

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 the.guard - 04 Nov 2009 21:29

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If you're on the 90-Day chart, you can sign in to the chatroom using your username and password here: [www.guardyoureyes.org/?page\\_id=1416](http://www.guardyoureyes.org/?page_id=1416)

Make up to meet someone on this forum there, and he should log in too, and then you can chat!

It's still being tested, but it should work. Let me know how it goes...

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Re: Please gimme some Chizuk and or Mussar.

Posted by Ineedhelp!! - 04 Nov 2009 22:37

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I was thinking this Mashul in terms of this idea of surrendering and someone tell me if this is what it is because I think its an extremely focal point of the recovery process: So youre in 8th grade and this bully starts picking on you and your whole life he picks on you and you try to fight back but nothing works. Afterwards you just end up on the floor with a bloody nose, scratches and broken bones. After a while you realize he gets his pleasure when you fight back. SO the next time you say you arent going to fight back you'll just surrender. And the next day the bully comes into the playground and here's how it goes down:

Bully: "Hey INH, you ready to do this?"

INH: "Na not feeling it today"

Bully: "What do you mean lets fight. What are you a wuss?"

INH: "I guess so. Ya Im a wuss. You win again!"

Bully: "Well I wanna fight so we're going to fight"

INH: "Sorry not gonna happen I give up you already won the fight"

And as INH walks away he turns around and sees the bully with an empty and sad look on his face. He realizes he just won. This is our battle with the Yetzer Hara. He wants us to put up somewhat of a fight so he can fight back with all his strength. Once we partake in the battle he uses all his power and might to defeat us. And he doesnt just want to defeat us, he wants to pulverize to the ground so we wont get up. But, if just give in before the fight even starts, the Yetzer Hara has nothing to get us on. He cant use all of his powers to get us down and keep us down.

Does this make any sense???

-INH

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Re: Please gimme some Chizuk and or Mussar.  
Posted by G38 - 05 Nov 2009 12:28

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Spot on man!

Very well said.

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Re: Please gimme some Chizuk and or Mussar.  
Posted by 7yipol - 05 Nov 2009 12:56

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[G38 wrote on 05 Nov 2009 12:28:](#)

Spot on man!

Very well said.

ditto!

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Re: Please gimme some Chizuk and or Mussar.  
Posted by Dov - 05 Nov 2009 17:48

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Hey there, mom...that word is taken.....oh, never mind.

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Re: Please gimme some Chizuk and or Mussar.  
Posted by 7yipol - 06 Nov 2009 10:38

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[dov wrote on 05 Nov 2009 17:48:](#)

Hey there, mom...that word is taken.....oh, never mind.

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Re: Please gimme some Chizuk and or Mussar.  
Posted by Ineedhelp!! - 06 Nov 2009 15:21

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Hey everyone have a great Shabbos. Make it meaningfull. Do something special this week that you dont normally do. Set the table, but flowers, cook/bake something.

-INH

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Re: Please gimme some Chizuk and or Mussar.  
Posted by Ineedhelp!! - 08 Nov 2009 02:34

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Hey everyone I hope you all had amazing Shabbossim wherever u spent it. Ive had a rough night fending off the yetzer hara, but B'H still clean. Hope youre all doing well and have aGut Voch!

-INH

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Re: Please gimme some Chizuk and or Mussar.  
Posted by the.guard - 08 Nov 2009 11:07

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KUTGW!

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Re: Please gimme some Chizuk and or Mussar.  
Posted by Ineedhelp!! - 08 Nov 2009 21:08

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Wow I fell today. Cant believ it. Hit me like a ton of bricks. I fell and it hurts. I fell and it left a permanent scar. I will get back to explaining my reaction later. You may be surprised to hear what it is. Have to go daven Mincha now.

-INH

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Re: Please gimme some Chizuk and or Mussar.  
Posted by the.guard - 08 Nov 2009 21:22

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"Reaction" to the fall, or reaction that LED to the fall?

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Re: Please gimme some Chizuk and or Mussar.  
Posted by Ineedhelp!! - 08 Nov 2009 21:34

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No i meant reaction to the fall thats why I said youll be surprised

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Re: Please gimme some Chizuk and or Mussar.  
Posted by the.guard - 08 Nov 2009 21:45

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Re: Please gimme some Chizuk and or Mussar.

Posted by Ineedhelp!! - 09 Nov 2009 02:44

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First of all I'd like to explain why I probably fell. I am pretty it is stress related and I was trying to escapoe the pressures of the stress. I have alot of work coming up this week and theres alot of pressure involved in the work. Second order of business is to explain the two reasons why it was necessary for me to fall:

1) I needed a reality check. A smack in the face. This has been my longest streak in a while and its no secret that its because of the 12 step program that I am attending (over the phone). I thought I was doing so well that I was in control of it. I would never fall again. This could not be further from the truth. Hashem wanted me to fall in order to realize that I REALLY AM NOT IN CONTROL. And every time we think we can control this, He is going to give us a nice fat reality check in the form of lust.

2) I needed to really understand what it meant that our lives are "unmanageable". When I went through this step, I didnt hesitate to answer yes, I fully believed it, and I even preached it. But I didnt really understand what that meant. For the first time in my life I teared because I fell. Right afterwards. I am not a very emotional person so when I tear somethings gotta give. My life is completely unmanageable like this. I need Hashem to control me, I cant control me.

Everyone should have a great week of spiritual growth.

-INH

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