

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 lookingforwisdom - 04 Jul 2011 20:02

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[Yiddle2 wrote on 04 Jul 2011 19:57:](#)

Hello everyone. I'm sure there are totally new people here whom Ive never had the please of "meeting" on here. My name isnt Yiddle but thats what I go by on here (not sure why...).

Just reaching out to the GYE velt. If any old timers want to pop by and say hi it would put a smile on my face. And anyone I havent met that wants to as well would put a double smile.

Hi

Leme see your smile

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Re: Please gimme some Chizuk and or Mussar.  
Posted by Dov - 04 Jul 2011 20:02

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Zo.....did you ever find that elusive accountability partner?

(And by the vay, "Hi there!")

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Re: Please gimme some Chizuk and or Mussar.  
Posted by Ineedhelp!! - 04 Jul 2011 20:08

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**Yiddle!!!!**

So nice to 'see' you!!!

I think of you quite often!

Here is a smile (I borrowed it from **ZemirosShabbos's** [Smile Gemach](#)):

[ZemirosShabbos wrote on 02 Dec 2010 15:49:](#)

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[Yiddle2 wrote on 04 Jul 2011 19:57:](#)

And anyone I havent met that wants to as well would put a double smile.

Actually we have not met - yet. So here are TWO smiles:

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Re: Please gimme some Chizuk and or Mussar.  
Posted by Ineedhelp!! - 06 Jul 2011 04:12

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Hey if anyone wants to chat I have gchat I find it very helpfull and you might to. Its coomunicating on a more personal level which always helps. I am not affiliated with any particular movement in recovery so we can certainly help each other. My gmail is Yiddle2.

Also I wanted nto throw out an idea of maybe a few times a week doing a mussar session. Maybe we can plow through Mesillas Yesharim over the phone in a conference. If youre interested in this you can reply here.

-Yiddle

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Re: Please gimme some Chizuk and or Mussar.  
Posted by Ineedhelp!! - 18 Jul 2011 03:06

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Hey does anyone know what the situation is with the filter gabai? I need someone to hold my password... If someone would be willing to hold the password for who is easily accessible either through text message or email or gchat that would be great because there are times for business where I need to bypass the filter. I am afraid that if I give the password tot he gabbai and hes not available when I need the password that it wont work out. Can someone help me with this?

Thanks,

Yiddle

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Re: Please gimme some Chizuk and or Mussar.

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Posted by Ineedhelp!! - 20 Jul 2011 14:21

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I had an idea that I think would benefit alot of people here. I was thinking of starting a new accountability group like the ones we have on GYE but with a couple of different twists.

1) Everyone must check in every other day. Failure to do so without good reason would lead to expulsion from the group. I know this seems harsh but if you look at all these groups, they end up dying iff because people dont check in. I would only want people in this group who are as committed as I am if not more.

2) It would be independent of GYE. This is done to gain more privacy and allow people to be more open and also shows how committed you have to be to the group in order to stay in. It will be private so nobody can read it without granted access by the moderator.

Let me know what people think about this. If youre interested you can PM me, email me, or reply on here.

I think this can be a great tool for people who are really committed. This will not be a 12 step group or anything like it.

-Yiddle

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Re: Please gimme some Chizuk and or Mussar.

Posted by Dov - 21 Jul 2011 16:24

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Hey, instead of ignoring me cuz you think you know how predictable I am, I want to tell you that I really think this idea of yours is awesome.

As you can guess, I feel it is reinventing the wheel. I am part of a group of men who want to stay clean and meet on the phone to talk and do some work for that prize. We talk about being



honest, we discover new ways we were always lying to ourselves, and we learn what real commitment means. It is the third cycle of this group - it always starts with about 10 guys and ends up as about 5. Those who stay are definitely committed and undergo change that usually stays with them.

Then the unthinkable 'happens' to most of them: they decide to *meet* some other guys in the group **in person**. And as intentions and decisions are meaningless and empty unless put into real action, they do meet them.

As each of those guys will tell you (and you know at least five of them by username), meeting other guys in the group who they are working together with, is a life-changer. And the changes last. The single most predictable factor in growing up (and out of this schmutz) is the demand for saving face. We all like to call it 'privacy'.

That's why I *love* your idea. It is a step towards having a more realistic relationship with the other guys. And the best part of all is that it is *separate from GYE*. It's your own, so it's more personal. Geshmak.

I am committed to my sobriety and recovery and would agree to join with you and be on your call. I have only one condition and make one promise:

The only **condition** is that no *usernames* are allowed - we'd all use our real first names. Enough fakery and hiding behind play-names. If that condition is OK

The **promise** is that I will not spew any program stuff in the context of that group. I know I am just another sex addict who desperately need to hang onto the sobriety he has been granted by Hashem today. The group will obviously be a mix os addicts and no-addicts - but that has nothing to do with membership. We all want to stop sex with ourselves and the porn and fantasy junk that goes with it, right?

Am I in?

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Re: Please gimme some Chizuk and or Mussar.  
Posted by Yosef Hatzadik - 21 Jul 2011 16:31

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[dov wrote on 21 Jul 2011 16:24:](#)

The only **condition** is that no *usernames* are allowed - we'd all use our real first names.  
Enough fakery and hiding behind play-names.

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Re: Please gimme some Chizuk and or Mussar.  
Posted by Ineedhelp!! - 10 Aug 2011 21:32

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I'm in another free fall and I **MUST** do something to change this. I am going to bli neder not be in the computer for more than 15 minutes at a time. I'm on the computer alot of the day because of work, but I am going to be more cognizant of how much time I spend on it. I am also going to set out 4 minutes every day, 2 in the morning and 2 at night to just talk to G-d one on one with nobody around. Doesnt seem like a lot but it is and I think it will have a profound effect on me.

Ok these two things are enough for now. So to recap: no more than 15 minutes on computer without a break and 4 minutes a day talking to God alone.

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As you know, I do take issue with this condition.....

Re: Please gimme some Chizuk and or Mussar.  
Posted by Dov - 11 Aug 2011 05:08

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I will be a pain in the butt again, and more explicit and pushy than ever before. Nu.

What does all this mean: [Yiddle2 wrote on 10 Aug 2011 21:32:](#)

I'm in another free fall...

I MUST do something to change this.

I am going to bli neder.....

I am going to be more cognizant of...

I am also going to set out...to just talk to G-d one on one with nobody around....talking to God alone.

Why do it alone? It sounds nice, sure, 'talk to Hashem alone'...but does he fail as you do? Does He talk back to you?

I still think that avoidance of using other addicts has always been your one hold-out. No meetings - anything but anything...but no meetings. It's just permanently and completely out of the question. Is then your recovery out of the question?

Perhaps you have indeed tried hard. And yet now

I MUST do something to change this.

...it seems to this bozo (me) that you are re-frying the same old beans, friend.

Will you now be more cognizant, somehow? Have you been the sudden yoreish of some new trove of wisdom and insight?

AA discovered that self-knowledge was **not** the answer. What have you discovered and how is

it really any different?

There is 'going it alone', and there is 'going it alone'. I do not believe that "getting closer to Hashem" is the answer - until you have payed the price and learned how to *first* get close to other sick people - people like you.

Being 'spiritual' is easy, when it's just you and G-d. Then when people get involved we really start to learn that our 'relationship' with Hashem wasn't *nearly* as real as we thought it was. That is a gift of meetings, and davka in person.

Thanks to Hashem I can go to them, and do, regularly.

I would keep my mouth shut, and have for a long time. But your struggle speaks to me, and here you go, choosing yet more isolation and safety in your familiar comfort zone.

I MUST do something to change this

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Re: Please gimme some Chizuk and or Mussar.

Posted by kidushashem - 11 Aug 2011 10:37

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Reb Yiddle,

I know you're on a down now but I was just reading your post from a few weeks ago asking to say hello to old and new members.

So here I am (read rap-style) -

My name is Levi Yitzchak AKA Kidushashem

My symptoms are so hard I never want to take no blame

Live in shame, need a name, Yetzer Hara have to tame

But it's a game, I can win, make the strategy just plain.

So now there is a plan all I do is move ahead

I know I cannot stop or my symptom will be: dead

Pump the lead, use your head and the Torah must be read

Out of bed, no fake med(s), down the right path you'll be led.

I've been to hell on this earth - up to me I won't return

Let me say it ain't no mirth if for Holiness you yearn

So now I say, a change of way, I will find what makes me sway

Timtum Halev goes away and I will LIVE another day!

Reb Yiddle,

I would love to talk Gchat.

Live strong my friend!

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Re: Please gimme some Chizuk and or Mussar.  
Posted by Dov - 11 Aug 2011 12:40

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Levi Yitzchak, you are indeed the man. Getting real, opening up - that's what it is all about and the only thing that it is all about - in the beginning, middle, and end.

Love **both** of you guys like crazy!

G-chat the yiddle2 and the kiddushashem and who **knows** what great stuff will grow outa that?

Awesome!!!!!!!!!!!!!!!

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