

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 - 08 Dec 2009 22:40

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[Yiddle2 wrote on 08 Dec 2009 22:32:](#)

Does anyone know if the SA White Book is available online??

[www.guardureyes.com/GUE/PDFs/eBooks/White%20Book.pdf](http://www.guardureyes.com/GUE/PDFs/eBooks/White%20Book.pdf)

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Re: Please gimme some Chizuk and or Mussar.  
Posted by Ineedhelp!! - 08 Dec 2009 22:41

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Thanks Guard but what are you doing up this late?? :o

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Re: Please gimme some Chizuk and or Mussar.  
Posted by Ineedhelp!! - 20 Dec 2009 14:49

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Hey all,

I ah....Fell last night. My 3 week journey came to an end. This was my longest streak yet so b'h I am not down on myself because I know I can get back there. I know the 12 step program has to be working or I wouldnt make it even 3 days. I know Hashem wants me to get better, He is just telling me so in an extreme way (atleast in my eyes). I know Hashem just wants me to get closer to Him and knows that I can best do it through this addiction. I know.

-Yiddle

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Re: Please gimme some Chizuk and or Mussar.  
Posted by Sturggle - 20 Dec 2009 15:40

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ur a-ok man.

so true, He wants you to be close with Him.

and no three week journey came to an end.

i think your journey is continuing on.

ups and downs are all part of the derech.

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Re: Please gimme some Chizuk and or Mussar.  
Posted by the.guard - 20 Dec 2009 16:08

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My 3 week journey came to an end.

If you walked for 3 weeks through rain and snow, to get to the yeshivah of your dreams, and suddenly you hit a rock, tripped and fell... did your three week journey come to an end?? Of-course not!! You just need to get up, brush off the mud and snow, and continue on!

You'll be there in no time.

:D As long

as you don't give up, you are still **exactly** where you left off.

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Re: Please gimme some Chizuk and or Mussar.  
Posted by Steve - 21 Dec 2009 23:04

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Yiddle -

I love you, man. You had a great, long streak. THAT'S GEVALDIK. don't get down, get to work. Our lives are gonna be filled with struggles. This is ours for now. We'll make it, then there will be other struggles.

Brush yourself off, and when you start again, look around. You are NOT where u were 3 weeks ago. You are higher up the mountain. You are NOT beginning from the same place you started. You never were.

Take my hand, I'm pulling you up to the next ledge with me. Sit down and rest, you can't fall here. Then we'll climb again together.

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Re: Please gimme some Chizuk and or Mussar.  
Posted by Ineedhelp!! - 22 Dec 2009 01:02

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Thank you very much "Pickle" Steve,

I appreciate you lending out the hand to a fellow struggler. We all need that hand at some point.

-Yiddle

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Posted by Sturggle - 22 Dec 2009 11:37

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MOM!!!

He's laughing at me!!!

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Re: Please gimme some Chizuk and or Mussar.

Posted by imtrying25 - 22 Dec 2009 11:39

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What am i suposed to do when you make a fool out of yourself?? ;D ;D ;D ;D ;D ;D ;D ;D ;D ;D

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Re: Please gimme some Chizuk and or Mussar.

Posted by Sturggle - 22 Dec 2009 11:43

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Re: Please gimme some Chizuk and or Mussar.

Posted by Kollel Guy - 22 Dec 2009 11:47

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Hey Struggle, Don't listen to IT, he's just in a good mood because he was at the kumzitz and us losers weren't.

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Re: Please gimme some Chizuk and or Mussar.

Posted by imtrying25 - 22 Dec 2009 11:53

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[Kollel Guy wrote on 22 Dec 2009 11:47:](#)

Hey Struggle, Don't listen to IT, he's just in a good mood because he was at the kumzitz and us losers weren't.

Thats where you go wrong. Sturggle was there!!!

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