

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 like 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 struggle 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 - 10 Mar 2023 20:06

Yes, today is an amazing day for me. 200 days BH! (and just passed 400 posts-OMG!)

I thank Hashem for bringing me here, for holding my hand, **for not giving up on me!** Oy Hashem, I gave up on myself, but You never gave up on me! I cry as I type these words, Hashem how can I ever thank you enough? You love me endlessly, and you were waiting so patiently for so long, for so terribly long, for me to come back to you. You never, ever gave up.

Hashem! I can't leave my office, I'm crying too hard. I feel your love so strongly now that I stop and think about all those years, I led a terrible double life, and yet you still loved me, you still had patience, you still believed the day would come that I would come back to you. Hashem, I can not thank you enough or express enough what I feel. I love you as much as my heart can feel love. Thank you for believing in me and helping me and holding my hand. I want to stay here with you forever! Please Hashem, hold me tight and don't ever leave go!

I thank the tazddikim who created this Holy place that has changed my life, the life of my children, my marriage, I can't thank you enough for being the place that has brought me home!

And Rebbe, I know you don't want thanks here, so I won't write it. The words with which to thank you have not been invented anyway! hashem should bentch you, the love the respect, the acceptance, and the good hard pushes, I don't know how you always know what to say.

And thank you to all the wonderful friends that have such a huge part in my freedom, Rosih Vrishoin Vehkam, the 1st guy I spoke to here, and I don't think more than 2 days have gone by since that we didn't speak. And so many others, ??? ?????? ?????? ?? ????? ??, you know who you are and I know who you are. May hashem bentch you all.

Looking forward to giving the oilam an update at 2000 days:)

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Re: It's all in the name

Posted by Teshuvahguy - 10 Mar 2023 20:22

So proud of you. What a role model!! Mazel tov, dear Eerie, who reaches out to everyone and cares so much.

Including when you say "Gimpel, it's time to grow up". It's one of my favorite ones!

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Re: It's all in the name

Posted by Emes-a-Yid - 10 Mar 2023 20:46

[Eerie wrote on 10 Mar 2023 20:06:](#)

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good for you, soon by us all!

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Re: It's all in the name

Posted by eraygrand - 10 Mar 2023 21:37

Truly amazing and prefect news to head into Shabbos!

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Re: It's all in the name

Posted by Vehkam - 10 Mar 2023 22:16

[Eerie wrote on 10 Mar 2023 20:06:](#)

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I thank the tazddikim who created this Holy place that has changed my life, the life of my children, my marriage, I can't thank you enough for being the place that has brought me home! Hey, you beat me to it!

And Rebbe, I know you don't want thanks here, so I won't write it. The words with which to thank you have not been invented anyway! hashem should bentch you, the love the respect, the acceptance, and the good hard pushes, I don't know how you always know what to say.

And thank you to all the wonderful friends that have such a huge part in my freedom, Rosih

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Looking forward to giving the oilam an update at 2000 days:)

you express your emotions and feelings so beautifully. it is amazing to be alive. Having to live with secrets was never really living. Your friendship has been incredibly helpful for me. Thank you for helping me through some personal tough times. knowing that someone really cares makes everything that much easier....

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Re: It's all in the name

Posted by Eerie - 12 Mar 2023 20:15

Hi my dear friends and brothers, comrades at GYE! I want to share something that happened to me on Friday. I posted that it was day 200. I really hope I didn't make an ayin hara or something, it almost turned into day 1. I felt like I was nuts or something. Here I was posting, and literally crying as I typed, how close I felt, how thankful I was to Hashem for everything. A little while later I was on Amazon, buying something, and the next thing I know I was searching something inappropriate. BH my filter stopped it from coming through. But I felt so stupid. I could not believe it, here I was so high, how could I fall so low? I have not tried to find anything of the sort in months, and davka now, when I'm feeling that all this is behind me, now I'm doing this? I was reminded of the vort that many say, why do we lein the parsha of arayos Yom Kippur by mincha, on the holiest day, at a time that we are feeling so close to Hashem, now is the time to talk about such lowly things? So they answer that the lesson is that we have to remember that even at the highest and holiest moments in our lives we still have a YH. I thought of how appropriate that vort was to me at that moment, but I was still very disturbed at my behavior. All of a sudden all the euphoria, all the good feeling of reaching a milestone, it was gone. Poof, in one second it disappeared. I was so upset and down. I texted HHM right away, as to ensure my accountability, but I did not get to talk to him or to any GYE friend before Shabbos. And I came into Shabbos very down.

As I was davening Kabbols Shabbos I thought to myself, "Eerie, a few hours ago you were looking forward to having a Shabbos on a high. You felt so good, so pure. So what do you think, the YH was just gonna let that happen? So he got you to search for something wrong, so now you didn't have 200 days? Is there nothing to celebrate? What really changed? Nothing! He wants you just to feel down and stupid so you won't celebrate your accomplishments! What happened already? You became aware that the YH did not drop you as a candidate. Ok. Is that something to drop the Shabbos for? Don't let him in! Don't focus on the slip that you had, focus on the good, on the way you have come, and thank Hashem for your filter!" It was not easy, dear friends. It is much easier to give chizuk to others than to give yourself chizuk. ??? ?????? ?????? ???. I tried very hard. Most of Shabbos I was successful in focusing on the positive, BH.

But it was a constant battle not to feel like a failure.

And I learned: 1-Thank Hashem for filters. 2-I still have a YH that can take me for a loop.

Dear brothers, **I can still use chizuk**, and thank you so much for all you guys do for me

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Re: It's all in the name

Posted by eraygrand - 12 Mar 2023 20:42

I absolutely love reading your posts. They come across with honesty and true sincerity. I think it is important for all of us to see these accounts and to realize that whether it 2, 20, 200 or even 2000 days we need to use whatever self-defense weapons are available in this fight and struggle with the YH in this area. I am just getting started but based on my limited experience it is clear to me that GYE helps add a layer to these weapons and shields that at times seems too heavy to hold on our own. In the spirit of Purim, I think of this as our personal battle with Amalek. As we lained on Purim morning, even Moshe Rabbeinu needed the help of Aharon and Chur in the war with Amalek. We can certainly use help in our battle.

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Re: It's all in the name

Posted by Eerie - 12 Mar 2023 21:28

My dear friend, you just came on and you are already such an inspiration! I am so inspired from watching you climb! And thank you so much, every word of chizuk really helps me. I can't tell you enough how much I appreciate it. Every word is a balm on my soul. We are blessed to have you in our family!

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Re: It's all in the name

Posted by BennyH - 12 Mar 2023 22:23

[Eerie wrote on 12 Mar 2023 20:15:](#)

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looking forward to having a Shabbos on a high. You felt so good, so pure. So what do you think, the YH was just gonna let that happen? So he got you to search for something wrong, so now you didn't have 200 days? Is there nothing to celebrate? What really changed? Nothing! He wants you just to feel down and stupid so you won't celebrate your accomplishments! What happened already? You became aware that the YH did not drop you as a candidate. Ok. Is that something to drop the Shabbos for? Don't let him in! Don't focus on the slip that you had, focus on the good, on the way you have come, and thank Hashem for your filter!"

Every word of this! Exactly the right approach. I always catch myself when I start feeling complacent because I KNOW the YH is right around the corner. Vigilance is always needed.

And ?? ?????? ?????? ?????? ?????? so I can't IMAGINE how massive EERIE'S YH is...

Hashem should continue to be by your side becau?e ?????? ????"? ??????...

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Re: It's all in the name

Posted by Eerie - 12 Mar 2023 23:43

[Bennyh wrote on 12 Mar 2023 22:23:](#)

[Eerie wrote on 12 Mar 2023 20:15:](#)

As I was davening Kabbols Shabbos I thought to myself, "Eerie, a few hours ago you were looking forward to having a Shabbos on a high. You felt so good, so pure. So what do you think, the YH was just gonna let that happen? So he got you to search for something wrong, so now you didn't have 200 days? Is there nothing to celebrate? What really changed? Nothing! He wants you just to feel down and stupid so you won't celebrate your accomplishments! What happened already? You became aware that the YH did not drop you as a candidate. Ok. Is that something to drop the Shabbos for? Don't let him in! Don't focus on the slip that you had, focus on the good, on the way you have come, and thank Hashem for your filter!"

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Very funny!

Thank you, my friend. Keep posting all your beautiful thoughts!

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Re: It's all in the name

Posted by Eerie - 12 Mar 2023 23:47

I'm not sure if I should share this, but I feel it is important. I think the YH tested me from a new angle, and I want the people here to know that such a thing exists. I was emailed today by a person claiming to be a woman, who started the conversation that she just found my email on her husband's computer, and she discovered that he's struggling. I'm not going to go into the details, but it is clear to me that this person, maybe female, maybe male, was looking for trouble, not help. Rabboisai, my dear friends, we are trying to run away from the YH, but the YH **WILL** run after us! We must remain vigilant! If you get suspicious emails, contact a friend right away so that someone else knows what is going on. And I believe you can set up that emails should be blocked from specific email addresses. Protect yourselves! If you have different ideas on how to protect yourself from such things, please post

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Re: It's all in the name

Posted by Eerie - 13 Mar 2023 17:44

Thank you to all my dear friends for all your warm words! ????????! Thank you for those who posted words of chizuk, thank you for those who reached out privately. I really appreciate the friendship, and the chizuk it has to offer! You should all be gebentched. Looking forward to beH keep trucking together for many more years!

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Re: It's all in the name

Posted by Eerie - 13 Mar 2023 19:20

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I would like to add, I reached out to Cordnoy to ask whether I should post this, it turns out that this person tried joining GYE, and was stopped from doing so by Cordnoy. I don't know how he realized that this person is up to no good, but I am very grateful that we have people here watching out for us and doing their best that we remain safe. So thank you dear moderators!

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Re: It's all in the name

Posted by DavidT - 13 Mar 2023 20:58

[Eerie wrote on 13 Mar 2023 19:20:](#)

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The Gemara tells us, “*Yitzro shel adam misgaber alav b’chol yom* – A person’s evil inclination prevails upon him every day” (*Kiddushin* 30b). Therefore, “*I’olam yargiz adam yetzer tov al yetzer hara* – a person should always excite and engage his *yetzer tov* against his *yetzer hara*” (*Berachos* 3a). It’s a perennial battle that demands constant attention. If we are not engaged in struggle, we’ve already lost.

Some people think: "I'm already in a good place, I don't need to be vigilant anymore". While this day can sometimes last a while, if we're complacent, it's just a matter of time before we get caught off guard.

We can increase our efforts from both ends – powering our *yetzer tov* more and fueling our *yetzer hara* less. The end result will be increased success in the most important battle of our lives.

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