

Mesayin's Motivative Messages

Posted by Mesayin - 15 Oct 2015 21:08

Hello everyone Mesayin here, I've been on the site for about a week now and B"H i've learnt a lot (thank you everyone) and i think now its time I write my story.

Before I came to this site I thought i was one of very few people that had these struggles and that my struggles were one of the hardest, but as i started reading people's stories I realized that there are a lot of people in this fight and are in much deeper problems than I ever imagined and the fact that they are on the path to cleanliness is **Amazing** and gives me strength.

So I will bezra"h write my story and hope people will gather chizzuk from it.

I started playing computer games since I was 2 years old (that wasn't a typo) in a family that pretty good at the time but year after year became more broken, my parents were having serious shulim bayis issues and the children were caught in the middle of it all and it was getting worse and worse.

MY life was very tense as well other than being caught in a fight I was emotionally mistreated by my parents especially my mother, I used to get yelled at and beaten up, and there was inconsistency, one day she was nice another she was brutal, I was stuffed up with computer games and so on.

My father was very quiet and sometimes negligent which didn't help.

At about the age of 12 or 13 my family started having access to the internet, at first it was just watching three stooges and abbot & Costello and over the years it became regular movies and tv shows.

P.S. If its at night and you want to fall asleep you might want to read this.

One humongous miracle happened to me in which I have to continue thanking Hashem for it is that from when I started on the internet I have never intently gone onto bad sites, which is pretty amazing considering that I was teenager from a dysfunctional home, internet w/o a filter and watching during the night without anybody seeing me, not only that but anytime in the movie it got to a dirty point i would skip that part or even just look away.

I'm mostly convinced the reason behind that was because of my severe complex, I was paranoid that someone might find out about it and that is what kept me from deliberately looking at those stuff even though sometimes there were pop-ups of these stuff right in front of my face.

However I did take pleasure whenever by accident I would look at those stuff, furthermore I would try to watch a movie that I thought might have some of those stuff and I'll watch it in a way that it seems like I innocently fell into it and make it look like I didn't know about it. (How clever is the Y'h)

On top of that at about the age of 13 I started doing mz"l, I had no idea what it was or if was something wrong, as a matter of a fact I thought I was the only one in the universe that knew how to do that.

That was until the age of about 18 when a mentor of mine reveal to me what it was and on top of that it is an issur, of course I took out a shilchan aruch and tried to find a heter, with no luck.

The first night That I heard that I wasn't mz"l but of course it was an addiction already so two night later i started again.

And so it went on, the three way vicious cycle of broken home, internet and the other thing, until a couple of years ago my sister recommended me to a great therapist who helped me on the path to emotional and mental recovery, and that year I went to sleepaway camp and for the first half I tasted happiness for the first time B"H.

But then I came home for a day in middle of the summer and things started spiraling, so I decided I need to move far away from home and far away from the internet, and so I made the tough decision to move away and decided that if i get bored due to lack of internet I can then come home but first move out.

To make a long story even longer, I moved away last year about this time, got myself a job and was off the internet for a few months, keep in mind though I was still being mz"l regularly so I decided to look for some help in that matter.

The first guy I went to was an old satmarer guy, he started telling me all sorts of chazal to try to get me to fear mz"l, I went out of there shell shocked and didn't know what to do with myself, but then Hashem put a thought into my brain that maybe Hashem gives so much punishment for being mz'l means that he loves us so much that he is trying to do everything in the world to make sure we choose not to do it, and with that thought I never felt happier in my life.

A couple of weeks later I went to another satmarer guy and he was much more about chizzuk, he gave me a tefila (see my signature) that worked instant wonders for me, and for the next few weeks I was totally clean.

One day confusion struck me, my mother started texting me her nonsense and the next day someone at my job reported me and I got suspended from my job, it was devastating, so I decided I'll calm down with some computer games, so I borrowed a computer from a friend of mine, little did I know that the computer had movies on it, do the math, it had a ton of triggers and was drowning into lustful thoughts all day, that led to a couple of mz"l over the next few weeks.

The person I went to said I need to use the tefila more often, but more importantly he revealed to me that having lustful thoughts is just as bad as committing the sin itself, that gave me motivation to stop and since then (which is about 4 or 5 months) I'm B"H totally clean and I also got myself a new job which I like. (Even though I work on the internet I B"H can control myself much better)

Obviously I still have a fight and since i'm very sensitive to lust I have to be real careful with what I do and what I look at.

And then last week I found this great website and I'm learning new ways deal with lust and trying to help other people too.

I'm now 21 years old and single and with Hashem's help I'll find a shidduch b"kuroiv and I hope I will say **It was all worth it.**

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Re: My story

Posted by Mesayin - 12 May 2017 17:41

One topic that fascinates me is the role that women play in Judaism, now I know it's good to talk about women here but you know what I mean, besides maybe if we can see what role they play we would look at them as people and not objects.

It bothered the fact that Judaism speaks about that fact that everyone is valuable and that no one is second class, Hashem doesn't make spare parts. Yet from an outside perspective it seems that women are second class, they can't learn torah, they can't keep most mitzvos, men separate themselves from them, so on and so forth...

And because of that people are actually criticizing Judaism because of it, hence the reform movement making lady rabbi's and the movement of women of the wall. Therefore whenever I can find out anything about that fact that women play just as big role in Judaism, it fascinates me.

Let's start here:

?In the times of the Romans and the Greeks the women were indeed second class, since they worshiped the body and any external achievements (Strength in muscle, wealth, power, etc...) and women aren't strong or and don't seem to have any external attributes compared to their male counterpart, therefore they treated second class.

?Fast-forward to today in Western society, I think they have the same idea about women, except since we are in a democracy we can't treat them like second class, so what they do is, they try to make women into men. Give them power, teach them to be physically strong, allow them to dress like a man and so on. Now that they have the same external attributes as a male so now we can treat them the same. But the principal stays the same, a woman being a woman

is second class because she is weak.

Judaism on the other hand looks at external achievements and attributes as totally secondary, the primary are the internal intangible achievements, like emunah, dealing with nisyoins, etc... And let's face it, most of the good qualities of a women is internal, something that you can measure in the height of a muscle, a bank account or popularity. A woman is akere habayis of a family, a mother is something you can't quantify and many other attributes that they have.

Therefore, externally Judaism looks like it's treating women as second class but if we delve into the internal we would see that they play just as big a role if not bigger then men do.

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Re: My story
Posted by cordnoy - 12 May 2017 17:46

They play a much bigger role in my head than men do.

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Re: My story
Posted by cordnoy - 12 May 2017 17:47

[Mesayin wrote on 12 May 2017 17:21:](#)

[cordnoy wrote on 01 May 2017 21:15:](#)

GYE gave me the opportunity to personally meet many fine fellows. I will list them, for I thank each and every one of them for their friendship, advice, suggestions, criticisms, etc.

Pidaini

Lizhensk

Big moish

Gibbor (need more)

Skeptical (although we need a better meet)

DD

Unanumun

Laasos

Still going

Zemmy

Jake

Innastruggle

Lavi

Pischoshelmachat

Fresh start

RGT

Kilochalu

Misgaber

SB

I was within a hundred feet from:

Gevura

Guard

Shlomo

I have had private and personal conversation with:

Grow strong

TZ

Dov

Real simcha

Godhelp

OTR

tzomah

ShmielZ

Shteiger

Yesod

shemirashabris

Dms123456789

Yesod

Workin'guy

Laughin'man

Serenity

MoB

MarkZ

Yidtryin'harder

Chullent kin'

Trouble

Belmont

Shmulik

Boropark yid

Israel61320

Watson

Mggmbs

YosefTH

Appearance

I have been in touch with:

Yiraishamaim

Maayan

NIC

Aryeh

Hashivalisassonyishechaimisgabecha

Shivisi

PeloniAlmoni

DuvidChaim

Eli

Lifnei

Lomed

Shtiebel

SIB14628

Joe

Singularity

NewActin'

MendelZ

Shmeichel

MBJ

Ahem...

Edited

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Re: My story

Posted by Mesayin - 12 May 2017 17:56

We all know that all the great people in history suffered a bunch, then overcame their suffering and became great people.

But I still can't find someone in history that both of his parents messed him up.

Does any one know of such a person?

If not, then I'm going to have to be the first one.

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Re: My story
Posted by Gevura Shebyesod - 12 May 2017 19:00

[cordnoy wrote on 12 May 2017 17:46:](#)

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Re: My story
Posted by Markz - 12 May 2017 19:01

[Mesayin wrote on 12 May 2017 17:56:](#)

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Lucky you
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Unfortunately you're not the first...

Each one is a tragedy

Many don't know how to get out of the rut, so they escape to drugs, for example Porn

Many have made it out of the rut of victim hood, but many are stuck there and need Towing if they are willing

I see you have your arm out

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Re: My story

Posted by lionking - 12 May 2017 20:00

[Mesayin wrote on 12 May 2017 15:13:](#)

The few things I would enjoy are the following:

Are you looking for a hitch

Philosophy

Psychology

Humor

Music

Warning: Spoiler!

So I would like to try out here on the forum, and I indulge you that you please respectfully give me a piece of your mind on anything I write.

Totally fine with that. If you are going to practice psychology on the forum, Please put a disclaimer. Especially if you feel you are a

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Re: My story

Posted by MayanHamisgaber - 13 May 2017 21:01

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Dovid Hamelach

Shunned by his father and brothers

Looked at like a mamzer by the towns people

I don't remember about hos mother

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Re: My story

Posted by Shlomo24 - 14 May 2017 01:46

[Mesayin wrote on 12 May 2017 17:56:](#)

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I feel like there's a thousand people in recovery who have horror stories from childhood. From both parents.

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Re: My story

Posted by Mesayin - 14 May 2017 19:14

[Markz wrote on 12 May 2017 19:01:](#)

[Mesayin wrote on 12 May 2017 17:56:](#)

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Are you looking for a hitch

I'll tell you what, when I was in deep depression mode I was deflecting all types of chizzuk, like for example beshvili nivra haolam, additionally when someone would say "Hey look at all great people in history had a rough going" I would say "yeah, at least they had one parent".

But now I am bit better Mooded (if that's a word), I'm just academically asking if there is a such person in history and perhaps I can take some chizzuk from that person and of there isn't such a person, then either me or some other people here will need to be the first one.

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Re: My story

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I have heard from Rabbi Yossi Mizrahi that his mother cared for him, her name was Nitzeves. That is why he says in Hallel "Ani avdechu ben amusechu". Although there is another posuk "Ki uvi v'imee azuveenu...".

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Re: My story

Posted by Mesayin - 14 May 2017 19:19

[Shlomo24 wrote on 14 May 2017 01:46:](#)

[Mesayin wrote on 12 May 2017 17:56:](#)

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True true. But is there anyone in HISTORY that became one of our greats. People here are great people but it would be nice to look back in history and say "Yeah! That's the person I want to be like."

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Re: My story

Posted by cordnoy - 14 May 2017 19:27

[Mesayin wrote on 14 May 2017 19:14:](#)

[Markz wrote on 12 May 2017 19:01:](#)

[Mesayin wrote on 12 May 2017 17:56:](#)

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Il really wanted to stay away from this discussion, but I'm gettin' pulled in.

Allow me please to say one thin': famous vort from one of the rebbes where everyone was complainin' about their lot, so they all deposited their "peckels" in a room and were told they can choose whichever one they want. Needless to say, they all chose their own.

My story is well known by many. I don't think that too many here have the amounts and severity of the issues that I B"H have (and I am very grateful for the part of my life where the issues are minimal and am grateful that the severe issues are what they are as well....whatever the Hell that means), and now that I have been actively workin' the program for some time, I would never use my BAD WORD REMOVEDty life as an excuse for my torrid behavior. Just me sayin'.

B'hatzlachah

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Re: My story
Posted by Shlomo24 - 14 May 2017 19:33

I echo Cordnoy's statement. I was remaining apolitical but I did want to say something. Now I don't have to. My life became much less (ahem)y when I stopped focusing on how (ahem)y it was and I actually started taking recovery actions. But I hear where you are coming from. I relate to it about my SSA. There was a time when I was desperate to find someone who had "overcame" their SSA. I just wanted to know if someone had did it, as a source of hope. I am way past that now, I don't even consider SSA an issue, but I can relate to the feeling. Ultimately, while your feelings may be completely valid, Mesayin, I'm not so sure that they are beneficial to you in any way. It definitively wasn't for me. I don't regret my past anymore. In fact, I embrace it because it was instrumental for me to become the person I am today. And I am quite pleased with that person, for the most part.

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Re: My story
Posted by Mesayin - 14 May 2017 19:35

[cordnoy wrote on 14 May 2017 19:27:](#)

[Mesayin wrote on 14 May 2017 19:14:](#)

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[Mesayin wrote on 12 May 2017 17:56:](#)

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Thanks for your input but I think you may have read my posts with the wrong 'trupin', with the wrong tune.

Whenever I or anybody else are in deep depression we use all types of excuses to justify whatever the heck we are doing just for the fact that it is too painful to face reality, that is exactly what I was doing. This probably doesn't come to a surprise to you but hey, maybe it does.

My question is, as I wrote previously, is an ACADEMIC question, in other words "a history lesson" and perhaps I can take some chizzuk from that. If no one can come up with anything then I will just move on anyway.

Please don't make me need to put musical notes in my posts.

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