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

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 cordnoy - 30 Dec 2022 19:27

Human being wrote on 30 Dec 2022 19:09:

Eerie wrote on 29 Dec 2022 23:26:

It is also proper that all of us not reveal our struggles outside of a context of anonymity or seeking help. ????...???? ????. We just have to be aware of our issues, and those great

people have to be aware of theirs, and we have to doing what we can to become better. Hatzlacha to all!

I believe its very important we share our challenges, struggle and ups and downs with people whom we want to feel closer to. Even without seeking their help, and it should *dafka* be non anonymous. Intimacy is built off vulnerability. The less we share, the less intimate our relationships. This doesn't mean we should over-share, and announce publicly about our desires. This also doesn't mean we have to share and get into the actions we have done, caused by our challenges. But sharing our desires, feelings and challenges? That is *the exact thing* that makes us feel safer, trusting, more connected, and at peace. On the contrary, not sharing will harm us in our relationships. Also, the pasuk from Tehillim translates as follows L'fi Rashi,

-Of David. A maskil. Happy is he whose transgression is forgiven, whose sin is covered over.

Rashis' explanation,

"Praiseworthy is he whose transgression is forgiven"-Whose transgression the Holy One, Blessed Be He, forgives, and He conceals his sins."

Rashi explains, "???????????" is referring to *Hashem* covering them over.

see here: guardyoureyes.com/forum/1-Break-Free/210029-Tryin?limit=15&start=885#282644

and further in the thread.

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Re: It's all in the name

Posted by Eerie - 30 Dec 2022 19:42

The gemara states clearly in Yoma 86b that the passuk teaches us not to reveal our sins to others. Yes, when we reveal the intimate details of our lives with others that brings a closeness, but chazal also say ?? ???? ????? ????? ????? ????? One of the pshatim is that one should not tell his wife of his downfalls. Like I wrote in my earlier post, sometimes it is necessary and helpful to tell people what you struggle with, I did so and it helped me

tremendously. Sometimes even with our wives, but I will not go there now. But outside of the context of getting help or anonymity isn't the thing to do.

I will add, I have thought a lot about some of the arguments that got a little heated here in the past, and I would like to share my thoughts. Respecting someone's opinion means we don't have to keep repeating and proving our point until they agree. We may and will disagree. But perhaps we should keep the following things in mind.

- A) Never use terms or words that are hurtful. Never put down anyone, by saying or hinting that they are deficient in any which way that makes them incapable of having an opinion
- B) Keep it cool. take a deep breath. The world is not coming to an end because of someone's post or disagreement with us
- C) If a question is posed by someone, and we answer, with some of us answering one way and some differently, it is not necessary to argue at all. We may respectfully ask someone why they wrote something, but it is probably better not to. If we do, whatever they answer ends the discussion. Don't argue continuously.
- D) If someone writes something, we may disagree, and we may write it. If someone argues with something that we have written and we feel like we can clarify and add something, we should limit ourselves to one answer. No continuing to bring proofs etc.
- E) I would add that if we feel the need to express our opinion in more detail, but we don't want to make a whole fuss, just start your own thread.

Thank you dear holy brothers for allowing me to join your special family!	
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Re: It's all in the name Posted by Eerie - 30 Dec 2022 19:48	
Thanks, cords, for the ???? ??????! It seems li	ke we are in agreement, just wondering if that is
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Re: It's all in the name Posted by Human being - 02 Jan 2023 03:20	

cordnoy wrote on 30 Dec 2022 19:27:

see here: guardvoureves.com/forum/1-Break-Free/210029-Tryin?limit=15&start=885#282644

i truly do not have time, but i said i would, so i will simply write short:

There are seforim that compile these mareh mekomos:

- 1. Yuma 86b says not to publicize one's **sin** in **public**, for that will decrease the kevod shamayim.
- 2. chachmas shlomo 607 says that there are times on account of the obligation of tesdhuvah and viduy that one must reveal his **sin**, and on the contrary, if he doesn't, he hasn't fulfilled his obligation.
- 3. there might be a proof that one can tell another his **sins** in order to guide the other on the path of teshuvah. the explanation might be based on rashi who explains the prohibition as it is an indicator that he is not ashamed; if, however, he is doing it for the other to repent that would not apply. [Nesivos on eichah palgei mayim 1:18; beis halevi vayera]
- 4. Tiferes Yisroel 4:21 writes that the kohen gadol can confess with a loud voice, and some explain that it is permitted for that is the nusach of the viduy.
- 5. Question: How can one bring a female goat as a chatas, for everyone will realize that he has sinned?
- 6. Reb Shlomo Kluger says that it would be preferable to bring a different animal as a chatas, where people will not realize that he **sinned**.
- 7. netziv cites Reb Refoel hamburger that on the contrary! If he brings a female goat, all of his sins will be forgiven, for he is even more ashamed.
- 8. Reb Elyashiv asks this question and he answers that this prohibition doesn't apply by an unintentional sin.
- 9. Magen Avraham says it applies even on a shogeg.
- 10. From the Rambam it seems that the prohibition is only if he specifies the exact sin.
- 11. Panim Meiros says this entire prohibition does not apply by a korban.

I don't see these 'mareh mekomos' fitting with what you are saying @Eirie Not one of them tells us not to share our challenges with others.

These marie mekomos teach us that we should not share A) in Public or B) our **avieros**. It doesn't say anywhere we shouldn't share our challenges. That would be very harmful and very not recommended in fact. Once again this goes back to the same old thing that we talk about here 10 times a day. Feelings/challenges/struggles aren't actions. They arent avieros. There's no problem sharing them. We can share with someone that "I have a big challenge online" without telling them "btw, 2 days ago when i was shopping for pencils online, i......."

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Re: It's all in the name

Posted by Eerie - 03 Jan 2023 00:03

Hi there, all my holy brothers! I was thinking a lot lately about the whole discussion of creating a connection to Hashem in our lives, and I realized something simple. The end game of this world is to reach the bliss of the coming world. What is that bliss? The Ramchal says, and really we say it in the teffila, ?????? ?????? ??????? That means that the bliss that we are working towards is to be connected to Hashem. It would seem to follow that the more we work on connecting to Him in this world, the stronger and greater our connection to Him will be in the next world. The Zohar says that the 613 Mitzvoz are 613 ideas of how to become ??? ????, aka how to create a working thriving relationship with Him. Creating a a relationship with Hashem is not another nice thing, it is the underlying idea of everything we do. But what should we do if living with this truth is hard? So from my friend Vehkam I learned that you have to work hard, that's all. But I would add a piece of advice a friend gave me when I was dating. Before I went out the first time a friend told me "don't worry if there are quiet moments. Don't panic. It's ok if a minute goes by and you both don't have what to say". When I went out, and that moment came, I was calm. The panic to fill that moment could lead to saying stupid things, but I was calm. I waited until I had something normal to say, and we moved on. (We got married, BTW) Yes, we are working on becoming close to Hashem, like every relationship: take it slow. Build it. Part by part. And don't panic if you don't feel close to Hashem! Remember, whether you feel Him or not, He is there. We can work at it, think about Him a minute a day. Talk to Him in your own words for one minute a day, not more. Slowly we'll build up that relationship. The Zohar says that when the passuk says ???? ?? ????? ????? by the Akeida, the word Hamakom refers to Hashem. We know that the akeida is the thing that we are so busy with, it's the zechus we live by. We ask Hashem constantly to remember for us the akeida. The akeida lives on forever and ever. How did Avraham know that he was at the spot for the akeida? When he saw 'Hamakom', when he saw Hashem, ?????. When he saw that the Shechina was far away, he knew this was it. Here he can make a difference for all eternity. When we feel that Hashem is far away, don't panic. This is it. This is the place that you and I can make a serious difference for ourselves and for all of our offspring forever. Do what you know is right even if you don't 'feel' it. Think of the things Hashem has done for you, how He has led you and cared for you from the day you were born. How He loves you endlessly. And slowly, we'll build a relationship that lasts.

GYE - Guard Your Eyes

Generated: 19 August, 2025, 14:46

Keep trucking, my holy brothers!

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Re: It's all in the name

Posted by chancy - 04 Jan 2023 19:34

Wow you brought down lots of stuff in this short post.

This is a huge Sugya which we can delve in another time.

I think relevent to our case here, its plain that if it helps you from sinning and you are not using it to boast but rather to seek guidence, there is not Halachik authority that will tell you that you cant do it.

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Re: It's all in the name

Posted by Human being - 05 Jan 2023 21:19

Eerie wrote on 30 Dec 2022 19:42:

But outside of the context of getting help or anonymity isn't the thing to do.

I will add, I have thought a lot about some of the arguments that got a little heated here in the past, and I would like to share my thoughts. Respecting someone's opinion means we don't have to keep repeating and proving our point until they agree. We may and will disagree. But perhaps we should keep the following things in mind.

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Thank you dear holy brothers for allowing me to join your special family!

I think this post is a wonderful blueprint for the future. But I have to suggest something too. I think there is a danger when people post their religious opinions as facts and "halacha lemiasa for everyone" without bringing a source, or a disclaimer that this is *my* belief and not *everyone's* belief. Many of us don't have enough knowledge to understand that there are countless viewpoints to the topic being discussed and people reading could be given very unhealthy information for themselves that they believe they they should do either way because that's what Hashem wants. The risk is especially high with those of us we know to be highly respectable and inspiring. That being said, what is your opinion?

Re: It's all in the name

Posted by Human being - 05 Jan 2023 21:22

So I'm going to commit to your blueprint. I like it a lot and i think its only appropriate, but maybe not with the specific example i gave above.

Btw you post everything in such a nice way. Always warmly and lovingly, and always on the ball. So thanks for typing it up and giving me a blueprint. I'm going to start my own thread for when i want to argue on guys. That way if someone wants to argue, they can come right over to my thread instead of having it in their face. I'm going to try at least, Go me go, go me go

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Re: It's all in the name

Posted by Eerie - 05 Jan 2023 23:44

Human being wrote on 05 Jan 2023 21:19:

Eerie wrote on 30 Dec 2022 19:42:

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Great point, my friend! I think that it is a good idea for people that teach Torah to clearly give the sources for their teachings. It gives clarity and context to the listener. I want to point something out. When you write "those of us we know to be highly respectable and inspiring", the key word is "know". When reading anything on this site, even if the posts seem very thought out and intelligent, and even if the person seems respectable, do you KNOW that they are upstanding, respectable people? If you don't know it for a fact, don't assume anything

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Re: It's all in the name

Posted by Eerie - 08 Jan 2023 18:28

Hi there all my dear bothers, holy members of GYE! Inspired by some other people's posts, I'd like to share something that happened this morning, in a fleeting moment. The whole thing took maybe 10 seconds. I was contemplating that through Hashem's wonderful kindness to me I found GYE, I got in touch with some great new friends, I gained a rebbe who guides, directs and inspires, and I realized that Hashem is so nice to me and helped me get where I am today, where even a little deeper in my mind I don't feel that I am looking for or hoping to find porn or anything of the sort. As I came to this realization, I started thinking "do I really not WANT it? do I really not have a DESIRE for it?", and the next step was that I started to feel around inside my mind, to see whether I had that desire or not, but I quickly realized that this was the YH pushing, and I shut it down. It reminded me that we have to be ever vigilant of the schemes of the YH, and don't even let him get one foot in the door. Once we start thinking, one thought leads to another...I was reminded of the vort "?????? ?????", klal yisroel at that time didn't even have a taavah, but they had a taavah to have a taavah. We have to be so careful from all of the YH's tricks, first he'll tell me "just check if you have a taavah", and then next...We gotta lock him out of our hearts and minds.

My dear friends, thanks for being here for me, and let's all keep trucking!

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Re: It's all in the name

Posted by Eerie - 08 Jan 2023 19:46

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Re: It's all in the name

Posted by Eerie - 13 Jan 2023 00:41

Re: our conversations about thinking about Hashem and cultivating a real relationship with Him, saw the email from Reb Avigdor Miller, here is what he said, copy pasted from the daily email. He has such beautiful things to say

Q:

If someone has to go to a family event and he thinks that it'll just be a big waste of time how can he protect himself from the negative influences?

A:

What kind of event?

Q:

A wedding.

A:

If someone has to go to a wedding, how can he protect himself? That's a good question.

I'll give you some advice but don't tell it to the people there.

As you stand at the wedding, think of Hakodosh Boruch Hu. Think about that. There's so much to think about. What will you think about? You heard something tonight. You heard about tzelem Elokim. Think about that. And as they say "Mazel tov, mazel tov," and so on and as they're dancing, you do everything with them; but you think these thoughts all the time. All the time.

I'll give you another thing to do. As you're at the wedding, look at all the frum Jews. They're all frum Jews. You should think, "Hashem should bless this one with a long life." "This one should live long." "And this one should live long and be healthy." If you bless Jews, it's a big mitzvah. It's a big mitzvah to bless the Jewish people. You know that? You never thought about that? ??????? - I'll bless those who bless you.

So let's say you're sitting at a chasunah. You're bored. What should you do? People are sitting and eating. So you think, "Hakadosh Baruch Hu should bless this Jew." Now, don't say it – think it. "Hashem should bless this one." "This one should live long." "He should marry off his daughters." "He should make a lot of money." "He should be happy." Youre blessing all the frum Jews, one by one. You're doing a very big mitzvah. It sounds crazy? It's worth being crazy.

So if you want to think about Hakdosh Boruch Hu, all right. If you want to bless the Am Yisroel, do it. And so while you're at the wedding, you're doing mitzvos all the time. Every time you say "I'm giving a bracha to this Jew over there he should live long. That Jew should live long," you should know you're doing a d'var Hashem. Hashem wants you to bless the Am Yisroel. ??????

??????. And even Bilam said the same thing. ?????? ????. To bless a Jew is a wonderful thing.

If you have nothing else to do, I would say that while you're sitting there, talk over the Ketzos Hachoshen. You ever learned Ketzos Hachoshen? Oh, it's a wonderful limud. Think of a Ketzos Hachosen. You're thinking about how you can do pidyon haben with a kohen katan. A wonderful Ketzos Hachoshen! A kohen katan, can you give him pidyon haben? He has no yad to be koneh. It's a question. You're thinking about that. You can say maybe it's da'as acheres makneh. The father has a yad so it's different. Then you say no, that's only if it's your money. But it's tovas hanaah, this money. It's not your money. Tovas hanaah is not mammon to be makneh al yidei daas acheres. You're thinking about a Ketzos. Ahh! It's a wonderful thing. If you know a Ketzos Hachoshen, think it over at a wedding.

Don't waste any time. It's a pity to waste your life.

I suggest giving blessings. That's easy. Everybody can give blessings. Give blessings, certainly. Or think about what you heard tonight. Think about tzelem Elokim. Think about Adam in Gan Eden. There are so many wonderful lessons. Our minds should be full of these things. If you remember a blatt gemara ba'al peh, say it ba'al peh the blatt gemara. Whatever it is, you don't need to waste your life.

TAPE # E-251 (October 2000)

Rabboisai, keep trucking!

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Re: It's all in the name

Posted by yud909 - 13 Jan 2023 01:41

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tricks, first he'll tell me "just check if you have a taavah", and then next...We gotta lock him out of our hearts and minds.

My dear friends, thanks for being here for me, and let's all keep trucking!

Re: It's all in the name Posted by Eerie - 19 Jan 2023 19:42

Hi there all my dearest friends and comrades, holy brothers whom I am privileged to have alongside me as we fight this battle! Today is an emotional milestone for me. Today I clocked 150 days clean from P&M!

To me that number is huge, I don't believe I ever went that long in the past 10-12 years. I look back to the past 2 months, and even further back to the past few years, and I am overcome with emotion. Hashem in His infinite kindness held me from falling in too many times, He set up my life that I didn't have regular access so I BH did not have regular falls. But when I did have access, I fell. I never signed up to GYE even though I knew about it, because I told myself that I don't need it, I can stop all on my own. Famous last words. 151 days ago I fell, when I discovered a computer that I had access to, **in the Yeshiva where I work**, did not have a filter. I fell bad for a few hours. The next day, when I again had access to that computer, I really struggled over whether I should put a filter. I knew I should, but the YH kept pushing me, and I had the urge and desire to see more. I kept thinking to myself that I'll put on the filter in a few days, first let me 'chap arein' whatever I can. After some time struggling back and forth, I finally beat him and installed a filter.

And the next thing I did was sign up for GYE. Because I finally realized that I can not do this alone. I signed in every day, but I remained silent. I was only looking for the accountability at that point, and GYE did provide that.

Before I continue with the timeline, I must say that now I realize how much damage the exposure has done to me, even the sporadic exposure. First of all, I wrote some in the BB forum of how things have crept into my married life that really didn't belong. Things I was doing because I took chosson lessons from the absolutely false world of porn. Those things, which seeped in because deep in my mind I thought I was making things better, actually took things

down a notch, but more on that soon. Second of all, I realize now how much brain space all that garbage was taking up. I would think over the things I saw and read, especially in the days after a fall. It just happened to me today that something triggered some memories, and my mind started going there, but I was BH able to shift my mind away right away and push those thoughts out. It made me realize the long way I've come, I never really realized this in the past that when I'd have something trigger me I'd go right back to the fantasies of what I'd watched. I stopped in middle of my story to make this point because I feel it important to point out that even though I was checking in every day or two, nothing really changed in my mind. Issue number one, the damage in my bedroom, I don't know if I would have ever realized and done anything about, and issue number two as well, even though I was already approximately 90 days clean, I really don't feel that anything changed in my inner landscape, in my mind, in my fantasies, in my objectifying, and really even in my desire to see porn.

Back to the timeline

My dearest Rebbe, friend, chaver, best buddy, therapist and G-d knows what else, please be moichel me for the next few lines. Then, erev Shabbos 20 minutes to the zman, I spoke to HHM for the first time. It would be impossible to clock the amount of hours I spent talking to him over the next few weeks. I want to know where he has so much time! With so much caring and patience he showed me how to say no. He taught me that we have to remember that we don't NEED it. Ever. We may want it, desire it, have urges, but we don't NEED it. He showed me how to believe in myself, to have self-worth more than self-esteem. He taught me how to stand in front of the mirror and smile at the reflection. He ever so gently and thoughtfully got me thinking, got me to realize what I had done to my marriage, and then he directed me step by step on how to fix it. In short, he changed my life, my way of thinking. The words have not been created yet) I know this is

not the BB forum, but I think it's ok to say that with HHM's direction, I managed to get rid of many of the things that were wrong, and BH married life has only gotten better.

Moral of the story? There are many wonderful things here, but there ain't nothin' like talking to someone live, to get direction and advice for where you are now from someone who understands what you are going through. Reach out and talk to someone who can help! I even left a message with the administration here suggesting they put a button on the home page where you can click to connect to a GYE mentor.

In the past almost 2 months I've posted a lot, and I really feel like I have so many holy brothers here. I feel that joining GYE from the last computer I had a fall on, and continuing to be a part of the GYE family is a fulfillment of the concept in teshuvah of doing teshuvah using the object one sinned with. I thank Hashem for all the major things He has given me by getting me here. I feel like a different person than the one who signed up over 150 days ago. I thank Hashem for the opportunity to undo some of the damage I've done. I thank Hashem for showing me the way back home. I thank Hashem for the new wonderful Rebbe and friends I gained, all who constantly inspire. And I ask Hashem, please help me stay this way forever, help all my holy brothers come close to You, and together we'll all sit at the head table at the se'udas livyoson! Dearest brothers, thank you for letting me join your family, thank you for being there for me always, thank you for enlightening me in so many ways, and don't forget: KEEP TRUCKING!

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