

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 Shteeble - 12 Oct 2010 03:14

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Welcome back!

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Re: Please gimme some Chizuk and or Mussar.  
Posted by Dov - 12 Oct 2010 03:15  
Maybe stick around and try to wake the sleeping forums??

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Nice to 'see' you!!

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Re: Please gimme some Chizuk and or Mussar.  
Posted by Stuart - 12 Oct 2010 03:26

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How are you? What you been up to?

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Re: Please gimme some Chizuk and or Mussar.  
Posted by Ineedhelp!! - 01 Nov 2010 18:16

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Hey all back again!

Life is tough. Thats a reality. Not just in these areas but all around. I feel like there's a set of shackles on my wrists and ankles preventing me from doing what I want to be doing and what I should be doing. So painful.

Well anyway its good to be back.

Hope to hear from all of you!

-Yiddle

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Re: Please gimme some Chizuk and or Mussar.

Posted by Dov - 02 Nov 2010 02:15

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Hatzlocha. Read tehillim, "ko'ari, yodai v'raglai"....you are not the first person to feel this way, you know. Hatzlocha, friend.

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Re: Please gimme some Chizuk and or Mussar.

Posted by Sturggle - 02 Nov 2010 08:07

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hey yiddle!

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Re: Please gimme some Chizuk and or Mussar.

Posted by Ineedhelp!! - 03 Nov 2010 14:35

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Hey guys,

Weird question that maybe none of you know what I am talking about: Does anyone have other issues besides fro lust related? I have another issue at hand and I think being able to chat with

someone about it would help me greatly. You can PM me if you do and want to talk to someone in the same boat as you.

Thanks

-Yiddle

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Re: Please gimme some Chizuk and or Mussar.  
Posted by frumfiend - 03 Nov 2010 15:22

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Every addict has other issues. Without them he wouldnt be a addict.

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Re: Please gimme some Chizuk and or Mussar.  
Posted by ZemirosShabbos - 03 Nov 2010 15:32

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what qualifies as an issue? can you be a little more specific? (of course without disclosing anything you don't want to disclose)

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Re: Please gimme some Chizuk and or Mussar.  
Posted by Ineedhelp!! - 03 Nov 2010 15:39

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Would rather not disclose it publicly. If someone thinks they know what I am tlaking then PM me.

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Re: Please gimme some Chizuk and or Mussar.

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Posted by ZemirosShabbos - 03 Nov 2010 15:41

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ok thanks

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Re: Please gimme some Chizuk and or Mussar.

Posted by Ineedhelp!! - 08 Nov 2010 15:19

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Re: Please gimme some Chizuk and or Mussar.

Posted by Yosef Hatzadik - 09 Nov 2010 00:27

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Chazal ask who the word '*Bo*' is referring to? Is referring to the 'day' [i]zeh hayom[/i]] or is it referring to Hashem [i]assah Hashem[/i]]? They conclude that it is referring to Hashem.

No matter what is transpiring to us in any given day, when we contemplate that Hashem is the one who made it - and that HE is here with us - we can rejoice with Him!  
**"ZEH Hayom Assah Hashem, Nagilah Venismichah Bo"**

Even if the the day is bad, we still have Hashem!

And when the day is 'good', we know that Hashem is the One who made it be 'good'..... so we rejoice with Him!

We rejoice that we are with Him.

.....through thick & thin!

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Re: Please gimme some Chizuk and or Mussar.

Posted by Ineedhelp!! - 25 Jan 2011 21:45

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Hey fellow GYEers,

I havent posted in a while. No good reason for that I guess. But I am not here to vent on the past. I am here to look towards the future. I am looking now for an accountability partner. Someone who is willing to chat every day on gchat and REALLY wants to get help and be helped in this area. I have been on GYE for a while so I am experienced. I'm not looking for a 12 step sponsor or anything 12 step realted. Just someone I can rely on to talk to who will listen and talk back. I am in my 20s and single so someone around that age and marital status is preffered. If you are AT ALL interested please send me a PM or an email at [Yiddle2@gmail.com](mailto:Yiddle2@gmail.com) and we can start right away. The more the merrier so please act now! Please dont be shy because I am starting to think thats whats holding me back in my road to recovery. Please chevra I am asking you for help.

All the best and cant wait to hear from you!

-Yiddle

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