

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

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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 chavirim. 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 Hashem Help Me - 24 Aug 2023 14:05

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Beautiful! May Hashem shower you with hatzlocha!

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Re: Thought I wouldn't need to ask for help  
Posted by Eerie - 24 Aug 2023 19:21

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Reb Chaim, this is your gushy emotional friend talking. Thank you for joining our family, for inspiring, for setting us straight, for being the big-brother so many of us need! Please stick around and keep sharing your insightful words with us

Your friend,

Eerie

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Re: Thought I wouldn't need to ask for help  
Posted by chaimoigen - 31 Aug 2023 13:48

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I came pretty close to slipping last night, and it rattles me.

**A fall of a thousand miles starts with a single click.**

I have been avoiding almost all recreational internet usage. Most specifically, I have accepted on myself bl'n not to browse or search without a specific purpose. This has kept me from walking close to the shadows and teetering on the edge (a practice a self-deluding fool I once knew used to enjoy).

Yesterday I needed to research something online 3 different times. In the process I watched a video on YouTube, which I normally avoid like the smallpox, and I saw various links to sundry filthiness, all which I successfully avoided. But, in retrospect, some stuff got into my bloodstream...

In the evening, after dealing with several difficult and emotionally draining situations, I was home without my wife, involved in mind-numbing adjudication of post-camp-pre-school sibling wars. Drained. (Was almost the identical situation to one that took place 107 night ago, which ended differently). I took a break for a minute and decided to check out an app (not the internet) that had been installed on an iPhone by a family member. A harmless app.

But recreation browsing isn't harmless. And the rationale that an app isn't the internet was a slick trick from the slippery liar who lives in my bloodstream, and he is especially active when my blood is running stale. And the app, surprisingly enough, turned out to have ads and links (surprise!). And an ad for some health product came up, along with a picture that contained a potential promise of something more stimulating than the app... I clicked on the ad. Didn't go anywhere very interesting (BH). Was about to go further and thankfully stopped and remembered that this is the doorway into the inferno.... So I quickly texted a friend instead....

But in that one moment I felt that thick, slobbering, heavy-lidded, lascivious demon rear up inside, red eyes gleaming, groping towards the crack in the doorway, rattling the bars. **It's dark in there.** ????? ????? ?????....

Boruch Hashem, the presence and thought of my connection with you, my dear friends, and how we are all growing together, was the stronger influence... It was a particular ????? ?????? that was a gift from Hakadosh Boruch Hu.

But I'm rattled. [Though not surprised] Oy.

It's good to have special friends to hang on to.

It's good to know that I don't have to act the same way I once did. This gives me hopefulness and pride.

It's good to be reminded that a beast still is lurking in the shadows, waiting ... and he still wears my face...

I feel sick and sad that I clicked on that ad. A few more clicks and I know I would have had to throw my Talis in the mud....

But that beast will not have his way with me. At least not today.

It is good. Thank you Hashem.

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Re: Thought I wouldn't need to ask for help  
Posted by cordnoy - 31 Aug 2023 14:03

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[chaimoigen wrote on 31 Aug 2023 13:48:](#)

close to the shadows and teetering on the edge, sundry filthyness, lurking in the shadows, mind-numbing adjudication, slick trick from the slippery stimulating inferno, thick, slobbering, heavy-lidded, lascivious gleaming, groping towards the crack in the ....

No need for porn today, this old fogey has been blithsomely enraptured.

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Re: Thought I wouldn't need to ask for help  
Posted by redfaced - 31 Aug 2023 14:16

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[chaimoigen wrote on 31 Aug 2023 13:48:](#)

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But in that one moment I felt that thick, slobbering, heavy-lidded, lascivious demon rear up inside, red eyes gleaming, groping towards the crack in the doorway, rattling the bars. **It's dark in there.** ???? ???? ????....

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But I'm rattled. [Though not surprised] Oy.

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It's good to know that I don't have to act the same way I once did. This gives me hopefulness and pride.

It's good to be reminded that a beast still is lurking in the shadows, waiting ... and he still wears my face...

I feel sick and sad that I clicked on that ad. A few more clicks and I know I would have had to throw my Talis in the mud....

But that beast will not have his way with me. At least not today.

It is good. Thank you Hashem.

I've been sitting here all along , proudly patting myself on my back that Im over 4 months since my last fall.

But I forgot something important .

Something that I myself said not too long ago.

[redfaced wrote on 17 Jul 2023 23:13:](#)

Only issue is too much respect makes you look at yourself (myself) as a winner which can make a person become complacent.

Complacency is the only thing that makes a winner into a loser, not the amount of wins or losses a person has notched into cordnoys lipstick case

Thank you R' Chaim for the Oh-So-Gentle wake up call

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

Posted by DavidT - 31 Aug 2023 14:20

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[chaimoigen wrote on 31 Aug 2023 13:48:](#)

I came pretty close to slipping last night, and it rattles me.

**A fall of a thousand miles starts with a single click.**

...

It is good. Thank you Hashem.

I love this line! **A fall of a thousand miles starts with a single click.** Thank you!

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Re: Thought I wouldn't need to ask for help  
Posted by Hashem Help Me - 01 Sep 2023 03:52

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And a win of a thousand miles begins with a single delete....

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Re: Thought I wouldn't need to ask for help  
Posted by Heeling - 01 Sep 2023 13:31

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Dear R' Chaim,

I'm really sorry to hear that you are feeling stale and going down the slope. Yet, at the same time I'm amazed that you were able to short stop and texted a friend.

Friends are amazing! And so are you! because you are our friend so that makes you amazing...

Please keep on fighting, keep inspiring us!

I look up to you,

Love you,

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Re: Thought I wouldn't need to ask for help  
Posted by chaimoigen - 01 Sep 2023 15:45

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[Hashem Help Me wrote on 01 Sep 2023 03:52:](#)

And a win of a thousand miles begins with a single delete....

Done.

Thank you.

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Re: Thought I wouldn't need to ask for help  
Posted by DavidT - 01 Sep 2023 16:24

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[Hashem Help Me wrote on 01 Sep 2023 03:52:](#)

And a win of a thousand miles begins with a single delete....

?? ??? ????? ??? ? ? ? (???? ??)

For a person to become pure, all he needs is to declare a firm **NO!**

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Re: Thought I wouldn't need to ask for help  
Posted by chaimoigen - 01 Sep 2023 16:26

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Thanks for the Chizuk, Chevra.

BH, not feeling stale today. As Redfaced pointed out, being rattled is an antidote to complacency.

And following the initial discomfort of posting I am BH left with a feeling that's much **so** better than the way I would have felt, had I heeded the slippery advice of my Yetzer Consigliere (he wears Savile Row suits), who was pushing hard against writing my post yesterday because "nothing really happened and all was good".

**Sunlight is the best disinfectant, and it's good to be out in the sun with my friends.**

I wanted to add in a word of further explanation about why I feel so strongly about not searching or browsing randomly online, especially when feeling bored. Even though the basic idea is obvious to anyone here.

By definition a person who is "feeling bored" is person is feeling unstimulated and looking for stimulation.

And there are 2 points I would share.

1. Lust provides stimulation better than a lot of other things. So when a person starts looking to be stimulated and there are millions of potential websites or videos to search he will very likely be pulled by his boredom, to the one that has the promise of a little "tickle" of desire, because it's more stimulating. And from there to next one, in which the tickle is more pronounced, more stimulating. One foot after another stepping along that slippery slope... I have a good filter, but...

An honest look back at the list of sites in one's search history, seeing at the end of the night how one thing leads to another - can be a very learning (and painful) experience... [I learned this lesson a long time ago, not recently, BH.]

But there is a much deeper point, I think.

2. The **actual state** of “going looking” to be stimulated is negative, I think.

This point is subtle and is about a Madreiga too, I think But I'd like to elaborate, to put the concept out there. ...

If I'm sitting back and saying “I'm dissatisfied because life isn't interesting or satisfying or engaging enough - so show me something to stimulate and interest/entertain me”. **That's a state of being passive about living, and looking for the world to service me.** To stimulate me. I think being that way opens a person up to things that aren't great. Being there is **already halfway there** to going onwards to look at an image that will get my heart rate up. I'm saying something strong - this state itself puts a man into **the posture of pornography**.

I can't really imagine a great person such as Rav Moshe, or any of my Rabbeim, or my father shlit"a, for that matter, saying: “I'm bored. Make me feel good”. **A purposeful, active posture of living doesn't have room for being stimulated by YouTube.**

A person who is comfortable with himself, with his thoughts and essence and feelings, does not shun inaction. He isn't bored or repelled by just being himself. And when there's a lull in the action, if he does not need to rest, he finds something positive and meaningful to think and act upon.

Yes, this Hashkafa is firmly against the entire culture of TV, movies, entertainment, YouTube, news, and sports. Maybe it's a little extreme to put fully into practice, and not relevant for an average guy (like me). But I'm sharing it for the concept, and for ways that can be applied, mostly for myself .

I personally, have BH mostly successfully eliminated using the internet for recreational purposes.[???? ???? ???? , obviously. And I aint proud of that.] I don't know if other people can do that. But for me it has been a complete game-changer.

I still get bored and look for things of interest. I'm not past that. I would like to get all the way there. For now, I am taking the step (among others) of not looking for stimulation by browsing or

searching online bl'n. If there's something specific I want or need (including GYE) I will go get it (with a filter, obviously). But I don't wander. Because scary monsters live there. Some of them have even been known to wear my face ...

And also, I would much rather be a little bored than full of that empty self-loathing for how I spent the past hour, even if I didn't "cross the line".

Have a Shabbos full of Menucha ViSimcha, friends.

On Shabbos you can't "do". It's about "being". That's not boring at all.

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Re: Thought I wouldn't need to ask for help  
Posted by Captain - 01 Sep 2023 17:32

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This post is gold!

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Re: Thought I wouldn't need to ask for help  
Posted by chaimoigen - 13 Sep 2023 04:18

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***standing with my stopwatch***

***wrapping myself, clutchingly, in a veneer of White, trying to stand***

***inside the relentless buffeting gale***

***of the hammering, harrowing***

***shattering Blasts***

***I have been trying so hard***

***to get the timing right***

***but I don't really understand.***

*White. I still don't really know. But I will softly cry  
with tears, I think.*

Re: Thought I wouldn't need to ask for help  
Posted by chainmoigen - 14 Sep 2023 03:14

Chevra, It's going to be a different Yomim Noraim. I don't have the right words with which to thank you all.

I'm going to be Davening for you. The true friends that I have had the wonderful fortune to actually meet, and those to whom I've talked, or chatted with, and exchanged post and/or emails, and also those who I've noticed lurking as I've lurked. Or read your threads.

I've gotten life-changing Chizzuk from all you guys.

I'll be Davening for you all with a very full heart.

Please Daven for me, too.

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??? ???? ???? ?