

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 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 - 03 Oct 2023 14:41

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Chol HaMoed Sukkos

Some thoughts on Chol Hamoed trips...

Yesterday I took the smaller kids to an "amusement" venue, giving the Wonderful Wife a well-  
).

It was a venue that I knew would be populated primarily by frum (mostly Chassidishe) Yiddin. I have been there in the past, and knew what to expect. I went fortified in my resolve to be careful with where I look. And I was mostly successful, BH. I'd grade myself in the upper 90s.

deserved break, (and earning some well-deserved brownie points

Yet I still came home with an unsettled "itch"....

I did not go on the internet, though I had the desire to "look up something", I thankfully recognized the desire for what it was.

I was too tired to learn, (that's probably a bad excuse), I rather texted with a friend, and lay in my Sukka, and let the Shelter soothe my unsettled spirit. B"H

Here are some reflections.

I, personally, don't benefit from focusing on what I am NOT looking at. For me, doing that just creates a state of super-heightened awareness, and makes things worse. [Sorry my dear Yedid R' Eerie, for me the "Clicker Clique" wouldn't work, it would work like Cam Jansen's "click". I'd notice everything I am clicking about, in brilliant detail, while looking away... ]

So what I do is to try to focus only on what I AM doing. Inward focus. I'm spending time with my children. Enjoying THEM, and what I'm doing with them, **living in it** in a way that I am not interested in looking around. The way I don't look is to focus on what I am actively looking at.

I also try to relate, in my mind, to the other people who are there as **people**, who are spending time with their children, or operating the rides, with responsibilities and lives. **They are people, not item to browse.** That mindset helps me, too. [And I end up acting super-polite to the staff, as I'm very sensitive to the way they get treated. And I returned a lost non-Jewish kid to her mother.]

I have little tricks that help me keep this mindset.

And it mostly works. I keep my eyes to myself, or make eye/face contact, and keep talking to my kids, (or on the phone, when they are calls I can't ignore). Inwardness. Being present in what I want to be doing. Not in looking at somebody else's belongings (their clothing and body is their belongings, too.) Keeps me in a serene state, mostly, and it helps a lot that there were very few

But for some reason these kind of venues are more challenging for me, in a way, than the daily encounters I have regularly. And it hurts me that I **still** managed to notice and file away various "details" in my surroundings that weren't productive, at times. Even with this focus, I **still** managed to sometimes "rank" the people waiting with me in line, all while in an earnest conversation with my daughter and not looking, etc... And I came home feeling the itch of desire, which bothers me. I know I am human, and I am dealing with growing, day by day, BH. But I am feeling disgruntled. I want to be more than I am now. So I will keep working.

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Re: Thought I wouldn't need to ask for help  
Posted by ainshumyeiush - 03 Oct 2023 15:19

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I think i need to print out that last post and hang it on my wall.

thanks for putting things in the right prospective

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Re: Thought I wouldn't need to ask for help  
Posted by Heeling - 03 Oct 2023 15:45

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My Friend,

I'm sorry that you are feeling disgruntled. Great post, love the detail and your way of putting your thoughts into words.

You're one of the pillars in my life and I think you are also a big part of a lot of people's success here.

Yes, we are human! Not taking a second look at someone (or something) that you already ranked to make sure you put it in the correct category takes tremendous human strength, that

only a man in growing can do.

You're a wonderful human being! Keep on rocking! Take that Lulov of yours and tell the YH to get the hell away from you otherwise you'll show him what you can.

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Re: Thought I wouldn't need to ask for help  
Posted by Grant400 - 04 Oct 2023 01:44

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Chaim, my friend,

I honestly don't know how possible it is to delete this level from our being. No matter how much we watch where we look, and attempt to control our minds from wandering too much, often our thoughts can still run with the wind even with the faintest of sights.

We are human. We have a specific DNA. We live in the world, not buried in a cave, oitzar, or beis medrash. Life happens around us.

We must just continue to understand what this can do to us if left unfettered, and to its own devices. Not to be complacent, remain vigilant, and not to be caught by surprise when we are already down the rabbit hole.

Not sure where you are aiming to be, and wherever that is - I wish you the greatest success in achieving it, but I'm pretty sure you're in a pretty darn healthy place right now.

Disgruntled?

Nope my friend. Don't agree. You have no right to be.

Your are amazing, and doing amazing. Keep it up.

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Re: Thought I wouldn't need to ask for help  
Posted by redfaced - 04 Oct 2023 03:22

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[Grant400 wrote on 04 Oct 2023 01:44:](#)

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Very well said.

The funniest thing is my dear R' Chaim - that if I were to call you being disgruntled about going where I went to today , with thousands of frum ladies in their holiday finest - I'm pretty darn sure you would have yelled at me too....

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Re: Thought I wouldn't need to ask for help  
Posted by eerie - 04 Oct 2023 05:22

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My dear Friend, Reb Chaim, Rosh Yeshivaseinu, granted, the clicker thing might not be for you, but the idea behind it is for everyone! The idea is to focus and realize how special each win is. And you gave yourself a 90! I mean, for heaven's sake, can you give my friend a break and give him some respect?! And I love what Grant said, what are you trying to become, an angel? The condition you are describing, has its medical definition in the term 'Living'. My friend, you are ALIVE so you feel! NOW, take my kick in the pants and keep on trucking!

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Re: Thought I wouldn't need to ask for help  
Posted by eerie - 04 Oct 2023 05:30

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I'll ask you a question, my friend. I was walking on Yom Kippur, the holiest day of the year (besides for Purim, Chanukka, and Lag B'Omer, and some more:)). I'm in middle of my clicking, but on YK I can't carry the clicker. Anyway, I reach the corner, I look across the street to see whether I can cross the street. The sign said don't walk. I wish it would have said don't look. Because under that sign was a girl, dressed and standing in a way that was very attractive. Did I mention that I'm not from the select few people in history that have killed the YH? So, anyway, the YH started up with me. Mind you as soon as I saw her I looked away. But I saw her, and her looks stayed in mind for a while. What should I feel? Should I restart my counter, Reb Chaim? Should I go do over kapparos? Please, great Rabbi, tell me how to clean my sullied soul? Should I feel terribly broken, that on YK I could be triggered? The YH tried that on me. I reminded him about the krias HaTorah of YK by mincha. Please advise as to how you think I should feel about myself. By the way. this really happened. Looking forward to your warm

response:)

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

Posted by chaimoigen - 04 Oct 2023 11:31

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Allright, my sweetest friends. Nichamtani. Ki Simachtani Bidvarecha.

There's no cure to being human; we are called upon to do the best we can do.

I am going to keep working to be better. I admit that I'm doing well, BH, and I am very glad of it. I know I could be better, especially if I hadn't made mistakes in the past. But the main thing is to keep moving forwards. I will try to avoid disgruntledness. And I'll get by (and get higher) with a . And a lot of help from the RBSHO

The primary purpose of my post was to share my Shmiras Enayim strategies, not to kvetch, BTW. Don't want that to get lost, for whatever they are worth.

My dear R' Eerie. You know what I am going to say. If you dealt with what came your way (through no fault of yours) in the best way that you could, that's a victory. A huge "click" that you can feel good about on YK. And regarding the fact that you were impacted by what you saw, in the way that you were - the main Avoda we are given is **to deal with what we are facing as best as we can**, which it sounds like you did.

What **happens to us** is not our business, **how we deal with it** most certainly is.

Yet I feel that it's most likely, if you keep growing as you are, that by the time next Yom Kippur comes around, if a similar situation would arise, you would very possibly be less affected by the situation, and that would be a worthy achievement.

**We work towards the goal of BECOMING different and better, by DOING the work we need to do each day**, climbing the ladder slowly, one **action** at a time.

Anyways, I had a few doses of intense, high-level therapy - I danced my heart out at a few



Simchas Beis Hashoeivos - it does a body and soul good. If you haven't done so yet, my good friends, I highly recommend it.

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Re: Thought I wouldn't need to ask for help  
Posted by chaimoigen - 04 Oct 2023 17:48

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[Grant400 wrote on 04 Oct 2023 01:44:](#)

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Disgruntled?

Nope my friend. Don't agree. You have no right to be.

Your are amazing, and doing amazing. Keep it up.

I decided to elaborate a bit on what I did not explain before, and address what you are asking, Grant.

I want to preface what I am about to write by saying that I mostly agree with what you wrote. I appreciate your clarity and the Chizzuk that you and my other friends have given. I am, thankfully, no longer disgruntled. I am enjoying Zman Simchaseinu immensely. [Also, I'm in my office on the computer and not on a Chol HaMoed trip :). For now, at least. That may change at any moment when the WW calls, but hey, One Minute At A Time.]

Last night I spoke to a friend for a while. I was the one giving Chizzuk. During our talk, he mentioned something specific he was struggling with, and I provided him with some Chizzulk and advice, gleaned from personal experience. Today, in the middle of Shemona Esre by Shacharis, somewhere between Vilamalshinim and Shmoya Tefilla, the penny dropped. The specific reference he made triggered my old associations, and my mind and heart became completely filled with lurid, vibrant, full-color images of what I had seen in the past. I have a vivid imagination, and these Hirhurei Aveira were truly first-class. All this was happening beneath my gently-swaying pristine Tallis in front of my beautiful Siddur.

But I shook these Hirhurim off before Riztei. Davened the rest of Shemona Esre with significant Kavana. And I used my magnificent Lulav and Esrog to entreat HKBH, by the Naanuim and Hoshanos, ??????? ?? ??????, and help me continue to grow in Tahara, Lev Tahor Bara Li etc.....

I am not feeling down or discouraged about this. I didn't bring anything on, overall it was a very good Davening today.

But this story brings out an important point.

But let's be honest here. Had I not made some very bad **choices** in my past I would **never** have known what my friend was talking about when he made the reference. If not for my many errors I would not have all these unlovely images preserved in the vault of my head and heart.

It's a simple truth that a person isn't accountable for random thoughts that occur during Tefilla. But a person **does** have to take responsibility for the fact that the stuff is there in his lexicon of images...

I have BH stayed far, far away from any inappropriate images for the last 141 days. In fact, those specific images are from many years ago. I'm hoping they fade with time, and become irretrievable as I grow. I am looking forwards to what I am becoming, working on what is within my grasp. But I live with the knowledge that my current struggles are impacted by my past misdeeds. I like to think that most of the special Yiddin with whom I daven don't have these "clips" stored and easily available for viewing during Shemona Esre. I have my own accomplishments to be proud of, as I said, I am not discouraged. But I am also honest, and I sincerely wish I had made better choices in the past. [Yes, I'm glad I am making good choices now, with Hashem's kindness, and that's the main thing.]

The same thing applies to challenges in areas of Shemiras Enyaim, I think. All men are created with this Nisayon, but I suspect that some of my bad choices in the past have created a somewhat different Nisayon experience for me, one that is more challenging and impacts me in a greater way. That's why I was disgruntled the other day.

But today I am not feeling bad at all. Because my Avoda **today** is within my reach. I have goals to achieve today. Good, maybe even great things to accomplish. I am alive, I am a Yid who is trying to serve HKBH and deserves to be Bisimcha.

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Re: Thought I wouldn't need to ask for help  
Posted by eerie - 05 Oct 2023 04:12

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My dear Friend, every word of your answer to my question applies to you as well, which I'm sure you know is the reason I asked that question. So please, keep smiling and celebrate your massive victories!

As far as your second post in response to Grant, I hear you. I will add one thing, though. Yes, it's true that certain tests and struggles you have today are no doubt impacted by your choices made in the past. But it is not also true that you would not be able to relate to, to empathize with people struggling, that would not be able to help others had you not been through very similar tests? I cannot think of a ?????? ?? ???????? greater than this. And that may be the p'shat in

????? ?????? ?????? being a part of teshuva.

Happy to hear you are continuing to k'nock away!

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Re: Thought I wouldn't need to ask for help  
Posted by Vehkam - 05 Oct 2023 18:45

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[chaimoigen wrote on 04 Oct 2023 17:48:](#)

[Grant400 wrote on 04 Oct 2023 01:44:](#)

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But a person **does** have to take responsibility for the fact that the stuff is there in his lexicon of images...

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Because:

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You cannot change the past. The job is to take the person you are today with all of your past flaws and focus on serving hashem in the best way possible using the tools that you have now. Regretting past choices does not change this mission.

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Re: Thought I wouldn't need to ask for help  
Posted by bright - 05 Oct 2023 19:26

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I am terrified to argue with you over here especially bec I may be arguing with your YH which is quite a formidable opponent:) You clearly have done a significant tshuva. Teshuva does not mean rectifying all the ramifications of your aveiros, if so a murderer would not be able to repent. Rather it means changing yourself to be a different person to the best of your abilities. Once you do that, you are a bria chadasha, you are forgiven, lock, stock and barrel. Any thoughts that come up and are properly handled are not your responsibility, rather they are your challenge. Recognize the awesomeness of your repentance, and thank Hashem for being the merciful gd he is, but do not deny that mercy exists. That would be a grave error!

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Re: Thought I wouldn't need to ask for help  
Posted by cordnoy - 05 Oct 2023 23:46

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[bright wrote on 05 Oct 2023 19:26:](#)

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Well, you told me that you miss my posts, so here goes, although it will be in disagreement to yours.

"Beriah chadashah" - I don't know when that exists (and if there are mekoros and all agree to that), but I'd assume that this is reserved for a real thorough teshuvah - with all the trimmin's.

Let's use your murderer mashal: He kills a fellow, does teshuvah (however); then he sees the almanah and six kids without a dollar to their name, kids gettin' beaten up in school for they have no father to back them up, wife and kids in and out of therapy, etc. "Not my problem - I'm a new creation!" - I would say that's hogwash.

Someone watched years and years of porn and then did teshuvah (again, assumin' with all the intricacies), and those images keep vividly playin' on rewind - those are challenges and not his responsibility? I don't think so; those are his to keep.

Now, although that is the case (accordin' to little me), I still don't think that it's somethin' to get



down upon, and as Reb Chaim and I spoke today - one simply needs to move on and focus on the growth, but let's own up to what's ours - the good and the bad.

Godspeed to all

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Re: Thought I wouldn't need to ask for help  
Posted by mggsbms - 06 Oct 2023 01:38

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[cordnoy wrote on 05 Oct 2023 23:46:](#)

[bright wrote on 05 Oct 2023 19:26:](#)

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It's a simple truth that a person isn't accountable for random thoughts that occur during Tefilla. But a person **does** have to take responsibility for the fact that the stuff is there in his lexicon of images...

I have BH stayed far, far away from any inappropriate images for the last 141 days. In fact, those specific images are from many years ago. I'm hoping they fade with time, and become irretrievable as I grow. I am looking forwards to what I am becoming, working on what is within my grasp. But I live with the knowledge that my current struggles are impacted by my past misdeeds. I like to think that most of the special Yiddin with whom I daven don't have these "clips" stored and easily available for viewing during Shemona Esre. I have my own accomplishments to be proud of, as I said, I am not discouraged. But I am also honest, and I sincerely wish I had made better choices in the past. [Yes, I'm glad I am making good choices now, with Hashem's kindness, and that's the main thing.]

I am terrified to argue with you over here especially bec I may be arguing with your YH which is quite a formidable opponent:) You clearly have done a significant tshuva. Teshuva does not mean rectifying all the ramifications of your aveiros, if so a murderer would not be able to repent. Rather it means changing yourself to be a different person to the best of your abilities. Once you do that, you are a briah chadasha, you are forgiven, lock, stock and barrel. Any thoughts that come up and are properly handled are not your responsibility, rather they are your challenge. Recognize the awesomeness of your repentance, and thank Hashem for being the merciful gd he is, but do not deny that mercy exists. That would be a grave error!

Well, you told me that you miss my posts, so here goes, although it will be in disagreement to yours.

"Beriah chadashah" - I don't know when that exists (and if there are mekoros and all agree to that), but I'd assume that this is reserved for a real thorough teshuvah - with all the trimmin's.

Let's use your murderer mashal: He kills a fellow, does teshuvah (however); then he sees the almanah and six kids without a dollar to their name, kids gettin' beaten up in school for they have no father to back them up, wife and kids in and out of therapy, etc. "Not my problem - I'm a new creation!" - I would say that's hogwash.

Someone watched years and years of porn and then did teshuvah (again, assumin' with all the intricacies), and those images keep vividly playin' on rewind - those are challenges and not his responsibility? I don't think so; those are his to keep.

Now, although that is the case (accordin' to little me), I still don't think that it's somethin' to get down upon, and as Reb Chaim and I spoke today - one simply needs to move on and focus on the growth, but let's own up to what's ours - the good and the bad.

Godspeed to all

The bal haturim in parshas kedoshim by the parsha of one who "murders" his own son to the molech, points out that teshuva would make that murder into "zichiyos" - please look it up. In other words teshuva would make it into a righteous act (akeidas yitzchok?).

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