

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 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 Vehkam - 12 Nov 2023 20:13

R chaim

time to dance!

Always inspired by you

vehkam

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

Posted by true_self - 12 Nov 2023 21:57

The simcha is spreading throughout the world! We join the dancing from afar in the holy city!

Thanks captain for leading us in the right direction throughout the storms.

May we only share more and more simchas like these together!

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

Posted by true_self - 12 Nov 2023 22:00

[redfaced wrote on 12 Nov 2023 19:12:](#)

I think I got this all figured out.

For my 300th post I'm gonna ask chaim oigen to write a post about me reaching 200 days.

Yea I know its late , but it promises to be a fascinating read

Is it for your days or your posts? Or for the days?

If its for your posts than I'm also asking for one when I reach 300 very soon.

If its for the days, I'll leave for Reb Chaim to decide if 50 (beH) qualify as well.

Congrats on you 202 days! keep on soaring higher and higher!

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Re: Thought I wouldn't need to ask for help
Posted by eerie - 13 Nov 2023 05:34

My dear friend, Reb Chaim, WOW! WOW WHEE!!!!

p.s. can you please post in American next time, so even I can understand? Thanks!

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Re: Thought I wouldn't need to ask for help
Posted by chaimoigen - 13 Nov 2023 13:45

I am touched, deeply.

The fact that my simcha is your simcha, my dear friends, is not only great Chizzuk, and balm to a lonely heart, it's also a huge Michayeiv.

BS"D, I won't let you guys down!

As for you, Red, here goes:

Remarkably astute

Empathetic and kind

Decisive and practical

Funny!

Active, even though you don't have your own thread

Chizzuk to others under the guise of receiving it

Extraordinary

Don't know what we would do without you!!!!

Mazal Tov on 202 - Keep Trucking Ad Meah ViEsrin! And towing us!

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Re: Thought I wouldn't need to ask for help
Posted by redfaced - 13 Nov 2023 17:09

[chaimoigen wrote on 13 Nov 2023 13:45:](#)

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Now I'm crying for real

To Paraphrase myself

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

Not nice to make me cry. On a Monday to boot

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Re: Thought I wouldn't need to ask for help
Posted by Hashem Help Me - 13 Nov 2023 22:18

Mazel Tov to both of you on your milestones! May Hashem arrange for you to keep on helping others. Hatzlocha!

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Re: Thought I wouldn't need to ask for help
Posted by eerie - 01 Dec 2023 18:44

If I'm reading it right, my dear Rosh Yeshiva, Shabbos is day 200! Wow whee!!! As a talmid I feel a little funny saying this, but thank you dear friend:)

Keep 'em coming, keep trucking...and keep smiling!

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Re: Thought I wouldn't need to ask for help
Posted by chaimoigen - 06 Dec 2023 15:09

Friends, Yidden, Countrymen, lend me your ears.

"I get by with a little help from my friends"

so I'm wanting to share...

I recently passed, through the kindness of Hashem, a 200 day milestone. I'm extremely grateful to all of you. I want to share some stuff, because it might be helpful. And because we are together on this journey.

The first time I spoke with HHM, even before I met him, he threw down a challenge. I was to commit to avoid looking at **anything whatsoever** that could cause arousal for 30 days. Not only images - no literature, articles, stuff on Amazon, I had to commit to be super careful on the streets. I had been working on Shemiras Enayim for quite a while but I had never thought about it in precisely those terms.

I picked up the gauntlet. Took the road less traveled by.

And that has made all the difference.

Since that fateful day, as a result of that conversation, our subsequent meeting, and a transformative first month on GYE, I have adopted a personal policy that I've discussed here before - I don't **browse** the internet. I no longer look around for interesting things. I don't use the internet for distraction, comfort, or stimulation. I use it as a tool, to look up something specific that I have planned out in advance. And I've installed Wizmage (thanks Benny!) so I don't see images unless I specifically choose to. It's now been over 200 days since I've seen pretty much anything untzniyusdik on a screen (except for a couple of minor random popups when I had to use someone's phone to order something briefly).

I don't know if this can work for others, but for me this has been transformative.

Was it difficult? In some ways, it was and is very difficult.

I have insatiable curiosity about everything. Broad interests. And I love reading and looking up random things and fascinating articles. I have a surprising range of knowledge in many areas based on that. It's dry not to be able to go looking for something random and interesting. I miss

out on adding interesting and fascinating and impressive stuff to my encyclopedia. It's a change - ????? ????? ?? - ????? ?? ??? ??????

And I no longer have this outlet to burrow into and bury my mind at the end of an exhausting day or after a soul-crushing meeting.

And if I am going to be painfully candid and harshly honest with myself, it's hard to give up the pleasure of sightseeing all sorts of beautiful and stimulating things.... especially the enjoyable sights that I had somehow filed away in my mind as inevitable, and therefore non-guilty, pleasures. Yeah.

But there are benefits. And it's worth it. It really is.

I feel I am finally becoming a mentch.

No more fumbling around at the edge of the shadows half-hoping, half-dreading to fall in. No more eye-glazing empty-blahness compulsive scrolling half-stimulated dreariness ugh. I now see the truth about how browsing is the "posture of pornography" [as explained more here:<https://guardyoureyes.com/forum/19-Introduce-Yourself/395737-Thought-I-wouldnt-need-to-ask-for-help?limit=15&start=135#400754>]guardyoureyes.com/forum/19-Introduce-Yourself/395737-Thought-I-wouldnt-need-to-ask-for-help?limit=15&start=135#400754[/url]. Feel like I am becoming a grown-up, after all these years.

Other benefits: My davening is completely different. I treat my wife better, especially since I've learned a lot on the BB Forum. There's a new sweetness and satisfaction in the bedroom. There are other aspects of my life that have improved; certain areas of Ruchniyus. Clarity. I am becoming a lot more successful in seeing women as persons, and in being careful on the street, in many subtle ways. I like myself more.

Becoming a mentch has a lot of benefits. The biggest one is becoming a Mentch.

Last couple of nights I had to spend a long while surrounded by women, in various venues, without my wife. I prepared myself and was careful. In the past, even when trying to be careful, i would inevitably "notice" a lot of details; I'm highly observant. I am deeply moved to share with you that the past few nights I simply did not notice. This post is my Seudas Hodaah.

I have had challenges and some difficult struggles these past months. I do not think for a moment that I am immune, and I know I must remain vigilant.

But I wouldn't trade in the gift I have received for anything.

I am Chaimoigen, and I am alive.

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Re: Thought I wouldn't need to ask for help
Posted by Heeling - 06 Dec 2023 18:15

You are Reb Reb Chaim indeed!

You are alive and keeping us alive as well.

Mazel Tov on 200+

You're a legend!

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Re: Thought I wouldn't need to ask for help
Posted by eerie - 06 Dec 2023 18:19

To paraphrase Shmuel Kunda, "How I wish that I could be somebody, somebody like Chaim our friend...."

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

Posted by true_self - 06 Dec 2023 18:32

[chaimoigen wrote on 06 Dec 2023 15:09:](#)

Becoming a mentch has a lot of benefits. The biggest one is becoming a Mentch.

But I wouldn't trade in the gift I have received for anything.

I am Chaimoigen, and I am alive.

Best line in some time!!!

Your warmth of life is spreading to all surrounding you.

Thanks for sharing with us what real life is about, now we know what to aspire.

Mazel tov! U'ksheim..... Kach tizkeh L'.....

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

Posted by Hashem Help Me - 07 Dec 2023 05:55

Mazel Tov on 200 to a leader of the masses who leads with love and respect. The caring that comes out between the lines of your writing is tangible. The Ohr HaChaim Hakadosh writes about Moshiach - "And his name is Chaim".

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

Posted by chaimoigen - 11 Dec 2023 01:55

I had a moment of tremendous Chizzuk this Shabbos.

It's an unconventional thought, and I doubt any great Rav or Chizuk-speaker will present it on a Viayimaen video. But it works for me.

I was learning the Parsha of Yosef Hatzadik and came across the Gemora that states that he would have given birth to 12 Shevatim had he not stumbled somewhat within the challenge with Eishes Potifar

. ????? ????? ????? ????? ?? ??/?

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Now, obviously, the Gemora needs to be properly understood (and there are many Peshatim), and its axiomatic to state that **any** shortcoming Chazal are ascribing to Yosef Hatzadik is only a shortcoming **on his impossibly great level**. Nevertheless, Chazal are clearly saying that there was a higher, greater level that Yosef could have achieved in that moment of Nisayon, **that he did not reach**. On some (incredibly high) level, Yosef messed up somewhat, and because of this he **lost TEN** Shevatim. He never regained them.

This made me feel great.

{**SPOILER ALERT:** I suspect this post may bring down upon me the ire of Captain and Bright. About Vehkam's reaction, I'm not sure.}

Allow me to explain. You see, Yosef is THE Tzadik. The entire Klal Yisroel rides on his Zchus - He is the Tzaddik Yesod Oilam. Everything stands on him. And yet, here we are learning that the unbelievable Madreiga that we all rely on - **is only "Madreiga B"** - It is all **notwithstanding the fact that he LOST "Madreiga A"** when he did not withstand the Nisayon entirely (for what was expected on his exalted level). It would seem (unless I am mistaken) that he never regained "Madreiga A". **But "Madreiga B" is still enough for all of Klal Yisroel to stand on and draw wellsprings of Kedusha from until the end of time. And he is still Yosef Hatzadik, nevertheless, Merkava of Middas Yesod.** "Madreiga B" was enough to achieve this impossibly great level, regardless of the fact that he lost "Madreiga A".

This is a huge source of Chizzuk to me.

I have messed up in the past. That is why I am here. I am proud to report that I am BH doing great, and accomplishing great things.

Yet I sometimes feel bad about what I may have lost forever due to bad choices in the past.

Now, (besides remembering that Teshuva is real and effective) I can find great comfort in this thought:

I can still set my sights for the lofty stars - for a "Madreiga B" that will reverberate until the end of time.

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[p.s. Bright, I Takeh don't know why Yosef's presumed Teshuva Me'Ahava didn't get him back the 10 lost Shevatim. It bothers me too.]

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