

Mesayin's Motivative Messages

Posted by Mesayin - 15 Oct 2015 21:08

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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 issuur, 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 Shlomo24 - 14 May 2017 19:45

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I just wrote a long post that didn't go through. Oh well. I'll guess my immense wisdom will be unavailable for the public right now.

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Re: My story  
Posted by Mesayin - 14 May 2017 20:01

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[Shlomo24 wrote on 14 May 2017 19:45:](#)

I just wrote a long post that didn't go through. Oh well. I'll guess my immense wisdom will be unavailable for the public right now.

What a shame, we are just going to have to be happy with my immense wisdom. Although I am eagerly looking forward to yours.

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Re: My story  
Posted by Mesayin - 14 May 2017 20:09

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Alright, enough with all that. Now let's get to some real stuff about recovery.

?As I may have mentioned before, my current issue is that my truck is turned off. I wouldn't call myself falling if I had never gotten up and I can't say to myself "Keep on trucking" if my truck

ignition is off.

Slowly I have been waking up, especially today being inspired by Rebbe shimon bar yochai and all the stories that I heard from Rabbi Elimelech Biderman Shlit"a about people getting helped by him, K'shem sh"hakadosh burich lakol, kach Reb shimon lakol (Just like Hashem is for everyone, so too Reb shimon is for everyone). Reb shimon has the power to take everyone out of there issues Chutz m'derech hatevah.

Anyway, if anyone has some words to turn me on, whether it is a good piece of scary mussar or a good piece of comfy chizzuk, it will go a long way.

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Re: My story  
Posted by Hashem Help Me - 15 May 2017 11:19

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Mesayin, you think your ignition is off. If it were, you wouldnt be posting. Obviously you are in drive, even if you dont notice the gain. What i think the other chevra were trying to communicate to you are the words of R Elozor ben Durdaya (Chazal's quintessential ba'al tshuva) "*ain ha-dovor tolui ella bee*", meaning, after all is said and done, i can blame whoever i want, but its only me that can get myself out of this mess with help from Hashem. No matter whatever happened in your formative years, you can become a great person. (Could be you are already, and just you are too tough on yourself.....). You should iyh have a lot of hatzlocha and be a source of inspiration for all those who have had tough histories. Keep posting.

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Re: My story  
Posted by Trouble - 15 May 2017 12:10

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[Mesayin wrote on 14 May 2017 19:35:](#)

[cordnoy wrote on 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:](#)

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.

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

?

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 Mooted (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.

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 saying.

B'hatzlachah

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.

Personally, I wouldn't mind the musical notes. Perhaps it will encourage others to use some basic punctuation marks. Proper spelling would be too much to wish for.

Anyway, let's chuck the philosophy and academia for a moment: are you justifying your behavior (whatever that may be) on account of your parents? (Perhaps visit my "blame" thread.) It very well may be.

Question is more of the next step.

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Re: My story

Posted by Trouble - 15 May 2017 12:11

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[Mesayin wrote on 14 May 2017 20:09:](#)

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Anyway, if anyone has some words to turn me on, whether it is a good piece of scary mussar or a good piece of comfy chizzuk, it will go a long way.

Words turn me on.

Other stuff as well.

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Re: My story  
Posted by Markz - 15 May 2017 12:52

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[Hashem Help Me wrote on 15 May 2017 11:19:](#)

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**Awesome post!**

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Re: My story

Posted by tiger - 15 May 2017 14:02

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Masayin, I know exactly what you mean by a compy chizik or scary mussar, those are the two feeling's that we are always looking to FEEL! And we go from one to another!!

we have to learn to start doing The right things with out those sweet feeling, when the sweetest feeling is like a dried prune, hashem I don't feel scared of you, I gave up on being a holy Jew, but.... I will still seek you out because YOU I believe that you are good for me, I am giving myself over to you even though I really don't want to and don't feel mushy about it either

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Re: My story

Posted by Mesayin - 15 May 2017 14:50

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[Markz wrote on 15 May 2017 12:52:](#)

[Hashem Help Me wrote on 15 May 2017 11:19:](#)

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**Awesome post!**

**Warning: Spoiler!**

Thanks for the input HHM.

Please note that it is not the past that we are talking about here, it is the present. I am still suffering the fact that I have no connection to my parents and dealing with loneliness, it's not exactly crying over spilled milk.

But as you said, I cannot dwell on it, even though it is totally justified. It's just not going to help.

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Re: My story

Posted by Mesayin - 15 May 2017 15:45

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[tiger wrote on 15 May 2017 14:02:](#)

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Thanks for your response but I respectfully totally disagree.

We do not stop our addictions/habits unless there is something pushing us hard to do so, even though we know that it is wrong, isn't that what rock bottom is all about? isn't "I will still seek you out because YOU I believe that you are good for me" a motivation statement?

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Re: My story

Posted by tiger - 16 May 2017 02:39

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[Mesayin wrote on 15 May 2017 15:45:](#)

[tiger wrote on 15 May 2017 14:02:](#)

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Yes that's exactly what I mean we have to motivate ourselves just because I believe that you are good for me even though I don't FEEL it, that thought process can be bitter but over time it can become sweet, hope I am writing clear,

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Re: My story

Posted by Mesayin - 16 May 2017 14:41

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Hang this up on your wall:

[MayanHamisgaber wrote on 16 May 2017 11:16:](#)

Dear G-D

I know you know all that is happening to me

I know you do only the best for me

But please just listen to a child in pain

Maybe there is what to gain

I had a father

He kept harmony between sister and mother

When our father was around

everything was sound

Then you called him to you

and without further ado

He suddenly was no longer with us

?Having fulfilled his job with us

But the shock and pain stayed

did not go away and hence did not aid

?the turmoil and anger

underfoot came out and now there is much danger

A mother and daughter  
that can't be at peace with another  
No longer with a father to talk to  
No longer with a husband to turn to

The others look on sadly  
and miss the harmony badly  
Taking sides is not a choice  
but how to still their angry voice

Tensions rise everyday  
and let's forget the holiday  
Gratitude what is that  
if my pain is not a fact

Oh how I wish this were all  
the problems big and small  
then there would be silence  
and at home maybe even peace

But no that is not to be  
?mediators we were meant to be  
And hearing all the gripes  
has kept us up many nights

Walking on eggshells is not possible

but to break them will be probable

so add to the stress

who cares if we are in distress

Bank accounts with monet what's that

Thank g-d someone else pays the flat

Bills too are a treat

but what will there be to eat

Thank g-d we are not in debt

but our pillows are still wet

sweat and tears we shed

for our kids to be happy and fed

But lack of sleep is not good

if we want to be in the mood

this is our lot we say

so we are here to stay

We know others have much worse

but that doesn't make it easy of course

So now that I've said a little

why I am so brittle

May it be understood

that this is a cry to the g-d that's good

should continue with the way that is planned

but can we see your helping hand?

My learning and prayer is not up to par

it would be easier to wish upon a shooting star

or break a wishbone

just not my backbone

We feel locked up in a cage

with no room to rage

choking,gasping,holding our breath

hoping soon to get some breadth

So I hold out my hand to you

Yes you are always holding it it's true

but can I ask to see the hand of a father

holding me up, I hope it's not a bother

Can I cry on your shoulder

maybe it can lift the boulder

weighing me down

I think I might drown

Thank you for hearing me out

I hope it did not sound like a shout

I know you only do the best for me

One day I hope to understand and see

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Re: My story

Posted by Mesayin - 18 May 2017 16:48

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Test

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Re: My story

Posted by cordnoy - 18 May 2017 16:52

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Is this your thread that you want the name changed?

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