It's all in the name
Posted by eerie - 24 Nov 2022 19:25

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Hi there all my anonymous friends!

I am on here for a while, most of the time just to sign in and update where I'm holding, but from time to time I do read around some posts on the forums, and I am really at a loss of words when I try to describe what I think about all of you. I'm simply awed into silence. You guys are all amazing, fighting the terrible urges, sometimes in such difficult circumstances, from complicated pasts, I stand humbled. I am so proud to at least be part of the same nation, even if I don't come close. Keep up the fight and may Hashem be with all of you and may you feel his closeness.

And now, Hi! I gave myself the name eerie because that's what I think about my situation. I am blissfully married to a really special person,(which, I learned from the posts on this site, is not to be taken for granted. It's something that so many of my dear friends here struggle with, their addictions creating issues in their marriage and the problems in their marriage further exacerbating their addictions) and we have a few wonderful kids. I really cannot imagine a better marriage, we respect each other, love each other, communicate beautifully, and my intimate life is wonderful. I believe my wife would say the same. I am a seriously respected member of my community, I am in a position of chinuch (and I think I do a pretty good job:)), so why oh why on earth am I here? What would the people think if they knew? Would I still have a wife? Would they let me talk to my kids? At that point would I even care about my job or my life's mission? I BH had a wonderful upbringing, loving and caring parents who are very proud of their "successful kli kodesh" son. What would they think if they knew? These thoughts were on my mind as I created my account and the feeling I had was "This is eerie. A mechanech. A talmid chacham. Sought after maggid shiur. This is totally eerie." So there you have it. It's all in the name.

A little about me. I think many of you would disagree but I don't think I'm addicted to P&M. I have normal urges like all healthy people. I have no smartphone (if you would only hear me speak about the downfalls), no computer at home. So where and when do/did I fall? I called a talk line by mistake, I was trying to reach a company. I was horrified. I hung up and told my wife about it. But, of course, my curiosity plus urge got me to call. This was probably 10+ years ago, called maybe 10 times total. Can't remember the last time I did that. Then my wife got a smartphone, and we blocked the browser entirely through parental controls, with each of us having half the code. Of course, when I was down I tried a few times and of course I figured out her half. Here and there I would go on really bad sites. Not long thereafter we got rid of that phone. That was also 10+ years ago/ But every once in a while I fall. I once found that one computer in the Yeshiva (!!!!) where I work had no filter. You read that right.. No filter, in the yeshiva computer! I would estimate that once in 2-3 months I went on really bad stuff there. One day I just realized that I need accountability, so I came to GYE. I know I have to answer to someone, I'm going to write it if I fall, and that helps me.

Now you might wonder, what am I writing this for? I am writing it first of all because I feel a kinship and I feel likes it's "therapeutic" to tell my story someplace. Because even the people that I really trust, I can't tell them any of this. I sometimes wish there was an anonymous phone line where I could call and tell a Rav what I struggle with, to get it out of my system. When I was

bachur I was really close to my rebbeim, and I shared with them even my deepest secrets and struggles, I would tell my Rebbe if I M'd. BH I didn't stuggle with that much, but I did do it a few times in my bachurishe years, and my rebbe knew/knows about it. Maybe I'm weird that I shared that with my rebbe, but that's me. If I felt an attraction to a bachur I told him, and he understood me, always helped me, never judged me. There's no question that having such a person in my life changed me in unimaginable ways. Alas, I don't think I'll ever have the nerve to go to anyone and discuss my normal struggles and mistakes at this point. What would a rav or even my rebbe, whom I am still very close to 20+ years later, think if a person in my position came and said "I struggle with this. Once in a while I can fall into watching P." I can't do that, so I'm saying it here. I'm a healthy person with normal urges and desires and it can happen that I fall sometimes. I try to avoid unfiltered machines, when I'm at my parents' house I don't touch their devices, I told them to never let my kids touch their things and I warn my children to stay away, not even to look at Grandma's phone. But I know that every once in a while I'll find a device, and my urges, desires and curiosity (yes, I am still curious as to what some tags on some sites are supposed to mean. Curiosity is powerful.) can get the better of me. I joined GYE so I have to give an accounting, and I even had a fall since I joined, which I reported. I have a life's story, like everyone else, and here I shared some. Maybe some more another time.

But another reason I write this is because I look at what other people have written here, and I realize how small I am. I, the guy who sits up front at dinners, the guy whom you may have even heard at a dinner or some other place, I look at you in awe. Because I am not torn to shreds like some of you are, I have a happy marriage, and so many of you are working so hard to just keep the pieces in place. You are brutally honest with yourselves, and in spite of being in places I have only read about, doing things out there....in spite of that you are here, trying mightily to get only closer to Hashem, to be good, to be clean. I also struggle, but nowhere nearly as much as most of the people here. And I wish I could shake your hand and tell you how proud I am of you. I am so proud, and I know that I can't imagine how proud Hashem is. Keep it up!!! In this world I'm at the head table at the dinner, but believe me, at the se'udas livyason you guys will be up there, I hope I'll at least be in the crowd!

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Re: It's all in the name
Posted by Eerie - 12 Dec 2022 18:45

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I wrote a little update on my thread in the BB forum

guardyoureyes.com/forum/17-Balei-Battims-Forum/388715-honest-conversation-with-my-wife#389324

Keep trucking, dear friends! and don't forget to post what you are up to?

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Re: It's all in the name
Posted by Vehkam - 12 Dec 2022 21:06

Eerie wrote on 12 Dec 2022 18:03**:**

Hi There all my inspiring friends, GYE family of mine! On most regular days I am in places that I am BH not bombarded with indecent pictures, posters, billboards, etc., but it does happen from time to time that I do have to go to such places. This Friday I had to go to a place that wherever I turned there was another pritzusdig woman or sign, and it really bothered me to be exposed to all this, and it triggers the base urge, but at the same time I realized that for the last long while my senses were dulled and these things hadn't bothered me. Which made me question, on the one hand of course I'm happy to be working on myself to be careful with what I see, and the fact that I was sensitive to what I was seeing made me happy, as I see it as an indication of my growth. On the other hand, actively working on guarding my eyes has made me cognizant of what goes around me, and now all those things trigger a reaction on my part, which makes it all the more difficult to be careful, and feeling the urges inside are not something I enjoy feeling. I imagine that anybody that traveled down this path had this issue, I don't know if there's much to do, because of course we have to guard our eyes, but it's always geshmak to air my thoughts.

Many have expressed similar sentiments. I wrote about it a couple of times on my thread.

Try to remember the opportunity for greatness that is presented each time you reject these urges. in addition it is brought down from the meiras aynaim (I think that’s the name) that after rejecting these urges is an auspicious time for Tefila….

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Re: It's all in the name
Posted by jackthejew - 12 Dec 2022 21:14

Vehkam wrote on 12 Dec 2022 21:06**:**

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When I was starting off, (within the first 3 months) I also started noticing things on the street more. I eventually came to realize that since I'd been objectifying every woman beofre, I was still subconsciously starting the process, noticing the urge beginning, and then fighting it or moving on from it. Therefore, combined with the fact that my brain was still looking for the fix, I was noticing the objectification I was doing on the street. But the longer I was clean and the more I worked on it, the better both issues got as well.

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Re: It's all in the name
Posted by Eerie - 12 Dec 2022 22:09

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jackthejew wrote on 12 Dec 2022 21:14**:**

Vehkam wrote on 12 Dec 2022 21:06**:**

Eerie wrote on 12 Dec 2022 18:03**:**

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Seriously appreciate your input. And I hope so too.

I have to tell you guys how different I feel knowing I have friends that look out for me, want to hear from me, care for me, it is amazing. Especially after keeping it all locked inside my mind for so long, it's so relieving and gashmak to have people to communicate to about what's going on. Keep trucking, and don't forget to take me along!

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Re: It's all in the name
Posted by Eerie - 12 Dec 2022 23:48

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jackthejew wrote on 12 Dec 2022 21:14**:**

Vehkam wrote on 12 Dec 2022 21:06:

Eerie wrote on 12 Dec 2022 18:03:

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Thank you so much, my dear friends! I want you to know, one of the most amazing things I've discovered is the friendships I have here, people who care and share and are waiting to hear. For over 10 years it was in my mind, nobody was in there but me and my thoughts, and since I started posting 2.5 weeks ago everything has changed, I feel so relieved to talk to you guys and

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Re: It's all in the name
Posted by Eerie - 14 Dec 2022 21:14

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Hi again to all my holy friends at GYE! It's interesting that I find it hard to think of myself as holy, but I think of anyone that's here as holy, doing their best to fight the YH in spite of everything they've done or seen. Ashreichem!

I wanted to share 2 points. Number 1, I want to describe a feeling. I don't know that I can capture it in words, but I'll try. If you would have asked me a few weeks ago I would have described the urges, the desires as something that have a hold over me, they push, they even control to some extent. I remember many times as I struggled and fought, I kept telling myself "in the end you're gonna do it, so just do it. You have this urge that has a hold over you". Now that I'm on the road to freedom, thank the Holy One, blessed is He for getting me here, I have a different feeling. If there was a force that was holding me, than I would need to figure out how I can be stronger than it, how to release it's grip on me, and I have not really done that much. What I feel is that I released it, not it released me. Maybe I'm being too philosophical, but that's the feeling that I feel and trying to describe. I feel like I released this thing from my grip, like I was holding on tight all these years, and now, with work on perspective and the clear decision to end it all, to just stop, I feel like I changed, not my urge. I feel like I learned to let it go, maybe the most important thing I learned was that I don't need it, it doesn't provide for my health or wellbeing, so I can just let it go. I hope I made sense, either way, I know what I mean.

Another point I want to share is that I think that somehow this journey is impacting me in so many ways outside of the actual struggle. Last Friday my wife broke the fridge. Actually, she broke it Thursday night but only noticed Friday morning. So I'm running to work, all the food for Shabbos was cooked and now had to be thrown out and cooked fresh, and we had no fridge. I am embarrassed to tell you what I would have done a few weeks ago. And even though I know that I should keep quiet, I always convince myself that she has to know that what she did is unacceptable. I know, she knows she made a mistake and feels stupid, but still, if I was upset would say something not so nice(putting it mildly). And now I just told myself there is no point in getting worked up and saying anything, just zip it. And that's what I did. I feel like the two points are connected, because I learned a little about self-control, about the idea that I can decide what I think, see, do, and what I say to my wife. So the journey to freedom has lots of perks. Thanks again to all of you for being the inspiration that you are!

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Re: It's all in the name
Posted by Eerie - 19 Dec 2022 05:54

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Ah freilichen Chanukah to all my holy brothers at GYE! Want to share one small vort. Somebody asked me a question, we seem to be celebrating the fact that we had oil for 8 days, which gave us the opportunity to fulfill the mitzva of lighting the menorah for those 8 days. But on the other

hand it's been hundreds of thousands of nights since we lost the bais Hamikdash, and all those nights we have not had the opportunity to do the mitzva of lighting the menorah? Imagine somebody who made tons of money on the stock market, and he's feeling so good about it. Then a little while later he invested all of his fortune into a business deal that went bad, and now he's left with tons of debt, would he celebrate his fortune now that it's gone? So what are we happy about? There are many ways to answer the question, like in all of Torah. But I thought of something that I think is a powerful point for all of us here. So many of us fight so hard, we get a day, a week, maybe more. And then the YH gets us to slip up. But worse then the fall is that he tries so hard to convince us that we have nothing now. He makes us feel like the guy who blew his newfound fortune. But nothing could be further from the truth! Because in the world of mitzvos and actions, in the world of doing Hashem's will, one day clean is one day clean, it's yours to treasure forever and ever. What you do the next day or even the next minute does not change the fact that you have one day clean on your record. We all have to strive and aim high, but we can't lose sight of every little gain that we had, of even one hour clean. Every victory is a reason for celebration! When we got 8 days to light the menorah, it makes no difference what happened before or after, we got those days and we celebrate them. And so too, for all of us. Whatever success we have, as small as it may be, it's ours forever and ever, it makes Hashem so proud that we try and we fight, and He loves us forever. My dear brothers, hold on to every drop of goodness, sing about it, dance about it, and remember how much Hashem loves you.

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Re: It's all in the name
Posted by yud909 - 26 Dec 2022 04:35

Eerie wrote on 19 Dec 2022 05:54**:**

Ah freilichen Chanukah to all my holy brothers at GYE! Want to share one small vort. Somebody asked me a question, we seem to be celebrating the fact that we had oil for 8 days, which gave us the opportunity to fulfill the mitzva of lighting the menorah for those 8 days. But on the other hand it's been hundreds of thousands of nights since we lost the bais Hamikdash, and all those nights we have not had the opportunity to do the mitzva of lighting the menorah? Imagine somebody who made tons of money on the stock market, and he's feeling so good about it. Then a little while later he invested all of his fortune into a business deal that went bad, and now he's left with tons of debt, would he celebrate his fortune now that it's gone? So what are we happy about? There are many ways to answer the question, like in all of Torah. But I thought of something that I think is a powerful point for all of us here. So many of us fight so hard, we get a day, a week, maybe more. And then the YH gets us to slip up. But worse than the fall is that he tries so hard to convince us that we have nothing now. He makes us feel like the guy who blew his newfound fortune. But nothing could be further from the truth! Because in the world of mitzvos and actions, in the world of doing Hashem's will, one day clean is one day clean, it's yours to treasure forever and ever. What you do the next day or even the next minute does not change the fact that you have one day clean on your record. We all have to strive and aim high, but we can't lose sight of every little gain that we had, of even one hour clean. Every victory is a

reason for celebration!

Wow, beautiful vort! Thank you

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Re: It's all in the name
Posted by Eerie - 27 Dec 2022 21:27

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Hi there, dear friends and brothers at GYE! I was looking at some other threads and I noticed something. I see that many successful warriors have worked on something that I find difficult, as embarrassed as I am to say it. I read through some of Vehkam's truly inspirational posts, and others' too, and I noticed that besides for working on the issue of staying clean, this journey is an opportunity for working on developing a real relationship with Hashem. In my first conversation with Vehkam he actually pointed that out to me. But I'm embarrassed to say that even though I feel that I'm BH having a successful journey, please Hashem hold my hand and let it last forever, but I find the part that they've discovered very hard. I will admit that if I don't have something inspirational going on in my life, I find it very hard to concentrate during davening. It's only when I have a tzarah c"v or I'm riding on inspiration of some sort that I really think about what I'm saying. I always loved learning, but davening, even today that I understand the words, is really hard for me. My mind just wanders. From time to time I am inspired to work on my relationship with Hashem, and what I do is that when I walk down the street by myself I think about how much Hashem loves me and how many wonderful things He has done for me, and that list is very, very long. But I usually don't stick to these things, and I feel like I have a whole undiscovered world before me. How do I get in? I wish I knew. I try to do what's right, I try to raise my children to do what's right, but I feel like I really need to focus on developing my relationship with Hashem, my love for Him, my reverence for Him, my gratitude for all He's done. It won't happen on it's own, and it's hard work. I don't feel like I even have a clarity on how to go about it.

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Re: It's all in the name
Posted by sleepy - 27 Dec 2022 22:18

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Eerie wrote on 27 Dec 2022 21:27**:**

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everyone is different but i think my relationship started with Hashem after i started reading rejoice o youth by Rabbi Avigdor Miller z"l and listening to his tapes and other sefarim of his. Rabbi Yoel Teitelbaum from satmar Z"TVKL said that Rabbi Miller is the Pillar of Emunah in our generation !

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Re: It's all in the name
Posted by Eerie - 27 Dec 2022 22:19

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I forgot to end the last piece with the words "any advice?". I really would appreciate if someone shared something very practical -not fluffy- on how to get working on living with Hashem in my life. I thought maybe stopping before each mitzva and remembering the idea that every mitzva is our connection to Hashem, but I wonder how practical that is for a starting point.

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Re: It's all in the name
Posted by sleepy - 27 Dec 2022 22:21

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beautiful idea! maybe also learning the sefer hachinuch for the reasons of each mitzva , would

add alot

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Re: It's all in the name
Posted by Eerie - 27 Dec 2022 22:21

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sleepy wrote on 27 Dec 2022 22:18**:**

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I got the idea of talking to Hashem and thinking about His love for me as I walk in the street from rabbi Miller. Agreed, he was a giant of a man with many practical thoughts on connecting

to Hashem. I will try to get that book. Thanks

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Re: It's all in the name
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sleepy wrote on 27 Dec 2022 22:21**:**

beautiful idea! maybe also learning the sefer hachinuch for the reasons of each mitzva , would add alot

artscroll has a beautiful edition with english translation

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