

Introducing myself

Posted by noselfconfidence - 15 Dec 2022 18:33

Ummm I've been looking at this forum for a while and I finally got myself to become a member of gye and post I saw Someone said that it's healthy to post so I guess I'll try

I'm in my twenties and I'm married and have kids learn half day work other half have very little self confidants I'm the middle child in a big family all my brothers and brother in laws learn all day and are big t.ch. I always felt my farther hates me even though I know it's not true now that I have my own kids but I always thought that way and I built a deep belief with me that I'm not good and my father is embarrassed of me and the only thing that made me calm and happy was to look at bad pictures in my mothers lady magazines and masturbate but today I want to stop But I just can't I watch the worst and my wife which I'm very close to thank you h for that knows abt it but I tell her it's an Old addiction that I have. She begs me to stop for my kids sake I tell her I want to stop for mine and her sake but I just can't. She tried to get me to go to therapy but I'm to embarrassed to meet someone. She recently told me to check out gye so I'm here I saw that someone wrote that new members should post so here I am. He wrote it will feel good to get it out but I actually feel bad ... I hope nobody knows me and u are probably all laughing at me for this weird first post. But I'm trying not to care and I'm really only doing this for my wife anyway she cry's in bed and I know it's because of me but just can't help it so I told her I'll try gye. Whatever

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Re: Introducing myself

Posted by hashemyeracheim613 - 26 Dec 2022 03:49

Human Being, you did an incredible job of explaining the issues at play over here. Thanks for the elaboration. R Noach Weinberg zt"l said regarding kiruv that one should be effective, not honest. If a non-frum jew asks if it's OK that he doesn't keep Shabbos, the truthful answer is absolutely not, but the effective answer is that he should do what he can (this is purely an example, please ask your local kiruv professional regarding any such situations). As far as the discussion, I think we need to realize there is nothing to be gained by harshly castigating the poster. He most likely already knows his actions are wrong. He had the decency to at least reach out for help, and he shouldn't be "punished" for doing so. The most effective way of dealing with the situation is by **compassionately** guiding and encouraging him to seek immediate help. And yes, compassion is warranted, as he himself was struggling. In order for our words to be heeded they need to be spoken out of concern and care for the one we are giving advice to. In our discussion, there was a toddler's safety on the line. While it might feel comforting to us to sharply rebuke the perpetrator, our main concern should not be "being right", but being effective. Ultimately, I think the smartest approach in cases like these is not even to post publicly in response. The best method is to quickly alert the moderators as they are in the best position to quietly decide the best course of action. If the person is able to be helped then I'm sure they have the best resources, and if he isn't able to be assisted and someone is in

danger, then they have the necessary information to alert the authorities. The reflexive backlash that was caused by that post accomplished neither of those things.

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Re: Introducing myself
Posted by Teshuvahguy - 26 Dec 2022 03:56

[hashemyeracheim613 wrote on 26 Dec 2022 03:49:](#)

Human Being, you did an incredible job of explaining the issues at play over here. Thanks for the elaboration. R Noach Weinberg zt"l said regarding kiruv that one should be effective, not honest. If a non-frum jew asks if it's OK that he doesn't keep Shabbos, the truthful answer is absolutely not, but the effective answer is that he should do what he can (this is purely an example, please ask your local kiruv professional regarding any such situations). As far as the discussion, I think we need to realize there is nothing to be gained by harshly castigating the poster. He most likely already knows his actions are wrong. He had the decency to at least reach out for help, and he shouldn't be "punished" for doing so. The most effective way of dealing with the situation is by **compassionately** guiding and encouraging him to seek immediate help. And yes, compassion is warranted, as he himself was struggling. In order for our words to be heeded they need to be spoken out of concern and care for the one we are giving advice to. In our discussion, there was a toddler's safety on the line. While it might feel comforting to us to sharply rebuke the perpetrator, our main concern should not be "being right", but being effective. Ultimately, I think the smartest approach in cases like these is not even to post publicly in response. The best method is to quickly alert the moderators as they are in the best position to quietly decide the best course of action. If the person is able to be helped then I'm sure they have the best resources, and if he isn't able to be assisted and someone is in danger, then they have the necessary information to alert the authorities. The reflexive backlash that was caused by that post accomplished neither of those things.

Beautifully said. I should have done better, as should several of us. Thank you for laying it out clearly and in a way the message could be received.

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Re: Introducing myself
Posted by jackthejew - 26 Dec 2022 12:21

[hashemyeracheim613 wrote on 26 Dec 2022 03:49:](#)

R Noach Weinberg zt"l said regarding kiruv that one should be effective, not honest. If a non-frum jew asks if it's OK that he doesn't keep Shabbos, the truthful answer is absolutely not, but the effective answer is that he should do what he can (this is purely an example, please ask your local kiruv professional regarding any such situations).

The true answer in my opinion that for where he's holding, the answer may be that it's okay. Because Tofasta M'eirubah Lo Tofasta. And G-d won't smite him because of it. Judaism is an all or nothing religion only in the sense that I can't say that I don't have to strive towards that because I think it's not valid or important though G-d said it is.

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Re: Introducing myself

Posted by jackthejew - 26 Dec 2022 12:35

[hashemyeracheim613 wrote on 26 Dec 2022 03:49:](#)

The most effective way of dealing with the situation is by **compassionately** guiding and encouraging him to seek immediate help. And yes, compassion is warranted, as he himself was struggling. In order for our words to be heeded they need to be spoken out of concern and care for the one we are giving advice to. In our discussion, there was a toddler's safety on the line. While it might feel comforting to us to sharply rebuke the perpetrator, our main concern should not be "being right", but being effective. Ultimately, I think the smartest approach in cases like these is not even to post publicly in response. The best method is to quickly alert the moderators as they are in the best position to quietly decide the best course of action. If the person is able to be helped then I'm sure they have the best resources, and if he isn't able to be assisted and someone is in danger, then they have the necessary information to alert the authorities. The reflexive backlash that was caused by that post accomplished neither of those things.

There is a distinction I'd like to draw here. If I tell someone about a desire I have and the reaction I get is "That's Sick!" I may feel judged (and the intent of that statement may not even be the person reflecting on my value as a friend or family member as much as an instinctual reaction to the nastiness of the idea being expressed). On the other hand, someone can write with words "spoken out of concern and care" that **I feel for your struggle, You're a wonderful person for trying to fight and do your best and I'm sure you never asked for this, but right now you are sick and it'll benefit you and others for you to get help**. That's more out of caring than judgement in my book. Distinguishing between caring advice and judgement is essential.

And the reason leaving it up to the moderators to help this individual may not be enough in my

opinion is that there are many, many who peruse this forum without ever posting. And the urgency of getting help can be lost if members struggling in these areas but not brave enough to post and looking for info and maybe basic guidance are just treated to a host of well meaning comforting comments, without knowing of the many experienced moderators who may have helped that specific person who did post get the help they need.

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Re: Introducing myself
Posted by hashemyracheim613 - 27 Dec 2022 05:05

The response to the particular post being discussed was closer to the "That's sick" style. I don't think people are confused regarding the issue of being attracted to one's own child. No one read those posts and 'discovered' that such thoughts are mildly inappropriate, to say the least. If anything they probably would feel more ashamed and isolated after seeing the vehemence displayed. Flagging the post and writing a small note to the moderators will ensure that the individual who posted receives assistance, which is the most important thing. Then, if deemed necessary, the moderators can explain the issue from a **professional standpoint**, as opposed to a slew of amateur and often contradictory opinions.

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Re: Introducing myself
Posted by sleepy - 27 Dec 2022 05:05

[Teshuvahguy wrote on 21 Dec 2022 17:35:](#)

I'm not going so fast. I'm not done here yet. But just curious, why is your karma so low?

the real reason why my number in karmas is so low is because

i gaslight people to smite me because :

1.i feel phycologically its not healthy for people to be frustrated , alot of people would like to smite some peoples posts but they feel its not the right thing to do so when they see that someone is willing to get smitten , they let all he** loose and smite away, and they get it out of their system.

2. i like to post "my truth" and sometimes i feel inhibited to post for fear of people seeing that my truth caused me to get smitten so my post becomes worthless in their eyes , so i destroyed

all my striving for karma recognition, and i could post my truth without fear and my posts can have their desired effect

3.i cant really get any positive attention here since my posts alot of times run in the polar oppisite of many opinions here at gye, so i at least get some negative attention by getting -50 karmas(: (ah! the headrush!)

4. i have a way of trading in my negative karmas for free miles

hatzlacha!

i used to have more negative karmas, but some kind person on gye who has the keys to the karma room reset my negative karma to 0 so i had to start all over again

my goal as of now is to be -1345, one smite per post. id like to get 2 smites per post ,but dream on sleepy!

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Re: Introducing myself

Posted by sleepy - 27 Dec 2022 05:12

[Teshuvahguy wrote on 25 Dec 2022 20:57:](#)

[sleepy wrote on 25 Dec 2022 20:53:](#)

[people wrote on 21 Dec 2022 17:35:](#)

I'm not going so fast. I'm not done here yet. But just curious, why is your karma so low?

people are jealous of me (:

Now you are -37. I just raised you one.

thank but dont waste your time or karmas , my karmas are like makkos tzfardeyah, if you give

me one karma , it splits into 10 negative karmas,but thank you anyways(:

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Re: Introducing myself
Posted by hashemyeracheim613 - 27 Dec 2022 05:15

This was just an example and wasn't meant as a Hashkafic outlook on how Hashem deals with people who are growing in their observance but still have a way to go. Here is a better example. A non Shomer Shabbos person who is interested in Judaism asks "Rabbi, what is the biblical penalty for purposely desecrating the Sabbath?" Honest answer; death. Effective answer; honestly I'm not sure what to say but don't say death.

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Re: Introducing myself
Posted by sleepy - 27 Dec 2022 05:46

i just heard a beautiful vort that i had to share.

Disclaimer: this vort is not intended for addicts

here goes:

Yosef Hatzadik is compared to a fish some say it is because just like a fish is not in danger from ayin hara , so too Yosef Hatzadik.

The question i heard was , Yosef who is a symbol of shmiras eynayim should be compared to something that closes its eyes((just like Yosef closed his eyes not see forbidden sights) , not to a fish whose eyes are always open even when it sleeps?

and the answer is a new look on shmiras eynayim . if a person is focused on exalted things he doesnt see things superficially , even when he walks in the street , he for surely is not on the lookout for forbidden things, but even when he happens to see something it doesnt make that impression on his desire , and he might even notice it but because his mind is not on animalistic things his mind is on higher things.

theres more to life than these things , theres more to life than just getting cheap thrills which take him away from his goals .

thats my take away from what i heard , the greatness of Yosef is that even with open eyes , you dont have to see everything thats there . how? by not just shutting your eyes, but to opening

your heart to heicherkiet ,exalted things.

im not saying people should not close their eyes .its a great tool in my opinion .

i mentioned this vort to a friend and he added a great point (based on Rabbi A. Miller ZL), before Adom and Chava ate from the eitz hadaas they were unclothed but were not embarresed , why, because their minds were so exalted on higher things ex.the first time they saw the beautiful world for the first time , they just didnt notice things in a lowly way, but AFTER they ate from the eitz hadaas , they LOST DAAS their minds became emptier(although millions light years away from our minds) and they started to notice other things and started to feel ashamed and the need to cover up

hatzlacha!

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Re: Introducing myself

Posted by sleepy - 27 Dec 2022 05:57

[sleepy wrote on 27 Dec 2022 05:46:](#)

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hatzlacha!

there is a great new website which was advertised in the papers called ?????? that sends out great WhatsApp videos daily on plain shimiras eynayim

that where i heard the above mentioned vort

heres the link

wa.me/message/RORX2RZ2JJ2IN1

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Re: Introducing myself

Posted by sleepy - 27 Dec 2022 06:28

[sleepy wrote on 27 Dec 2022 05:46:](#)

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hatzlacha!

oops! sorry for hijacking, i thought i was posting on my thread

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Re: Introducing myself

Posted by Misgaber96 - 01 Jan 2023 12:51

[Human being wrote on 20 Dec 2022 05:18:](#)

[Misgaber96 wrote on 20 Dec 2022 05:05:](#)

[Teshuvahguy wrote on 20 Dec 2022 04:47:](#)

HB, I truly and honestly didn't recall the details of the original post. Maybe I saw a partially-sanitized version...I would have told you the details (within moderator limits) if I had remembered them. It was not intentional just to whip you up into a frenzy. I would never do that.

Hi I would like to be honest, I am in SA, a great place for this kind of thing, I personally have watched porn and that is pretty much it, but that crazy world of the yetzer Hara can play tricks in people, I personally have lusted after prepubescent children! and I am sure others in the world have also, but there is a difference to lust and acting on it, of course lust is toxic but the halacha states that a girl of 3 and over is problematic according to some. some say 7 and some 9. Is it normal to have lust after a toddler? I dare say absolutely. Is it ok? Absolutely not! this is when a person needs to pray for the toddler and look away. Also it is not halachically ok to bathe ones child over a certain age. This is when the Rav must be consulted in order for the wife to hear from the rav that it is no longer ok for him to bathe his child.

(BTW the Yetzer Hara for lusting after family members was eradicated in the times of the gemmara but today it seems to be coming back based on the pornography that is popular)

The age thing that people are not able to lust after toddlers is hogwash, made up by goyim, take a look in the gemara and halacha sefarim, they are far more reliable.

Thank you misgaber. Your post means so much to me. i had such a hard night and this post means the world to me to see you have the caurage so many of us dont have and to post it with such confidence. You are also very level headed in explaining that having desire doesnt allow us to act on it. Thank you so much.

You are most certainly welcome! Since being in the SA program we learn that pure honesty is key to staying sober. I am glad that this simple share was a good example.

All the very best.

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Re: Introducing myself
Posted by Misgaber96 - 01 Jan 2023 13:09

Rabbosai!

I hope you are all well! I would like to get back to the topic at hand, I have read the previous posts since 10 days and I have not seen much introducing and sharing, I have seen some arguments though, whether they are for good or bad I will not comment. I will reply to one

comment after this share as I feel it is an important point. I have been struggling with ADD quite badly I thought I could go off my meds but it seems that I am loosing things and it is difficult to get things done. I have gotten quite frustrated about these things today and I am trying to find appropriate tools and measures that will help me in this battle, has anyone used an online tool or forum that has helped with this.

All the best

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Re: Introducing myself

Posted by Misgab96 - 01 Jan 2023 13:30

[Gevura Shebyesod wrote on 22 Dec 2022 11:42:](#)

[Markz wrote on 22 Dec 2022 05:20:](#)

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Over the past few days on gye many of us have been “Codependencating” - jumping the gun to try change someone else...

(Disclaimer - the following is my opinion :-)

A few days ago 1 fellow mentioned inappropriate desires which he may have acted on. Many - including our Heros jumped to “help” our brother - but did he want help? How many months was the guy on the gye forum that he’d be comfortable to have a serious 1on1 with any of us?

He stated quite clearly that he only joined because of his wife’s push.

Such people need time to acclimate and can possibly get help.

I recall another time many months / years ago where a molester posted once about some inappropriate behavior and immediately got push back from some of us, I’m sure getting him nowhere, so what was the point?

On this regard I’d agree with HB that unless the individual is a danger to a member of gye, or his posts are really problematic - he should be welcomed and treated with compassion and care.

....

I'm sorry but I have to disagree here. If someone is actively molesting, which this guy implied in his post, we don't have time for him to get acclimated and feel comfortable reaching out. He is already hurting people and he needs real intervention immediately, and he needs to be told so in the strongest terms.

If someone falls off the roof and breaks his legs, do you give him an aspirin and wait to see if it helps, or do you take him straight into surgery?

Hi just one point, I am not sure which post is being referred to here, I just think that if someone has implied something, the actual situation remains unclear. Thus a person is required to give the benefit of the doubt before criticizing, because if you haven't heard the situation, one of 2 things will likely happen

1. If you misunderstood the situation based on your assumption, you have offended the person and have caused a dispute that will be difficult to fix
2. Your assumption is correct (which I think is unlikely for people who are trying to work on themselves and are being this honest, i.e they really do not want to molest their own child) and the person will become embarrassed and deny it sending them further into their own abyss of self destructive thought

Please encourage these vital shares. The opposite of addiction is honestly connecting to others and not keeping these secrets from others. We can all attest to the destruction it causes. We have been drowning, suffocating in our dark desires, we need to bring them to the light where we can finally breathe fresh air with others who are similar. The worst is when others who are similar are pushing our heads down back into those murky waters and kill us. The issue is that this is all a part of the sickness of the addiction, the inadequacy can cause us to despise those who are deeper in the addiction, and instead of heartfully helping by listening and saving them from the deeper whirlpool of loneliness, we don't listen and tell them to get "fixed" this is a lack of communication and thus a lack of recovery.

What is the opposite?

1. Being inquisitive
2. Listening and thanking the other person for sharing
3. Then sharing yourself
4. Then discussing respectfully a solution with both parties involved.

I hope this makes some sense.

Unfortunately the forum is limited in this way but we have to work with what we've got

The program SA does provide this though

All the best!

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