

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 struggle with that much, but I did do it a few times in my bachurische 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 Heeling - 16 Nov 2023 22:19

R' Eerie,

I wish you were next to me so I can give you a hug. You're such a special person. Your words are so beautiful. So simple. So true.

Your so not eerie! Your so loving, caring and giving.

You did not let me down. You taught me that we are all prone to falling into the YH trap, no

matter what/when/how long we've been working on ourselves.

Strength and determination to resolve shows leadership. A leader is someone who has a following and can still admit to his followers of his mistakes – you did just that.

You are much more special to me now.

Keep on trucking,

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Re: It's all in the name
Posted by Bennyh - 16 Nov 2023 22:47

[eerie wrote on 16 Nov 2023 22:11:](#)

Just to be clear, I could use some chizuk. And my ego could use some, too:)

Go through your posts on OTHER people's threads. There are gems of warm chizzuk scattered

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Re: It's all in the name
Posted by eerie - 16 Nov 2023 23:12

Actually, I just did something similar. It's very hard to be machazek yourself. So I imagined somebody else, in my position, calling me and telling me his story. And I answered him. It helped. A little.

What should I tell you guys? I think it's good to get a reality check every once in a while. Like Eerie, chill out a little bit. You ain't as important and as great as you think you are.

I think my ego was (is?) also full of air:)

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Re: It's all in the name

Posted by chaimoigen - 16 Nov 2023 23:40

You're human.

I know, because you have a warm heart, an understanding, warm smile, and the warmest look in your eyes.

If you're warm, it means you're not dead.

And that means that you will have struggles, in one form or another, because that's why we are here.

I taste the keen edge and bitter flavor of your disappointment in learning the hard way that your humanity still includes this Nisayon. But you caught yourself, came right on here to talk about it, and feel how strongly it's not what you want. That's because you ARE the Rabbeinu Eerie we live and admire. You can find satisfaction in the fact that your accomplishments of the year are real.

And if you are feeling disappointment that you know now, more than last week, that it's worthwhile to stay vigilant- that's not a good feeling. But when thinking it over- doesn't it make you appreciate even more how far you've come? If it's lurking, deep in the background, and you've kept so far away from it for so long- that's YOUR Avoda, with Siyata Dishmaya.

I think you can gain from this a greater appreciation for your special past and **future** accomplishments, Yedidi.

Looking up admiringly with,

Chaimoigen

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Re: It's all in the name

Posted by eerie - 16 Nov 2023 23:57

Hey Reb Chaim, first of all, thank you for writing in a vocabulary I understand. Second of all, I'm

seriously, thanks a million for always being there. Now I know that when I say to the guys "we are here for each other", it's really that way

Keep trucking, chevra!

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Re: It's all in the name
Posted by Hashem Help Me - 17 Nov 2023 00:43

If you are really worried about your ego, give yourself two smacks..... but then run to your wife for a hug.....

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Re: It's all in the name
Posted by youknowwho - 17 Nov 2023 01:40

Dear Eerie,

Thanks for sharing your experience. You shared, because you wanted chizuk, but in the end, I think all of us continue to be inspired by you, and all the more so!

I tried to think of some brilliant profundity of chizuk to share with you, but all that came up was some faint buzz of static, and **one** overarching, overwhelming thought....

All I can think of is this: If not for you, I would not be here today.

If not for your warmth, empathy, compassion, acceptance, humor, humility, depth and wisdom, I would've probably moved on. You inspired me in my darkest hour, by saying little, okay, more than a little;), and... just *being there*.

I just wanted to take this opportunity to say thank you for that, and please continue to be there for us all.

With love and respect,

Youknowwho

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Re: It's all in the name

Posted by Bennyh - 17 Nov 2023 02:35

I tried calling you to tell you this in person, but maybe others can also benefit from it so I'm posting it here:

To be brutally honest, there's nothing much to do or think that's going to make that ichy feeling go away.

It sucks to mess up. It just does. And it feels horrible. As it should. Period.

You know all the possible chizzuk words that can be said, because you have said them hundreds of times to many of us on this forum, and you have coined many novel chizuk angles yourself. And yet the words feel empty and hollow to you in your own situation, because when we mess up, our neshama feels the yuckiness on a very deep level.

The **ONLY** thing that I find that is able to help me to move forward after such a situation is the following:

I let that ichy feeling swirl in my mouth. I try to imprint the memory deep into my psyche. I try to *feel* the hurt. And I take that feeling and store it in a bottle and file it away in my memory bank. And I tell myself that I **NEVER AGAIN** want to ever feel this way! What does all this shmutz do for me, heh?? It's just causing me to feel like a piece of garbage, like a failure! So it strengthens my resolve to be more careful, more vigilant, and more in control. And when a nisayon tries to creep up again, I can **QUASH** it by quickly retrieving the feeling from my memory bank, because it has been so deeply seared into my being.

It's a reality check, and an opportunity to build a stronger defensive posture.

There's no spin that's going to assuage your guilt. To me, this is the only way out and the only way forward.

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Re: It's all in the name

Posted by chaimoigen - 17 Nov 2023 08:33

[Bennyh wrote on 17 Nov 2023 02:35:](#)

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It's a reality check, and an opportunity to build a stronger defensive posture.

There's no spin that's going to assuage your guilt. To me, this is the only way out and the only way forward.

Benny,

I mostly agree with every word. Doesn't take away from the benefit of Chizzuk, because a guy needs to feel like he can keep going. But, notwithstanding that, the message how to feel about messing up, as it relates to going forward, is as you say. Rigzu V'al Techetahu.

Just want to make a point that I feel is important regarding the last line in your post.

I feel there's a critical distinction between **guilt** and **regret**. Guilt is generally not a constructive emotion, and doesn't help a person improve (unless he's trying to merely avoid the awful feeling, and there are other ways to avoid feeling awful). **Regret** is a positive and powerful constructive emotion, especially when tempered with Rachamim.

After messing up, allow the bitter and disappointing taste to linger and become a feeling of genuine hopeful regret, **enabling** positive future growth, based on the empowerment of previous successes and buoyed by friends and Siyata Dishmaya- that's the way.

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Re: It's all in the name

Posted by iwannalivereal - 17 Nov 2023 18:16

Dear Eerie, I'm sure it was quite a nasty feeling with what happened, and it must've taken quite the courage to post it!

A thought I had - For the lucky people that are zoche to have come to gye there are 2 stages in life. There is the stage before gye and before breaking free, and there is the stage after haven broken free. In the stage before breaking free, life is full of fighting and struggling and sometimes winning and sometimes losing. In this stage of life you are still a porn watcher, yet you fight not to be. Once you are zoche to break free, and ?"?" someone who's 400 days free is living a whole different life. You are now living life as a non porn watcher. I think there's a huge difference between someone who falls as a porn watcher, and someone who falls as a non porn watcher. Someone who falls while still a porn watcher is falling almost because that's who he is. Watching and lusting is part of his life, and he's fighting a losing battle and so falling is just around the corner. Every fall is literally part of who he is and part of the muddy struggling life he's living. Once you break free you are no longer living in that muddy mood, and with that strong constant battle. A small little fall in this stage should by no means be considered at all. A fall in this stage would and should mean only if you fell so hard that you were back in that muddy life. Even if someone falls all the way to P and M, once he's in this stage of life I'd hardly consider it a fall at all. If your slip wasn't because you were back in the mud then all it was was a small mistake. A missed opportunity to shteig a bit more. But a fall or slip???

You're still my hero!!!

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Re: It's all in the name

Posted by eerie - 17 Nov 2023 19:03

[Hashem Help Me wrote on 17 Nov 2023 00:43:](#)

If you are really worried about your ego, give yourself two smacks..... but then run to your wife for a hug.....

By me it usually works that I give myself hugs and she gives smacks...Just kidding! BH she is a nice lady, and she doesn't give me what I deserve

And really, thanks for mentioning my wife. If I ever need a reality check I just need to ask her:)

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Re: It's all in the name
Posted by eerie - 17 Nov 2023 19:16

Dearest friends, Thank you all so much for all the insight. For the chizuk. And for pumping my limping ego:)

Seriously, I appreciate everyone's words. Including the ones who called and did not post. Or the guy who texted a 'waving hi' emoji.

And I appreciate the ability to come say what happened. To have a place where I can let the pus out before it festers and becomes an infection.

But more than all, I appreciate the pain. Let's face it. I accept all chizuk, I believe it to be true, and I was still very hesitant to post. Because at the end of the day it's my failure. And that is what I appreciate. Because I have felt the bitter taste of being honest about what I did, I have met many of you, and even those that I have only spoken to know much about me, and I posted what I did, and it was very hard and embarrassing.

And that itself gives me another reason not to fall! I know how icky it's gonna feel to let you guys know.

Thank you dearest friends and brothers! Onward and upward!

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Re: It's all in the name
Posted by true_self - 18 Nov 2023 21:29

Dearest Eerie, First of all, Congratulations for starting to post almost a year ago, It was the seed of redemption for you and countless guys here including myself. Second of all, Thanks for having the courage to let us know that you are human just like us. That you are not a robot sitting in some isolated office at the other end of the world. Next time you will tell me that you understand me and know how it feels I will feel it even more than till now.

You would have let us down if you wouldn't be honest with us and pretend that you are perfect. Thanks for having the courage to come out here to post despite the embarrassment, If you think

Please remember that you are a truly amazing person who helped many and continues to, You are devoted to help others and it's who you really are (plus a ben torah;)). **Come on, there is so much more to you!** The thoughts you might have right now are normal, accept them and don't judge yourself according to them, they don't tell who you really are.

that your ego is too big, than I hope you wont be my judge up there

We are always here for each other don't forget to **KEEP SMILING!!!!**

All my love & admiration

True self

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Re: It's all in the name
Posted by eerie - 19 Nov 2023 18:52

Go to your wife for a reality check, you know how much they know.
My dear friends, I hope the point I wrote last week didn't get lost in the tumult.

My friends, I also have many, many times has those 'irresistible urges', those days when you feel that if you don't watch something really lust-filled you'll lose your mind. Please remember that it's the air in the dough! The longer we'll stay away from the garbage, the more air we'll let out of our fantasies and utter narishkeit, and the easier it will be. I see it on my own flesh. Take heart! I'm no different than you, as you can see in my post from last week. So hold strong, know that it will get easier, and **KEEP ON TRUCKING!**

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