

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 Kollel Guy - 22 Dec 2009 13:14

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OK IT, I'm storry..

There, I said it.

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Re: Please gimme some Chizuk and or Mussar.

Posted by imtrying25 - 22 Dec 2009 13:16

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[Kollel Guy wrote on 22 Dec 2009 13:14:](#)

OK IT, I'm storry..

There, I said it.

The first thing is to admit defeat.....

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Re: Please gimme some Chizuk and or Mussar.

Posted by Kollel Guy - 22 Dec 2009 17:47

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Re: Please gimme some Chizuk and or Mussar.

Posted by Sturggle - 22 Dec 2009 18:02

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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.

KG,

thanks for sticking up for me, I appreciate it.

[7Up wrote on 22 Dec 2009 13:02:](#)

Kids, behave!

:D

well, mom, if it was you who cleaned it up, thanks.

I just can't help myself... :-[

so...,

YEEDLE DEEDLE,

how **you** doin?!

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Re: Please gimme some Chizuk and or Mussar.

Posted by Ineedhelp!! - 22 Dec 2009 18:49

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Haha you guys seem to be alot of fun on my thread. Keep it going. My thread is your thread. I am doing good thank you. How are ya'll doing?

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Re: Please gimme some Chizuk and or Mussar.

Posted by Sturggle - 22 Dec 2009 19:47

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im doing alright, B"H.

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Re: Please gimme some Chizuk and or Mussar.

Posted by 7yipol - 23 Dec 2009 20:40

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Thanks for the invite for us to crash your party Yiddle :D

Wish I had time to stop by more often :-\

...so better behave over here, guys! ;D

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Re: Please gimme some Chizuk and or Mussar.

Posted by Momo - 27 Dec 2009 08:45

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**YOU ARE SOMEBODY SPECIAL!!!**

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Re: Please gimme some Chizuk and or Mussar.  
Posted by Dov - 29 Dec 2009 00:14

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[Momo wrote on 27 Dec 2009 08:45:](#)

**YOU ARE SOMEBODY SPECIAL!!!**

Momo! I love it!!

You are too!!

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Re: Please gimme some Chizuk and or Mussar.  
Posted by imtrying25 - 29 Dec 2009 22:51

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Yiddle is that it?? No more posting?? :-\ :-\ Dont think we dont notice. and we miss you.

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Re: Please gimme some Chizuk and or Mussar.  
Posted by Ineedhelp!! - 29 Dec 2009 23:18

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Thanks IT25,

It makes me feel very good and cared about someone says something like that. I am here I am just kinda lurking in the background because I have been kind of busy lately. Come to think of I have been falling quite alot and it would be good to get my feelings out there.

So because of IT25 here goes:

I am really learning alot about myself by going through the 12 steps. My new main thing is that although I am a devout religious person, I am in no way a spiritual person. If I ever want freedom from this, I am goign to have to find a way to become more spiritual. This might be contrary to how I grew up, how my friends are, and even how I am typing this post, but its a reality. Spirituality is the key here.

Lust tends to take over my mind and body in two opposite situations: When I have restlessnes, irritability, discontent, and fear and also when I feel like I am on top of the world. Anxiety causes uncertainty. Uncertainty causes a breach in my connection with Hashem, again back to spirituality being the key here. When I get a good streak going I am so happy yet when I get too far away from my first day of sobriety, I feel like I can control this. That is my ego coming into play. When ego comes into play I am disconnected from Hashem. And again we are back to spirituality.

You see guys, a common misconception I had growing up was that spirituality meant being Chasidish and I am far from Chasidish (not that there's anything wrong with Chasidim, I just not one). Don't ask me why, that just the way I viewed it. That notion is still lingering in my head. I need to break that bond and realize that spirituality is not connected to "Chasid", it is connected to Jew. We are a spiritual people. All of us in our own way. But ultimately that is what brings us together as one nation.

So there is my rare rant. It felt good. I should probably do it more often.

Thanks IT25

-Yiddle

P.S. Anyone know what happened to Guard, I didnt get any daily emails today?

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Re: Please gimme some Chizuk and or Mussar.

Posted by Dov - 29 Dec 2009 23:26

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WOW!! Thank you so much Yiddle2! That was **so** spot-on. I also operated under some really simple and basic misconceptions. They feel so natural to slip into, and before you know it, I'm slipping out of reality! We seem to discover these chunks of self-clarity over time in sobriety, rather than analyzing ourselves to death "to get to the bottom of things right now", right? At least that's what I've found...

Geshmak! please keep posting about what's cooking with you.

Thanks again.

- Dov

PS. That IT25 is something, isn't he?

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Re: Please gimme some Chizuk and or Mussar.

Posted by Steve - 29 Dec 2009 23:27

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yiddle - hope you are doing ok. j'ever need to talk, j'know where to find me. only issue is my getting to look there when I'm not at work. i'll try keepin an eye out for ja.

keep the faith bro, hang in there....

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Re: Please gimme some Chizuk and or Mussar.

Posted by imtrying25 - 29 Dec 2009 23:29

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Hey yiddle after reading your post i nust wanna give yu a HUGE HUG!!! From brother to brother.

And you even got my Rebbi to back you up. Thats another hug for you. Keep it up.

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