

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 eerie - 30 Oct 2024 05:13

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If only I had the time to write al the things on my mind, how thankful I am, how much every friend here has added to my freedom, to my life, how I have no idea why Hashem was so nice to me, how I see now how much siyatta dishmaya we need at every step of the way, oy, RBSO how can I ever thank you enough!!!! Dearest most special friends, I know I couldn't do anything without you, thank you is so little to say

All I can ask is

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Re: It's all in the name

Posted by rebakiva - 30 Oct 2024 05:21

[eerie wrote on 28 Oct 2024 16:43:](#)

Spoke to a guy who has a huge amount of struggles. Was very interesting to hear that his therapist advised him how to humanize and reduce his struggles. And to hear from him how it really helped him. Personally, I can't say I ever really tried it, I mostly just try to think about other things when challenged, but it's always interesting to hear what helps for other people, with professional advice. So, even if it doesn't work for you, don't knock it. Obviously praying is just a form of this mehalach

What I do wonder is if it helps to for regular struggles as well. Meaning, perhaps it is helpful for people who struggle with obsessing sexually, it helps put things back to the normal setting, which, being a smaller challenge, is something they can overcome, or does it really help, when done properly, to really remove the nisayon.

For those who have tried it and it helped, I'd be curious to hear from their experience

I've been trying it for the past 45 days must say it really helped me, I saw on one thread {I think it was heaven for the grouchy or something like that} a whole fight between muttel and cande about how it works best, so I took the time to listen to the shiur from Dov on this I must say it's HUGE {Trump voice} Billions and billions of...

Try it out listen to the shiur its the first one in dov's audio section (not the 12 step section) I believe you'll get it

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Re: It's all in the name

Posted by empoweredbison98 - 30 Oct 2024 06:33

I fully apologise for my inappropriate boomer chauvinism.

At 74 the immediate desire challenges are not as great ; but the risk of embarrassment from elderly men's issues is great .

Accessible synagogues affirm to all our connection to chessed and rachmonos .

still a 12 step connection is far better than the atheist therapy schools .

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Re: It's all in the name

Posted by cande - 30 Oct 2024 11:34

[rebakiva wrote on 30 Oct 2024 05:21:](#)

[eerie wrote on 28 Oct 2024 16:43:](#)

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believe you'll get it

yes! DOV stuff are insanely amazing! (he has few shiurim on this listen to all)

TGI its wnter,

cande'

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Re: It's all in the name
Posted by Heeling - 30 Oct 2024 13:30

[eerie wrote on 30 Oct 2024 05:13:](#)

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Mazel Tov! Mazel Tov! May Hashem give you the strength to continue winning this battle and to continue being the super warm loving friend you are to so many.

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Re: It's all in the name
Posted by iwantlife - 30 Oct 2024 13:35

GYE - Guard Your Eyes

Generated: 4 April, 2025, 12:50

Wow! 800!! What an amazing number! ?????? ?? ????? a hundred times, that's what you are! May you be zoche to many, many more!

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Re: It's all in the name
Posted by iwantlife - 30 Oct 2024 13:38

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Re: It's all in the name
Posted by Muttel - 31 Oct 2024 22:16

Mazel Tov R' Eerie!

I can't believe I'm about to write this, but with your help and the other ??????? on GYE, I actually think I'll celebrate 800 too soon.... (just need another 600 some odd days to pass...)

Your hard work and dedication to ?????? ??? ?????? should serve you in good stead.....

With a ton of love,

Muttel

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Re: It's all in the name
Posted by m111 - 02 Nov 2024 20:28

8 refers to higher than *teva*, you are now at 100 times that.

You have helped yourselves and others including me to reach what we thought is beyond our *teva*, what seemed impossible became the new reality, the freeness...

Chazak v'ematz!

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Re: It's all in the name
Posted by eerie - 11 Nov 2024 00:27

Friends, as I read some threads, catching up on a week or two of missed posts, I am totally overcome. This place is a place of absolute miracles! Such beauty! The warriors, the plans, the desire for growth, the dedication, the determination, the climbing, the learning, the friendships, the love, the caring, the devotion to one another, it is all literally UNREAL!!!

I was trying to convince a guy who's not here yet to join GYE. I told him about how much care he'll get. He just didn't believe me. I told him that I know it's not to be believed, until you try it. I don't know another place in the world like this, where we really, sincerely care for each other, devoted to each other, and people are growing in unreal ways.

Dearest unbelievable friends, keep doing the unbelievable!

And a huge shout out to the GYE creators, who sit behind the scenes, while having created a space for all of us to become new people!!!

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Re: It's all in the name
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[eerie wrote on 24 Nov 2022 19:25:](#)

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Nov 24 is a birthday of sorts...

I can't believe how much my life changed!

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Re: It's all in the name
Posted by iwantlife - 24 Nov 2024 05:32

Nov 24 is a birthday of sorts... I can't believe how much my life changed!

Happy Birthday R' Eerie! We're so lucky to have you here. Many more!!!

***There once was a man named eerie,
Whose demeanor was always quite cheery.***

And you'd never know,

That just 2 years befo'

Deep within he felt rather teary.

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Re: It's all in the name

Posted by redfaced - 24 Nov 2024 12:49

[iwantlife wrote on 24 Nov 2024 05:32:](#)

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There once was a man named eerie,

Whose demeanor was always quite cheery.

And you'd never know,

That just 2 years befo'

Deep within he felt rather teary.

Somehow these limericks resonate so much deeper within me than these morbid 2 day long poems that some people insist on writing.

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Re: It's all in the name

GYE - Guard Your Eyes

Generated: 4 April, 2025, 12:50

Posted by jollylemur95 - 24 Nov 2024 13:59

Amazing R' Eerie! Many more be"h!

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