts at meetings on the phone, I need a sponsor to guide me through the steps as well as to discuss what's going on in my life generally to make sure I am not resorting my old thinking, my best thinking got me to be a raving addict, I cannot trust myself so my sponsor constantly prods me in the right way. If R' Twersky gives a shiur on the 12 steps I would love to hear it, to hear his perspective on it, but for me that on its own is not enough. For me the 12 steps are not merely a onetime exercise to cure me, they are a way of life that I have to adopt to stay well, a way of

life that comes from our Torah.

I will give you a glimpse in my day how they worked today. This morning when I woke up the first thing I asked Hashem for is to keep me sober today. I called my sponsor before I started work and discussed with him what my plans for the day where and committed with him that I am going to stay sober, I also shared with him that I am experiencing cravings for masturbating. During the day I found myself looking at women on the streets and in my work so I called another member and shared with him what's going on, and surrender these obsessions. I also received 2 calls from members who were struggling. This is a daily working of steps 1 - 3. My life is far from perfect and I have many areas that I need to work on. However on my own even with this forum which is amazing I would not stand a chance. I believe that deep down each one of us know what we need to do for our recovery, there are many reasons to act out but no excuses, and if you feel that a shiur on the 12 steps is going to be what it takes, work it to your utmost but if not, read tool #15 from GYE Handbook as Guard so eloquently writes "Trying to learn the 12-Steps without a group is similar to learning brain surgery from a book. Anyone who wants to become a professional surgeon must join hundreds of real-life surgeries before they may be qualified to practice surgery on their own."

I will end off my Shabbos Hagodol Drosho by quoting from the White Book chapter How I Overcame My Obsession with Lust -

"How did I do it? I didn't. A woman in AA told me after she spoke in a meeting, quoting Chapter 5 in Alcoholics Anonymous that "G-d could and would, if He were sought." And that's how I did it. By letting G-d do it. Because I couldn't. But G-d could and would - and did. But I had to go to meetings to learn things like "Meetings, meetings, meetings, meetings, meetings...." That's what they told me. "Just keep bringing the body". "Work the steps, work the steps, work the steps, work the steps," By going to meetings and working the steps; that's how I did it. That's how I learned to let the grace of G-d enter to expel the obsession."

May we all find the solution that works for us, and work it to our utmost to defeat this illness.

Hatzlocho.

London

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Re: Please gimme some Chizuk and or Mussar.

Posted by Ineedhelp!! - 04 Jun 2009 03:09

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Had a very near slip today but Baruch Hashem i closed out the window and my computer before anything could happen. My gosh that is a great feeling. For that one moment I think I conquered my Y'H. But he'll be back. He always comes back. And he'll come back even stronger next time. Ok i can sense him knocking on my door waiting to come in so I'm going to drain the noise out wih a shiur. Good night everyone.

-INH

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Re: Please gimme some Chizuk and or Mussar.

Posted by the.guard - 04 Jun 2009 11:53

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What Tzadikim we have on this forum!!

Make sure to read - and IMPLEMENT - the tools in the GYE handbook. That will help you for the LONG TERM.

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Re: Please gimme some Chizuk and or Mussar.

Posted by Ineedhelp!! - 05 Jun 2009 14:58

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Hey fellow Jews,

Today is day 4 and I;m feeling pretty good Bli Ayin Hara, but I am cognizant that the Yetzer Hara is creeping up. He is staying silent so that he can make a sudden attack and catch me off guard. I'm trying to think about it so I can be ready for him. Everyone should should have a great, meaningful and uplifting Shabbos. Dont forget that the Gemara in Berachos says that Shabbos is May'ain Olam Habah. If we can get that sense of The Next World maybe it will help us heal and prevent us from sinning next time because we know what lies ahead.

Have a Great Shabbos

-INH

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Re: Please gimme some Chizuk and or Mussar.  
Posted by Ineedhelp!! - 18 Jun 2009 14:05

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Hi all hope everyone staying stong,

I have gone back to my main thread in order to inform the Olam that ny 8 day journey came to an end last night in my sleep. I had a nocturnal emission. I was defenseless and on one I feel that this is the only way the yetzer hara can get me and on the other hand I have to start my count over. I was having some bad thoughts yesterday, but didnt act on them and immediately got them out of my mind. This may have contributed to the nocturnal emission. Another reason mght be because i hadnt had an emmission in what i consider a long time. My previous record was 11 days and the way that broke was also nocturnal emission (I had actually had 3 that night!). But either way I have to start from scratch and understand that this was in Hakadosh Baruch's hands not mine so I still havent looked at inappropriate images in 9 days. How should i react? Anyone haave any guidance for a perplexed Jew?

Thanks so much

- INH

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Re: Please gimme some Chizuk and or Mussar.  
Posted by aaron4 - 18 Jun 2009 14:55

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I don't think this constitutes a fall per the rules for the Wall of Honor since you did not actively pursue it. Guard, can you pasken?

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Re: Please gimme some Chizuk and or Mussar.

Posted by battleworn - 18 Jun 2009 15:10

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INH HaTzadik! That doesn't count for anything. All Hashem wants from us is to do our part.

When the trecherous menuval sees that you're really serious about blowing him to peices and nothing else is going to stop you. He resorts to his cheapest trick and tells you that you fell when really you didn't.

(And BTW we can learn from him and if c'v we ever find ourself or someone else in a desperate situation wanting to give up; we can also use that trick and say that we didn't fall even if we really did and give the menuval a taste of his own medicine.)

BTW just a few days ago I saw the be'er heitiv brings from the SHL'A:???? ??????? ?????????  
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Re: Please gimme some Chizuk and or Mussar.

Posted by Dov - 18 Jun 2009 16:38

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Dear heiligeH INH yid: It was nice to read your open and honest post. Thanks. Keep the frankness and things will keep getting better.

I feel the same exact way as the above yidden and say: consider keeping your date intact and moving on. Humility *in sobriety* is a good thing. The last thing I need is to maintain the lie that *my* sobriety is "perfect". **It is a gift, never fully earned by me and I do not look a gift horse in the mouth!**

We are not dealing with alcohol or cocaine here, where the lines (pun intended) are reasonably clear. It's lust. We do not have a way to draw a clear sobriety definition for lust. SA uses "sex with self or anyone other than the spouse" as its bottom line. Of course, anyone can choose their own. I believe in the Torah and the issur of hirhur bayom connected to hotzoas zera balayla. Nevertheless, as being frum enough never stopped me in addiction, I choose to remain far away from hypocrisy in sobriety, too. I do not associate what's assur or mutar with my sobriety *directly*. I keep it by the program. hashem takes care of the rest.



(In fact, my Best Eternal Friend *has* "taken care of the rest", as I have never [yet] had zera levatola even nocturnally since around the start of my second year of sobriety, BH - I am not showing off, just passing along hope)

I would feel batterred and down, yes, but would not change my sobriety date under your circumstances, my friend. I'd also *have* to work the steps (1-6) to get free of the down-ness, **and quick**, because: if I feel batterred and down enough - trust me - I'd be acting out soon anyway! With love and appreciation,

Dov

So,

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