

my story

Posted by rebyid31 - 25 May 2016 11:14

morei veraboisei

shulem alaichem to all my dear friends

I thank hkb"h for creating such a gevaldige lifesaver - GYE

you won't believe it but I am a big mashgiach who has helped out b"h alot of boys with their struggles....

and would you believe it... HYPOCORISM like none of a kind!! I am struggling myself with watching inappropriate and the outcome...

I am new here and I am so ashamed of myself, going around with the worst feelings possible!! what a crook a fake a fraud!!

I started the 90 day and I am b"h 3 days clean.

please give me chizuk! I am finished!! worthless! if only they knew.....

there is one thing that keeps me a little is the words of chazal kol hagadol mechaveiro yitzro gadol.. maybe hashem wants to show me to humble up a little bit! I don't know but to be able to pour myself here was already a relief. thanks I have much more to say but I can't.. its to hard to...

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Re: my story

Posted by markz - 25 May 2016 12:24

Welcome

This is the place!!!

This [Lust Chizuk](#) thread may interest you

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Re: my story

Posted by cordnoy - 25 May 2016 13:07

Welcome,

Nice move to open up.

As you're a mashgiach, allow me to be more blunt than I usually would in my welcoming post.

I don't think chizuk is what you need. You know all the ????? ???, and we will not tell you anything new. Yes, you will see and hear that there are many others that struggle with this also..... ???? ?????, ?????, ????? ???????? and many outstanding citizens, but you probably knew that as well.

I will continue in a moment.

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Re: my story

Posted by markz - 25 May 2016 13:17

Chizuk can refer to 2 totally separate things

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Re: my story

Posted by cordnoy - 25 May 2016 13:18

One of the books write: we came to believe that, though broken, we were worthy of this help.

We needed to let go of our delusions of self-sufficiency. We admitted that we weren't up to the task of managing our life; we were ready for help and direction from God. We became willing to be guided and taught, not to guide and teach. We acknowledged things about ourselves that we never wanted to admit.

I could go on.

None of those things are easy to do; they are even difficult to write. They don't come naturally; it takes time and work. As we discover the truth about ourselves, we learn a true sense of humility.

And as it says in a different book: I myself am a sinner. I take from God the power I do not have in myself to transcend my sins. Through my powerlessness, I receive the power and love that come from above.

b'hatzlachah

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Re: my story

Posted by rebyid31 - 25 May 2016 14:18

thanks but very heavy...

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Re: my story

Posted by mggsbms - 25 May 2016 14:22

Cords at his best !

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Re: my story

Posted by rebyid31 - 25 May 2016 15:51

I don't think chizuk is what you need. You know all the ????? ???, and we will not tell you anything new.

well with this I disagree, a good saying of reb yisroel salanter or a heilige chassidishe vort will always do especially when it comes from the heart

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Re: my story

Posted by markz - 25 May 2016 16:17

Dear Rebbe, our dear Cord said "what you need" he's referring to recovery and sobriety, which i found in ways that chizuk could not provide for me

Taking spirituality and chizuk out of the equation of our lives is not what I'm saying, but talking spirituality from Classic Sifrei Mussar and Chassidus isn't what helped me stay clean the past 280 days

You want some chizuk?

Guardyoureyes has plenty to offer, one day at a time

one hour at a time

cordnoys call is in one hour

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Re: my story

Posted by rebyid31 - 25 May 2016 19:52

you are hundred percent right. I was only saying that I shouldn't be overestimated! and I drink with thirst every bit of chizuk which come from such heilige people like you.

by the way do you really think I deserve to be called rebbe:blush:

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Re: my story

Posted by BenTorah.BaalHabayis - 26 May 2016 03:09

Welcome!

I think you definitely still deserve to be called "Rebbe" and should still think of yourself as such. Let me explain:

A huge part of the struggle with porn etc is the shame involved. And though I can't fully explain the connection, supposedly the shame creates a vicious cycle which fuels further falls. And amazingly, after spending some time here you may start to feel less shame. First of all, because you come to understand that it is normal and many otherwise wonderful people struggle with these things. And 2nd of all, just being able to share experiences and feelings makes one feel better.

Of course, getting rid of shame doesn't mean that therefore you won't feel compelled to change. You recognize it's bad and that something needs to change, but your self image should not be destroyed. There are many threads here and other articles that discuss the difference between shame and guilt.

And I think that an important part of maintaining your image and getting rid of the shame is still thinking of yourself as "Rebbe". You are a Rebbe, with struggles like anyone else, and you care about it which is why you're on a mission to tackle them.

I wish you much Hatzlacha on this journey. You've come to a good place!

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Re: my story

Posted by markz - 26 May 2016 03:40

You can be an awesome Rebbe, but struggle in a specific issue

Some have problems with too much Ego, some too little, some too much jealousy... Yeah you know it all

Each of us excel in some areas and can fail in others

Does that mean I'm a failure?

R' Shimshon Pinkus has an incredible piece on the Omer (B'shem the Chofetz Chaim) regarding this...

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Re: my story

Posted by David712 - 27 May 2016 03:17

Rebyid

Shalom Aleichem. I know its hard to believe this site has seen people from all walks and positions in the spectrum of frum yidden. Yet regarding this struggle it makes no difference. I find the strongest part of GUE is the chevra.

In simple words -

Open up,

talk your way out of isolation.

Isolation is a killer.

Talk more.

We don't care about your status.

Don't cut and run.

We all understand the shame.

That too is a killer.

Don't go back in to isolation.

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Re: my story

Posted by inastruggle - 27 May 2016 20:08

Welcome rebyid,

There are many chashuveh people who've graced the site with their presence.

Why don't you write a bit more about your struggles so the oilam can get a bit of ceontext. How long have you been struggling? Has anything worked in the past? When is it specifically hard? Easy?

Keep on posting!

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Re: my story

Posted by markz - 27 May 2016 20:31

[inastruggle wrote:](#)

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Why don't you write a bit more about your struggles so the oilam can get a bit of ceontext. How long have you been struggling? Has anything worked in the past? When is it specifically hard? Easy?

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Reb Yid ??? ?????, perhaps Ina is a Talmid of yours?

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