

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 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 cande - 22 Dec 2024 19:04

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[eerie wrote on 22 Dec 2024 18:47:](#)

[cande wrote on 22 Dec 2024 18:43:](#)

**Warning: Spoiler!**

Excuse my hagaha. 'JUST' implies that there is nothing else. Which I don't think is correct. Feel free to disagree, as wise man once said

**indeed there is nothing else!**

this is what it means,

**JUST LOVE YOUR KIDS!!!!**

and this is what **will automatically follow**,

you will **ACCEPT YOUR KIDS!!!!**

you will **CONNECT WITH YOUR KIDS!!!!**

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Re: It's all in the name

Posted by redfaced - 23 Dec 2024 00:19

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Wrong again

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Re: It's all in the name

Posted by redfaced - 23 Dec 2024 00:20

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Re: It's all in the name

Posted by eerie - 31 Dec 2024 21:14

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I just saw a piece in Michtav M'Eliyahu, chelek 4, page 228, and want to share

He writes in the name of the alter fun Kelm, that when a person is in pain, pain which Hashem has sent them for a purpose, while they are in pain they can't really focus on that purpose, because they pain doesn't allow them to think properly and work properly. And after the pain has left, the person no longer has the impetus to work on themselves. So, what's the mehalach of Avoida that is expected? Says the Alter, a person is supposed to work on remembering, while he's happy, pain free, remember what the pain was like.

My takeaway:

The huge baal mussar, the Alter fun Kelm, understood that when a person is in pain, it's not the time for them to give **themselves** a mussar shmooze. Definitely not a time for others to give mussar shmoozen. It's not a shvachkeit that a real honest person wouldn't have. It's a metzi'os, and the Alter didn't say that Hashem wants us to work on being able to think mussar thoughts while in pain.

Food for thought

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Re: It's all in the name

Posted by amevakesh - 01 Jan 2025 12:04

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What are you supposed to do if it's chronic pain? (Asking for a friend)

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Re: It's all in the name  
Posted by amevakesh - 01 Jan 2025 15:06

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Intriguing thought. According to your takeaway, what a person supposed to do, if he's dealing with chronic pain? When should he give himself Mussar?

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Re: It's all in the name  
Posted by chosemyshem - 01 Jan 2025 15:25

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[amevakesh wrote on 01 Jan 2025 15:06:](#)

Intriguing thought. According to your takeaway, what a person supposed to do, if he's dealing with chronic pain? When should he give himself Mussar?

I'm not the original poster, Rav Dessler, and probably not the Alter from Kelm either but I'll take a shot at the question.

Talmud says (Ethics o' the Fathers 4:23) "Do not appease someone at the time of his anger and do not comfort him when his dead is before him."

Does that mean never comfort someone? No. It means during the time of *acute pain* don't try to interfere with that pain.

I b"h have never suffered chronic pain in any form. So if your lived experience differs please feel free to speak up.

**Warning: Spoiler!**

But even chronic pain sufferers adjust to having chronic pain. Of course it still hurts. But the time of acute, fresh pain passes. And then they can work on whatever they need to work on.

Someone who loses a limb needs to work on living life with a handicap. But if you go over to him three seconds after the amputation and start giving him chizzuk about how he can still be productive you're obviously being insensitive and unhelpful. Three months after the amputation is a different story.

Eerie's chiddush is that this mishna applies bein adam l'atzmo.

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Re: It's all in the name  
Posted by jewizard21 - 01 Jan 2025 16:20

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When I get an urge one of the main reasons why I don't fall is because I remind myself how it feels afterwards. How one moment of lust doesn't solve any problems and then after the lust you feel gross, disappointed in yourself, and in a kind of pain. Then you have to deal with these feelings and the feelings the other emotions you were trying to suppress with lust, because lust doesn't solve anything, it just makes things worse.

Your brain tries to say that this lust is comforting, but actually its just numbing your emotions temporarily amd eventually they resurface even stronger because they haven't been dealt with, then you try to numb yourself and then you need even more lust which builds up more emotions which creates a false need for more lust.... this is the cycle that eventually leads to a breakdown because psychologically it is extremely unhealthy to suppress your emotions.

We feel pain after we fall and one of the hardest parts after a fall is to not try to numb that pain with more lust. If we can remind ourselves that it's not worth succumbing to the lust then we can fight stronger.

(I used "lust" in place of masturbation bc I believe this is how it works for all forms of lust)

Keep on Trucking, One Day At A Time!!

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Re: It's all in the name

Posted by amevakesh - 01 Jan 2025 16:36

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[chosemyshem wrote on 01 Jan 2025 15:25:](#)

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Eerie's chiddush is that this mishna applies bein adam l'atzmo.

Nailed it!

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Re: It's all in the name

Posted by livingagain - 01 Jan 2025 18:02

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[jewizard21 wrote on 01 Jan 2025 16:20:](#)

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We feel pain after we fall and one of the hardest parts after a fall is to not try to numb that pain with more lust. If we can remind ourselves that it's not worth succumbing to the lust then we can fight stronger.

(I used "lust" in place of masturbation bc I believe this is how it works for all forms of lust)



Keep on Trucking, One Day At A Time!!

Stated very well. I found It works for me sometimes but not always.

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Re: It's all in the name  
Posted by eerie - 05 Jan 2025 07:06

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I know I usually post positive, encouraging posts. Today I don't

There's a huge pit in my stomach.

(The story that was here is 100% true. But needed to be removed. Sorry for the confusion)

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Re: It's all in the name  
Posted by yiftach - 05 Jan 2025 12:24

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Ouch!

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Re: It's all in the name  
Posted by tzaddikvikam13 - 05 Jan 2025 14:55

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Re: It's all in the name

Posted by Muttel - 05 Jan 2025 15:52

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All I could do is cry, cry for consequences for actions taken, crying for his ???? crying out to return to Hashem, and crying tears mixed with relief too that ?? ??? ????? ?????, ????? ?????... But that relief - in a place where there have been such extensive consequences, is hard to see.....

With a heart filled with ?????? and pain,

Muttel

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