

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 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 amevakesh - 05 Aug 2025 21:32

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Stunning! About time someone brought back Dear Nikolai and made it relevant to todays day and age. I always try teaching that song to my Talmidim, but they didn't connect to a boy behind the iron curtain. Now I'm hopeful.

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Re: It's all in the name

Posted by eerie - 05 Aug 2025 22:21

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There's something bothering me that I wanted to share with the oilam. I hope I don't make too

I may be totally wrong

many enemies

Preface: If you know anything about me, you know that my heart burns with the pain of our dear brothers that struggle, and I truly, deeply love and respect every guy I talk to, literally no matter what they have done and gone through. Please take every word I say with that in mind. I don't mean to C"V belittle anyone or even a drop of pain that anyone is going through, and to many people what I'm about to say does not apply at all. If anyone reading what I'm about to say feels judged, I'm simply not referring to you and your situation

On the chance that there are people this applies to, I say:

I was talking yesterday to a guy, a truly wonderful person, IMHO, a guy who went through many challenging periods in his life, and has really made beautiful choices to bring him to where he is today. And yet, unhealthy sexual behaviors continue to be a challenge. He was just recently involved in an illicit relationship. BH, this person had the gevura to reach out and I've had the zechus to guide him to cut it off. And he's doing it!!! He's winning, he's strong, he's changing! It's beautiful to watch the gevurah of a Yiddishe neshama!

Last night we were talking, and he was telling me how hard it is for him to stay away from that person, how connected he got there, etc. And he's right. It is very, very hard to cut off from a person he's had a sexual relationship with for a long time. And in middle he said "Why would Hashem give me this challenge? How could Hashem do this to me?"

And this is something, though I didn't tell him, that I feel is not so in place. Why blame Hashem? Sure, it's hard. Yes, it's frustrating. It's literally hell to break off such a relationship. The strength it takes, it's crazy. But after everything, remember: Hashem didn't make you have that relationship. Hashem didn't force you to have all those experiences that bound you to that person. You chose to do it. I'm not judging anyone, I love you and respect you, and I really, really do. I'll give you hours of my time because I care about you. But why are you blaming Hashem for your poor choices?

I repeat. For many people, their exposure and experiences are things that were totally out of their control, and yes, the hashgacha of Hashem decided to challenge them, and it is not their

choice that is currently making things hard.

But for some of us, yes, we didn't realize the extent of what we were doing, and we didn't have support, etc. No, we are not to be lambasted for what we did. But Hashem didn't do it. I did. Let's not blame Hashem for things He didn't do.

Just my thought. Take it or leave it

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Re: It's all in the name

Posted by yiftach - 05 Aug 2025 22:50

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@eerie, I'll never be your enemy, but I disagree.

No, no one can blame Hashem EVER. We know and believe that ????? ?? ??? ??????. But you've been in this position before. You know that at the beginning of your struggle you had no hava amina that one day you'll be doing the things you did. There's a slippery slope.

The first time your guy masturbated he didn't imagine he'll land up in a relationship. Then he looks at his roommate (suggesting he's single) and sees a guy that never struggled a day in his life. You blame him for feeling upset? The blame isn't Hashem, but it's definitely frustrating.

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Re: It's all in the name

Posted by eerie - 05 Aug 2025 22:55

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Buddy, did I say it's not frustrating?!?!

I said time and again, it's painful and frustrating, and it's hard like hell, and you wish it was all just muttar, totally.

I was talking only about the blaming Hashem. All I'm saying is: Don't blame Hashem for your poor choices

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Re: It's all in the name

Posted by yiftach - 05 Aug 2025 23:15

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Why did I have these minor struggles when I was younger and had NO IDEA that I was "masterbating" and that it was a sin?! Which ultimately led down the gloomy road I took. Why didn't my friend have these minor struggles so that he would've taken the same road as me?!? You can't blame this fellow of yours. I had the same questions myself.

There's nothing wrong with having questions on Hashem. Even Moshe Rabeinu had questions. And that's what your guy was doing.

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Re: It's all in the name

Posted by eerie - 05 Aug 2025 23:25

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My dear friend, I wrote in my first post on this subject, for some of us the challenges we are currently facing are NOT because of our poor choices, and yes, the Hashgacha gave you those tests

I am writing about the challenges that we have brought upon ourselves. I think that was clear in my first post

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Re: It's all in the name

Posted by yiftach - 05 Aug 2025 23:27

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Tell him to stop blaming Hashem. He should begin blaming Hashgacha.

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Re: It's all in the name

Posted by yiftach - 05 Aug 2025 23:54

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**\*\*CENSORED\*\***

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Re: It's all in the name

Posted by cleanmendy - 06 Aug 2025 01:34

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R' Eerie, I have had similar thoughts myself, angry at Hashem, when really many, most, maybe even all of the issues were completely due to my poor choices.

I think it may be coming from a misunderstanding of the ways of Hashem, though I don't profess to know them. Your friend may think that because Hashem created everything in his universe, and runs his world with Hashgacha Pratis, that could be misunderstood as Hashem made me make these choices in my life.

This is especially true when someone is in so much pain and confusion, angry and frustrated. He's taking this anger which is so extreme that he cant bear to take the blame himself, or put it on anyone else, i.e. his Parents, Rabbeim etc. Instead 'blaming' His Father in Shomayim.

Yes its misplaced, but a real outcome of years of living a double life. If life sucks so much he needs someone to take the blame.

In some of my darkest days, I would tell Hashem "if you make me win the lottery ill stop acting out". Silly? Maybe. But in the place where I was and now your friend finds himself, a very unfortunate reality of our misplaced connection with Hakadosh Baruch Hu.

In a way its a very simplistic (albeit wrong) approach to Hashem.

As he heals and stops acting out, his relationship with Hashem will be completely redone, and he,ll bezh have the proper outlook and understanding of the ways of Hashem.

Not sure if Im clear...

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Re: It's all in the name

Posted by yiftach - 06 Aug 2025 02:33

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Not sure if Im clear...

Nope.

You wrote: "...when really many, most, maybe even all of the issues were completely due to my poor choices".

That's you. But it's not like that across the board. I, for one, do not blame myself for starting off. Were there points along the way that I am at fault? Sure! But the blame isn't entirely on my shoulders. At 12 years old, I had no idea what I was doing was wrong. And once the barrel began rolling, it rolled down the hill.

I have questions, but they don't keep me awake at night. Nunu, I won't know the answer.

Maybe, just maybe, God wanted me to experience the pain so that one day I'll be able to help others. Maybe. I don't know. I still have the question, and there's nothing wrong with having questions. @eerie is trying to imply, as I was scolded for not reading his earlier post SLOWLY, that although we may not be at fault, one cannot blame God for one's actions. to which I kindly responded, so you can't blame ME, you can't blame GOD, who is to blame?! Great question!

Let's take this question with us to the grave (whoever gets up there first should come to the rest of us in a dream). Now, we gotta just put in the hard and fulfilling work and reclaim our lives.

@eerie, sending you all the love!

G'bye for now. Was great coming on after a long hiatus just to interject some sense here. The stage is all yours now. Keep saving lives.

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Re: It's all in the name

Posted by vehkam - 06 Aug 2025 02:45

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For many, the poor choices were filling a need. The need is real. So the question is why did hashem send me this need that I could only fill with devarim assurim?

The answer usually is that the need was misunderstood and, although challenging, it could have been addressed in a healthy way. That would not have led the person down the rabbit hole.

It is important to understand that poor choices don't happen in a vacuum, and while we regret them, overcoming each of them at the time may have been overwhelmingly difficult.

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Re: It's all in the name

Posted by altehmirrerr - 06 Aug 2025 03:17

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Just to add my opinion here, i too nebach had a very similar "relationship", i was extremely connected, and had a hell of a time breaking off, it was very real, it took me a few years to stop fantasizing about it... there were many ups and downs....., and at that time i was angry at everyone (besides myself), but looking back i will say while yes hashem was part of this big plan '???? ?' ?? ?????? ????? ?? ??????, i grew alot from all i went through.

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Re: It's all in the name

Posted by adventurouspenguin88 - 06 Aug 2025 03:34

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Hi,

so that is what I am struggling with now. I am a week in to GYE and I am 7 days clean. GYE definitely helps. However, I am having a little bout of depression. I am wondering if you or anyone else experienced that when they tried stopping. Usually, when I get this feeling I would watch P but now I am not sure how to fill the void. I know you are supposed to pick a hobby, but



how am I supposed to do that if I am at work all day, come home, put the kids to sleep, try to give my wife attention, Night seder, Mariv, etc.

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Re: It's all in the name

Posted by simchastorah - 06 Aug 2025 04:49

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My two cents: I think it depends on the tone of the question of "why is Hashem doing this to me?"

When we look at our behaviors, there are some things that were clearly not in our control, like things we did as kids. Then there are things that are clearly in our control, like if I spoke lashon hara yesterday, and before doing so I had an internal struggle, and chose to speak anyways. Then you have a third category where it might be ??? ???? etc.

Assuming this conversation is about actions that are in that third category, where practically I did choose to do the deed, but given my psychological climate there's room to say it wasn't in my control, whether as a result of past choices that weren't in my control, or any other factors.

So the question is what's the tone of the question about what "Hashem" is doing to me? If it's a way to shirk responsibility, which is really relevant only regarding tshuva, I don't remember seeing anywhere that a person can shirk responsibility from his deeds by saying ??? ???? (If the oilam has mekoros please share)

However - although we know we have bechira, we also know Hashem is fully in control of everything, (though we can't understand this fact, which in our logical framework is a contradiction.) Therefore even if a person did something bmaizid mamash lkol hadayos, and has no tzad in his mind that he can shirk one ounce of responsibility, it's still true to say that it's from Hashem, just like everything else. So when a person comes forward now to do tshuva, again, with bearing full responsibility, he can ask "why does Hashem want this from me?" without it being blaming Hashem. Because Hashem does want this matzav, and he wants davka the avoda that comes from coming back to him from this Matzav (or whatever giluy will come from it)

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