

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)

=====
=====

Re: Please gimme some Chizuk and or Mussar.

Posted by zalmandovid - 06 Apr 2010 22:07

hey Yiddle how are you? How was your personal Yetziyas Mitzrayim?

Thinking of you.

ZD

=====

Re: Please gimme some Chizuk and or Mussar.

Posted by Ineedhelp!! - 11 Apr 2010 19:04

Hey guys,

Been a while since my last login. Through Pesach didnt have any interent and my computer was broken afterwards so couldnt really go on here. I see many people are doing great and I hope you all keep up the amazing work!

-Yiddle

=====

Re: Please gimme some Chizuk and or Mussar.

Posted by Sturggle - 11 Apr 2010 19:37

and same to you!

=====

Re: Please gimme some Chizuk and or Mussar.

Posted by Ineedhelp!! - 12 Apr 2010 20:16

Deep Breathe.... Here we go.

I am torn. Torn to peices. Shreads. Threads. What is there to do? ANother spiral downward. Another dip in the sea of death. Yet another cry from my knees. I dont know what to do anymore. I honestly feel hopeless. Helpless. Almost on the brink of just wanting to give up this battle and just let life takes me where it wants.

I tell myself I am not strong enough. I dont have the will or mind power. And I truly don't. When was the last time this really affected me? When was the last time I cried over this? Never. Life is a cycle. If I want to change myself I need to find the biggest hammer in the world and smash this cycle to bits and pieces. I feel like Ive fallen all the way back to worse than pre-GYE. I dont really ever ask for help so this calling out to you guys is the truth.

Thank you all.

-Yiddle

=====
=====

Re: Please gimme some Chizuk and or Mussar.

Posted by jack - 12 Apr 2010 21:46

dear yiddle - we've ALL been there-if you feel powerless, you have attained step #1.whaddayou think - you start at step 12? EVERYONE starts at step 1.some people never get to step 1, and remain forever in step 0. yes, we are powerless, but we dont have to REMAIN powerless.but DONT get depressed - listeb to rabbi reisman's shiur on not getting depressed.it is well worth it.you are NOT a baal bechira-do you hear me? only a baal bechira can justly be judged. you have not reached the stage of bechira yet.please listen to rabbi reisman's shiur, PLEASE.

i love you, jack

=====
=====

Re: Please gimme some Chizuk and or Mussar.

Posted by Sturggle - 12 Apr 2010 22:09

I tell myself I am not strong enough. I dont have the will or mind power. And I truly don't.

You sure all those "I"s are one and the same?

I'm not convinced.

Never cried over this?

Maybe we define crying in different ways,

I don't think it at always needs to mean wet tears.

What you posted almost two hours ago

seems like a cry to me...

I love you,

Sturggle

=====
=====

Re: Please gimme some Chizuk and or Mussar.

Posted by Dov - 13 Apr 2010 02:56

[Yiddle2 wrote on 12 Apr 2010 20:16:](#)

Deep Breathe.... Here we go.

I am torn. Torn to peices. Shreads. Threads. What is there to do? ANother spiral downward. Another dip in the sea of death. Yet another cry from my knees. I dont know what to do anymore. I honestly feel hopeless. Helpless. Almost on the brink of just wanting to give up this battle and just let life takes me where it wants.

I tell myself I am not strong enough. I don't have the will or mind power. And I truly don't. When was the last time this really affected me? When was the last time I cried over this? Never. Life is a cycle. If I want to change myself I need to find the biggest hammer in the world and smash this cycle to bits and pieces. I feel like I've fallen all the way back to worse than pre-GYE. I don't really ever ask for help so this calling out to you guys is the truth.

Thank you all.

-Yiddle

Wow. And look at the love pouring out in the responses! There is a story I heard about R Yisroel Salanter, though others have quoted it about someone else:

A yiddle (probably related to you, Yiddle2!) was told he'd be davening for the amud at Reb Yisroel's shul that Yomin Noro'im, and said: "Rebbi, this is ridiculous! I am not a person to do this: I don't sing well enough, I don't have enough real kavonoh, and I have aveiros, besides!"

Reb Yisroel answered (and I am starting to cry now while typing this): "What, do you think we really need someone up there who thinks that he *can* sing well enough, *has* good kavonoh, and has *no* aveiros!?"

To me, that story is like a bolt of thunder and lightning. The steps are not *really* for the guy who wants *to improve his life*, the guy who feels *he needs to be stronger*, nor for the guy who thinks that *if he just tries these eitzos, he'll make it!* They are for the guy who has no hope whatsoever - even *with* the steps! It's impossible! There is no way he can make it! But he has no way out (cuz suicide is not what he wants to do for whatever reason)!

B"H! For him there is an accepting and loving Hashem waiting, and the steps helped many

people *find* that open hand of Hashem and get the gift of a new life, if they admit the truth about themselves see there is no way out, and begin to give themselves over to the care of Hashem.

It's takeh *not* for the guy who thinks he can make it - it's for the guy who sees that *he can't*.

You are a very lucky person. Let go of yourself and get the help you need and trust in the *im* possible. gevalt it isn't easy, but in the end what choice do we have?

=====

Re: Please gimme some Chizuk and or Mussar.
Posted by Chazak Amenu - 13 Apr 2010 04:12

WOW! nough said

=====

Re: Please gimme some Chizuk and or Mussar.
Posted by DovInIsrael - 13 Apr 2010 13:45

the answer is within.

you yourself said: just let life takes me where it wants.

bingo!

stop taking control - we are just actors in the script of life.

Dov mentioned the "impossible"

impossible is I'M POSSIBLE !

I CAN'T becomes:

I CAN...

I'M ABLE TO...

I'M NEW at this...

TEACH ME!!!

and when that does not work - try to work on your personal image. Shed some of HaShem's Light onto the subject...

try this...

stand in front of a mirror (or someone you really care about if they are available) ...and with your hands clasped over your head, carefully spell the word image...

and then say VERY LOUDLY:

LIGHT-BULB!!!

(sometimes a little humor is enough to get through the blockages holding us back)

;D ;D ;D

=====
=====

Re: Please gimme some Chizuk and or Mussar.
Posted by Dov - 13 Apr 2010 22:24

Youch! This is funny! Seriously!

=====
=====

Re: Please gimme some Chizuk and or Mussar.
Posted by Ineedhelp!! - 15 Apr 2010 16:28

I would like to go back to the 12 steps because I recall that time of my life being much more rewarding and purposefull. I cant (and wont) attend live meetings and I cant do the phone conference again because of time constraints. And ideas?

-Yiddle

=====
=====

Re: Please gimme some Chizuk and or Mussar.
Posted by Steve - 15 Apr 2010 16:31

Hi Yiddle. Miss you.

Try speaking with DC - maybe he has an alum who is ready to give you some one-on-one sponsoring, at a time when its good for you..

=====
=====

Re: Please gimme some Chizuk and or Mussar.

Posted by Ineedhelp!! - 15 Apr 2010 16:33

I emailed him. The problem is theres no set time in my day when I can do it every day. Some days I wont be able to do it at all. My schedule is is just too crazy and unstructured.

=====

Re: Please gimme some Chizuk and or Mussar.

Posted by DovInIsrael - 15 Apr 2010 19:39

yiddle -

I know exactly how you feel, I felt the same way...

its amazing how much time I can procrastinate and avoid doing the things I really need to do.

have not figured out how to break the procrastination cycle..

sometimes I schedule my own time on my calendar at work.

sometimes I just write a list of things I have accomplished through out the day (in half hour increments)

if you dont mind calling Israel...or chatting ... you can be in contact with me... my schedule is also spuratic...but I'd be happy to make time for you

(isn't it amazing how we can KILL TIME, but yet MAKE TIME for our friends.

maybe time is not linear...but rather warped and just spontaneous)

pm - i'll give to contact info

=====

=====