

Thought I wouldn't need to ask for help
Posted by chaimoigen - 16 May 2023 03:44

It's hard to admit that I need to reach out.

I help others. A lot, B"H.

I struggled for years. And Hashem helped me. With unbelievable Siyata Dishmaya I have come light-years from where I once was.

I now inhabit a world of Torah and Kedusha and Avoda.

I am a healer and a rebbe. I have been blessed with deep understanding, I learn and teach a lot, and am Zocheh to guide and inspire. I'm still growing.

.....**Mostly.**

...except sometimes when I fall.

.....and then I feel sickened and then I work on myself and try to close the gaps in the fences and fill the gaps in my heart and make changes and find inspiration and do Teshuva and make commitments and truly grow from the mistakes and work to know myself better and realize where the emptiness needs filling. and I learn and daven and grow. I'm not a hypocrite. I really do grow. ... and then I feel confident.

And it lasts for a while. Sometimes a very long while. And BH I'm sure that the last fall was just an anomaly, and I know that who I really am isn't the one who fell [which is true], and that I don't have to be on guard so much [which is a terrible mistake - ???? ??? ????? ????? ?????? ??? ????? ???]

And it lasts.

.... UNTIL IT DOESN'T, DARNITTTTTTTTTT!

And then, then, oh OY Rebonoy Shel Olam, not again.... oh please not again! How, *how can I* be once again hearing the silent, harrowing scream from deep in my soul "AYEKA!!?"

It's about time that I am having the courage to admit that there is still a pattern.

I lurked here for about a month. I had a fall and decided to finally check this site out, not for others but for myself this time. 22 clean days. and now again a "minor" fall.

And I finally decided to reach out for help. To stop being stupid.

And I finally admit it. I need brothers. I need others . Because even though I am never alone, and even though I always whisper to the Rebono Shel Oilam, who always helps me, still - I need chaveirim. I need help. I stand in front of you, brothers, humbly ready to admit that I still have a problem. I am thankful on the night of ??? ?????? that it's far, far from the problem I once had. I am thankful and proud of where I am. I do not define myself by my falls. BUT I WANT MORE. I NEED MORE. MY NESHOMA DESERVES MORE

I want to be 1000 days clean and more. I am so UNBELIEVABLY jealous of the heilige yiddin here who are clean for years. I NEED to be 100 percent clean. It's my hearts desire - a white-hot Ratzon Pnimi. But I need help from Hakadosh Boruch Hu and from you.

The deepest part in the center of my Neshoma is sickened by the realization that I may have been still fooling myself [I am not entirely sure if I have been, or if I'm just a work in progress].

I am deeply inspired by the raw honesty and desperate yearning in many posts here. I love that so much. I love honest , searching growing yidden. I want to be an anonymous yid among others who are growing together. I want to grow more, be more, find out what roads are still open to me.

Can you guys help me? Please?

I'm sitting in my office and crying at my computer.

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Re: Thought I wouldn't need to ask for help
Posted by chaimoigen - 23 Jul 2023 20:14

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It was a hug to remember, a special experience. He knows my face now, in addition to my secrets, and I know his and his warm, genuine smile.

It's good to be real.

I won't let my friend down.

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Re: Thought I wouldn't need to ask for help
Posted by richtig - 23 Jul 2023 20:54

[chaimoigen wrote on 23 Jul 2023 20:14:](#)

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A lucky, lucky man

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Re: Thought I wouldn't need to ask for help
Posted by redfaced - 23 Jul 2023 21:14

[chaimoigen wrote on 23 Jul 2023 20:14:](#)

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I'm looking forward to my own meeting with the smile behind the voice - hopefully sometime this Bain hazmanim.

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Re: Thought I wouldn't need to ask for help
Posted by frank.lee - 23 Jul 2023 23:40

Amazing, the power of human connection.

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Re: Thought I wouldn't need to ask for help
Posted by Eerie - 24 Jul 2023 04:47

Reb Chaim, it was such a special moment for me. ?? ?????? ????? ?????!!! You are a very special friend indeed

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Re: Thought I wouldn't need to ask for help
Posted by chaimoigen - 25 Jul 2023 16:50

Through the kindness of Hash-m I am at 70 Days of Tahara. Looking forward to 90, soon, with the Chessed of my *Tatteh In Himmel*.

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me a knowing wink and a playful smile. Today he looks like Professor Moriarty], but everything feels like it's changed. I am trying not to be overconfident, but truly hopeful. I've been thinking a lot, trying to understand why it's different. I want to share two aspects of what I think has changed inside of me. It's personal, but maybe these thoughts can help you, if you're reading this.

Firstly and foremost - **connection**. Connecting on the forums, then through PM, email, then calls, and then finally meetings - This has completely changed my life. There are many aspects to why connection is key to recovery, but here is one I have been thinking about.

Secrecy is poisonous. A person with a secret, especially a guilty secret, is living in two worlds, and that infects both with a sense of unreality and disconnect,. The secrecy wears him down, saps the life from what he does; it **festers**.

I had a secret identity, a part of my life that was an alternate reality, an alter ego, an alternate universe. 30 years of sneaking around (sometimes) is very damaging.

To a certain extent I became someone whose actions weren't accountable to life; who had a disconnect with what's real, and had the ability to disassociate with himself. As said in previous posts, I am not negating the incredible growth and significant accomplishments I have achieved in the last 30 years. And I like think my learning and Avodas Hakodesh is real, and I have not defined myself by my inadequacies and errors. But I couldn't manage to shake this problem **and I therefore still had an "alternate universe" to slip into**, at strange and at trying times.

Well, my friends, here is the truth: **Real life doesn't have an "incognito mode"**; and it is sickness to develop a way of life that incorporates such a false reality. Thinking about it now fills me with sadness.

This has now changed, and it feels so good. Now, I know that posting on an anonymous forum with a fake name from an undisclosed location (perhaps with pajamas, Cords) isn't the paradigm of transparent honest accountability. But it's a start. And I owned up, first in writing, to what I have done. Talked about things I had kept burdened on my heart, in secret, for so many years. Joined this community. Made real friends. Went from posting to emailing to calling. Each step took courage. And I went on to have a meeting, and more meetings. I am accountable to someone, to friends. And therefore to myself. It's a good feeling.

My life is different now, I feel I am now **one man**, not a fraudulently fractured feeble fumbler. All my other significant accomplishments are now more real. [And if I ever get off this darn site, I have a lot of important work to do! :)]

And this brings me to my second point. Before I got here, although I was always fighting back, and I was never complacent, it was in a different way. I realize now that following my long history of previous struggles and falls, I had believed, in my heart, that there was a part of me that actually **wanted** the darkness. And I loathed that part of myself. So although I spent years working on strengthening the part of me that doesn't want anything but Heiligkeit and Hecherkeit, there was still a pull sometimes to throw it away and drink in Taavah and Tuma. Happened less times, thank Hashem, and with less intensity, as the years and work went on. I was usually getting better. But I did not get all the way there. And in a sense I had tragically **come to identify**, at some level, with the *Raa* inside of me. Deep inside I thought I had **a part of me that would always be bad**. I didn't realize this until recently.

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Re: Thought I wouldn't need to ask for help

Posted by richtig - 25 Jul 2023 16:57

[chaimoigen wrote on 25 Jul 2023 16:50:](#)

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My dear friend, thank you for putting my thoughts into words, with your special niggun...

And for being my anchor friend.

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Re: Thought I wouldn't need to ask for help
Posted by chaimoigen - 26 Jul 2023 11:25

I just re-read my post from yesterday and realized something profound.

The sum total of the times that I fell in the past couple of years before I started posting were BH few, the duration of the falls was short, and extent of my mistakes had been far less (than 20 years ago, than 10, etc). So I used to push it out all of my mind, throughout the months of cleanliness between falls, and tell myself that the isolated incidents did not really mean much. Don't think about the taboo topic, [after all - it was just yesterdays isolated mistake, and I had already regretted it, committed to fix it all up, and had moved on].

I re-read yesterdays post and realize that all that time I was carrying around a crushing burden of secrecy, hiding the dead weight of guilt and pain locked in a deep chamber in my heart. Too me a long time to write the post yesterday, and I see that I wrote the truth - I was constantly hiding a terrible alternate and hidden life.

It's a real paradox. My accepting that there was a pattern, and that I was still carrying a problem even when many months went between falls; my realization that I was carrying an ugly secret even when I was actively doing only good, (keeping a "mistress" of tayva to return to when needed)- this may have been the key to finally dropping the dead and stifling weight I've been carrying and become truly free. Acknowledging the problem is finally allowing me to find a place of Tahara, with Hashem's help. And I am never going back IYH.

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Re: Thought I wouldn't need to ask for help
Posted by Eerie - 31 Jul 2023 05:14

Reb Chaim, you may have not fallen as low as some of us, but now you are soaring, blazing a path for us, inspiring and lighting up the way! Keep posting and sharing, we need your inspiration!

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Re: Thought I wouldn't need to ask for help
Posted by chesky1 - 31 Jul 2023 09:40

[chaimoigen wrote on 25 Jul 2023 16:50:](#)

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wow great post! keep it up! asach hatzlacha!

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Re: Thought I wouldn't need to ask for help
Posted by redfaced - 02 Aug 2023 16:12

[redfaced wrote on 23 Jul 2023 21:14:](#)

[chaimoigen wrote on 23 Jul 2023 20:14:](#)

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Nor do I know which is brighter , the smile in Eerie's voice when I spoke to him over the phone , Or the kindness and friendship in his eyes when I met him last night.

But the one thing I do know, ????? ????? ?????? ??????

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Re: Thought I wouldn't need to ask for help
Posted by chaimoigen - 02 Aug 2023 16:32

I'm looking forward imyH, too! ??? ?????

There's a certain special Kesher when a connection is rooted in being there for each other in places where no one else is...

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Re: Thought I wouldn't need to ask for help
Posted by Eerie - 04 Aug 2023 15:11

[redfaced wrote on 02 Aug 2023 16:12:](#)

[redfaced wrote on 23 Jul 2023 21:14:](#)

[chaimoigen wrote on 23 Jul 2023 20:14:](#)

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My dear friend, the feelings are mutual

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Re: Thought I wouldn't need to ask for help
Posted by Hashem Help Me - 08 Aug 2023 00:35

Wow, catching up on weeks of unread posts. This thread is highly emotional. Challenges in Midas HaYesod run very deep, and affect us in a most powerful way - especially in the emotional sphere. The healing is therefore euphoric. To sum it up:

"Thank you GYE for giving us all a chance to give/receive that validating hug and kiss that melts

away years of struggles and torment."

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