

Please gimme some Chizuk and or Mussar.

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

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 bardichev - 19 Oct 2009 14:29

YES POST HERE EVERY 10 MINUTES OK

U CAN DO IT

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Re: Please gimme some Chizuk and or Mussar.

Posted by Ineedhelp!! - 19 Oct 2009 14:37

Thanks for being here bardichev. I think I am feeling better. Im gonna go learn something now. But its so crazy i typed the website into my URL twice! and i was able to fight it off. Ive never even done that once.

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Re: Please gimme some Chizuk and or Mussar.

Posted by bardichev - 19 Oct 2009 14:47

TAKE A BREAK FROM YOUR COMPUTER

SMOKE A CIGARETTE

DRINK A COFFEE

RUN AN ERRAND

DO SOMETHING!!!!!!

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Posted by Ineedhelp!! - 19 Oct 2009 17:02

-INH

Posted by bardichev - 19 Oct 2009 17:49

GEVALDIGGGGGGGGGGGGGGGGG

Posted by Ineedhelp!! - 19 Oct 2009 18:00

-INH

Posted by bardichev - 19 Oct 2009 18:04

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THE HEILIGER BARDICHEVER SAID

(REALLY NO JOKE PLEASE IF YOU ARE LITVISH CUT ME SOME SLACK HERE)

B-BIEGEL

H-HERRING

B-BILKE

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Re: Please gimme some Chizuk and or Mussar.
Posted by Ineedhelp!! - 19 Oct 2009 18:09

Bardichev, whats "bilke"? dont worry no offense taken. everyone has their avodah "u'bilvad she'yachin libo lashomayim"

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Re: Please gimme some Chizuk and or Mussar.
Posted by Dov - 19 Oct 2009 18:12

Mazel Tov, INH, on these precious days of being clean! Kein yirbu for all of us! Nothing can take it away.

Instead of waiting for more trouble - and there is and will always be plenty out there for *all* of us - I can't help but share my two cents with you again, because I absolutely *hate* to see anyone suffer needlessly the way I did for so long. I want to do my part to make the load lighter for you, which is one of the 48 ways to get Torah (nosei b'ohl im chaveiro), after all!

Here goes:

For me, as long as I was going from day to day fending off those temptations and just *holding on* and waiting for it to finally *stop being a habit* or just go away somehow, I never found peace. Maybe I got schar, but it never felt right inside. Besides, schar is none of my business. In fact, the days just added up to what ***felt like a long time clean for me***, and then I'd make any one of the many different mistakes in thinking that addicts make when we are looking for some relief from life, and act out. Then I'd be furious and desperate, and/or get hyperreligious, say the Tikkun klali, go to the mikvah, cry, and ***still*** be completely *nuts* a day later...so?

The entire life of someone who has let go of lusting after something that they are lusting after and focused instead on asking Hashem to "Please fill in the gap for me!", is qualitatively totally different than the withering experience of the person who imagines that it is their sworn duty to "beat this thing and/or hold my breath until it goes away"! Perhaps they can't let go of this cyclical wall-banging due to guilt for/need to "make up" for many past failures, twisted ideas of Hashem as having it *in* for them, being convinced that they really cannot live w/o porn, masturbation, or *that woman*, or whatever...***I had them all*** (and probably *still do* , more than I realize!).

Recovery is about the relief of *really going with Hashem right now*.

Yes, we all need chevra, chizzuk and will have hard times. We will all occasionally need a friend to kick our buttocks out of the gutter and back onto the right path. We may need internet filters or a wife checking our phone records, at times.

But the actual path of recovery that I am familiar with, is expressed in the steps. Read them
Try it. The message is about *doing something*, rather than about *not doing something*. The trick is learning how to make recovery our main occupation, rather than just "a medicine". Not easy, but simple. The alternative for me was neither easy, nor simple, to be sure.

PS. Lunch today with Borchy nafshi (and a little K'dushas leivi) will include a Beigel, (matyas) Herring, and a Bilkeleh!!

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Re: Please gimme some Chizuk and or Mussar.
Posted by Ineedhelp!! - 19 Oct 2009 18:24

Thank you DOv for that inspiring post. 2 things:

1) I still dont know what Bilkileh is!!!

2) The 12 steps sound like they are the end all be all for us to recover from our void left by this disgusting thing. I, however, have yet to find a good way to go through them. For me reading them through, even thoroughly just doesnt work. I really dont internalize it that way. I have suggested in the past and will make another bid to have someone give a shiur on it. I cant speak for everyone, but I wonder if we took a poll to see how many people would listen to a half hour shiur on the first step. For me that would do it because I love listening to shiurim and its easy for me to internalize it that way. I also think this would attract more people to the 12 steps. Some people have a problem with it because its not the torah way (whatever that means), but imagine we turn it into a "shiur"!

-INH

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Re: Please gimme some Chizuk and or Mussar.
Posted by bardichev - 19 Oct 2009 20:23

[Ineedhelp!! wrote on 19 Oct 2009 18:09:](#)

Bardichev, whats "bilke"? dont worry no offense taken. everyone has their avodah "u'bilvad she'yachin libo lashomayim"

BILKKE =SMALL CHALLAH SOME SAY BULKIE

BASICALLY CHASSIDIM WOULD SAY THE SELICHOS BUT NOT FAST ON BH'B

THER ARE DIFFERENT MINHAGGIM

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Re: Please gimme some Chizuk and or Mussar.
Posted by Dov - 19 Oct 2009 21:50

[bardichev wrote on 19 Oct 2009 20:23:](#)

[Ineedhelp!! wrote on 19 Oct 2009 18:09:](#)

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LIKKE =SMALL CHALLAH

BASICALLY CHASSIDIM WOULD SAY THE SELICHOS BUT NOT FAST ON BH'B

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Makes perfect sense to me - fasting makes me a nasty guy to be around, but selichos only make me confused and a bit humble. Ahhh, chassidus!

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Re: Please gimme some Chizuk and or Mussar.

Posted by Dov - 19 Oct 2009 22:04

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Thank you DOv for that inspiring post. 2 things:

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-INH

Please don't strangle (or starngle!) me, but:

The 12 steps are not read about, learned about, or darshened (except by some unfortunates, in my not-yet-humble-enough opinion). They are **done**, literally and simply. We don't need shiurim, we need to watch others **do them** more often. You witness a lot of that in healthy 12 step meetings.

Now, if you'd be a ger and just read the Torah, even the Shulchan Aruch, you'd still have a hard time getting yiddishkeit "right". Sort of like driving - from a manual. You'd need to meet *practicing* jews and see how it's really **done**. (Hopefully they'd be ehrlich and have a mesora and sechel, too!)

L'havdil, it's like that with the steps. The minhag of AAs was generally to do the steps **in order** and **with** a sponsor or at least another recovering AA who is ahead of you in the steps (and

sober). It was generally to do it **on paper** and to share it with others.

The best "shiur" I know on how to do the 12 steps is reading AA and the 12&12 of AA for more detail, but when all is said and done, the only thing that will get us better seems to be actually just **doing** the steps - awkwardly and geekily, but simply.

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Re: Please gimme some Chizuk and or Mussar.

Posted by Ineedhelp!! - 19 Oct 2009 23:55

I am about to say something that is very cliché, but i cant do SA meetings end of discussion. Now, that being said the best way for me to learn the 12 steps with the options I have available is someone teaching it to me. Anyone have any better ideas?

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