

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 Ineedhelp!! - 20 Oct 2009 03:38

when is that? i am in school and only have a short time for a lunch break everyday

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Re: Please gimme some Chizuk and or Mussar.

Posted by Kedusha - 20 Oct 2009 04:12

[Ineedhelp!! wrote on 20 Oct 2009 03:38:](#)

when is that? i am in school and only have a short time for a lunch break everyday

Elya's group: www.guardyoureyes.org/?page_id=671 (free)

Zeva's group: www.guardyoureyes.org/?page_id=675 (\$100 for 10 sessions)

Boruch's group: www.guardyoureyes.org/?page_id=684 (free)

There is also Duvid Chaim's group, www.guardyoureyes.org/?page_id=678 (free), but that's for an hour (12:00-1:00 P.M.) Monday through Thursday. But why not check out one of the other groups?

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Re: Please gimme some Chizuk and or Mussar.

Posted by Ineedhelp!! - 20 Oct 2009 13:38

Hey everyone,

"Zeh Hayom Asah Hashem Nagillah Ve'nismicha Vo". this is the day that Hashem made let us rejoice and be happy in it. B'h i have reached level 2 for the first time in a while. hopefully today will help me grow even closer to hakadosh baruch hu.

-INH

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Re: Please gimme some Chizuk and or Mussar.
Posted by Kedusha - 20 Oct 2009 15:04

[Ineedhelp!! wrote on 20 Oct 2009 13:38:](#)

Hey everyone,

"Zeh Hayom Asah Hashem Nagillah Ve'nismicha Vo". this is the day that Hashem made let us rejoice and be happy in it. B'h i have reached level 2 for the first time in a while. hopefully today will help me grow even closer to hakadosh baruch hu.

-INH

Great job! What about the phone groups?

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Re: Please gimme some Chizuk and or Mussar.
Posted by Ineedhelp!! - 20 Oct 2009 15:08

dont have time today cause i have stuff i need to take carfe of but will try it some time in the near future.

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Re: Please gimme some Chizuk and or Mussar.
Posted by Ineedhelp!! - 20 Oct 2009 17:39

I just did a Gemara in Brachos that I think would be pertinent to all of us.

The Gemara on 28a relates us a short story that Rebi Yochanan Ben Yachai was sick and was about to die. His Talmidim come to him and say "Rebbe give us a Bracha on how to live!" Rebi Yochanan Ben Yachai replies with an amazing bracha that we should all be Zocheh to get. He says it should be that the fear that you have for Hashem should be like the fear you have for man. Rebi Yochanan Ben Yachai was saying that people are more willing to do aveiros when no man is looking, but when only Hashem is watching we arent scared. I give us a bracha that we have the fear of other people seeing our Aveiros, also when only Hashem is watching.

-INH

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Re: Please gimme some Chizuk and or Mussar.
Posted by Dov - 20 Oct 2009 21:58

My version:

May recovery bring us to really know that Hashem is seeing our **mitzvos**.

And to become constantly aware (like we are of our noses) that He is together with you and me (bishvili! right here!) while we are eating, sleeping, playing, learning, yelling at our kids,

worrying, showering, regretting, lying, crying, laughing, posting, brushing our teeth, smiling at a friend (or "enemy"), trying, helping, giving up, davening, being born and dying (not necessarily in that order for the last two). It is a pity that some folks (but very few addicts in 12 step recovery) may wait till they are about to die to really, really try to get comfortable being with their very own G-d.

Now **that's** what I expect out of recovery: real life!
that order for the last two

Who needs to reach for any escape when you have inescapable, real life?

Who has time to even **worry** about acting out?

May Hashem help us all get closer, starting today.

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Re: Please gimme some Chizuk and or Mussar.
Posted by the.guard - 21 Oct 2009 12:06

Congrats INH! Keep up the good work...

Yiras Shamayim, no matter how great, is not usually enough when faced head on with lust...
See the story of Reb Amram Chasid in the handbooks... Did he have Yiras Shamayim? So why did he have to get his lust out in the open and yell FIRE?

being born and dying (not necessarily in that order for the last two)

DEEP!

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Re: Please gimme some Chizuk and or Mussar.
Posted by Ineedhelp!! - 21 Oct 2009 13:57

Hey Chevrah,

B'H day 8 is complete and im on to day 9. Feeling ok not great today, I hope I can pull through.

P.S a few months I began going through the 30 attitude principals in a different thread. I restarted that yesterday. Check it out if you want.

_INH

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Re: Please gimme some Chizuk and or Mussar.
Posted by Ineedhelp!! - 21 Oct 2009 14:05

Here's the link to my other thread where i go throught he principals:

rehab-my-site.com/guardureyes/forum/index.php?topic=551.15

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Re: Please gimme some Chizuk and or Mussar.
Posted by Ineedhelp!! - 21 Oct 2009 16:03

Hashem keeps putting nisyonos in front of me!!

I try so much to make sure I dont see any decent looking women. Today, however, on my way to MINYAN, there was a woman who was walking in front of me who was cladly dressed and attractive. I tried my usual tactic of speeding ahead, but she was walking quite fast. Baruch Hashem I was able to keep my head down and one eye closed when I finally passed her. I think Hashem justs wants us to show that we have the right intentions and then He will help the rest of the way. Its like if you are on a date and you sneak in a very important question very subtly just to see if the girl makes a big deal of it. "So rachel, I was reading this thing about women and learning Gemarah..." and she replies: "Gemarah! No, I think woman should stay away from that!". In your head you go: "YES! That's the answer I'm looking for". Hashem is the male and we are the females. He throws us a test and makes sure we true believers in His Torah. If we shiw Him this then He will help us along the way. If not....

-INH

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Re: Please gimme some Chizuk and or Mussar.
Posted by Dov - 21 Oct 2009 16:23

From today's shir:

"im omarti motoh ragli, chadescha Hashem yis'odeini"

Personally, I mean it this way when I say it (not poshut p'shat):

As long as I am saying in my own heart that I really **do not** have what it takes to stay clean, and openly and honestly depend upon Hashem to get me through, He holds me up so *I will not stumble*.

The implication is that should I say (in my heart): "I've got this one!", even after staying clean for decades, He'll simply respond with: "OK, go ahead, buddy. You're on your own."

He loves addicts enough to let us fall very painfully on our faces, so that one day we'll finally, really, give up completely on living without Him. Because we need Him far more than regular people need Him. (Maybe our stronger hunger for Hashem and meaning drove us to be so unhappy with life that we needed to resort to extreme measures for a vital experience, which shmutz feels like, indeed!). To put it Chuck C.'s way: "A faith in G-d in *good*, but it is not enough for alcoholics! We need to *live in* G-d."

INH - This isn't a response to what you wrote, but you reminded me, that's all....have a great day!

- Dov

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Re: Please gimme some Chizuk and or Mussar.
Posted by Ineedhelp!! - 22 Oct 2009 14:09

hey all,

INH's update here: looking to go for double digits today. coasted through day lets hope the same for 10!

-INH

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Re: Please gimme some Chizuk and or Mussar.
Posted by Dov - 22 Oct 2009 16:39

INH - Yow! Another day for all of us is precious. Congrats, chaver.

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