

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 Avrohom - 11 Dec 2023 03:29

[chaimoigen wrote on 11 Dec 2023 01:55:](#)

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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.

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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".

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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.]

Beautiful idea! Gives me a lot of Chizuk - thank you!!

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Re: Thought I wouldn't need to ask for help
Posted by eerie - 11 Dec 2023 17:21

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A, ?? ?????? ?? ???"? ?????? ??????, ??? ?????? ??? ??? ??, ????? Plan B

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Reb CO, please translate into English...or American:)

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

Posted by bright - 11 Dec 2023 18:29

Amazing! Yes, for the general public that is definitely the case. However, the Avos bepashtus lived bmidas hadin, see sforno vayshlach vehaya hashem li laylokim, Leshem (chelek beis, drush 5 anaf 4, siman 3), R elchonon (Kovetz Hoarahs, dugmoas lagada). Also, by R Akiva "shtok kach ulsa bemachshava lifunai", the meforshim explain its refering to midas hadin, that was the machshava of Hashem to create the world with din.

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

Posted by Vehkam - 11 Dec 2023 19:48

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

Posted by true_self - 11 Dec 2023 21:32

Nice vort, maybe a bit too much lomdus for me.... Thanks for sharing

BTW why are you not speaking on vayimean yourself? If you do one day make sure not to share this vort.

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

Posted by bright - 11 Dec 2023 23:55

Why shouldnt he?

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Re: Thought I wouldn't need to ask for help
Posted by chaimoigen - 12 Dec 2023 02:12

[Vehkam wrote on 11 Dec 2023 19:48:](#)

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

[bright wrote on 11 Dec 2023 18:29:](#)

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The Sfas Emes says that each year we actually recreate this. We begin with the vision , objective, and ideal intent of living with Din on Rosh Hashana. Then on Yom Kippur we figure out, with the Rachamim of Hashem, how to apply it in an imperfect life in an imperfect world , with Rachmaim.

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Re: Thought I wouldn't need to ask for help
Posted by iwannalivereal - 12 Dec 2023 04:13

Lichvod my dear friend R' Chaim shlita

Although I am maskim to your iker ha'ara about Yosef Hatzadik I am strongly mifalpel in the tzorech for such chizzuk (at least for myself) for two reasons.

The first reason is that you're nemming un that due to past mistakes we are living in a matziv of madreiga B and not in madreiga A. Personally I can testify that most of my shteiging in limud hatorah and in inyanei ruchniyus were directly caused by my struggles. Because I struggled I learnt with tremendous Hasmada. Because I struggled I worked on my tefilla. Because I struggled I worked on Emuna and Bitachon and Yiras Shamayim. Because I struggled I worked hard on my Avodas Yomim Noraim. Had I not struggled, I would've been swept into the ocean and been just like everyone else. My struggle was my push and drive to always do better in areas of ruchniyus. I am living the perfect plan.

My second ha'ara, is that I want to kler that although you're right that Yosef only hit madreiga b, that's only because Chazal in their wisdom knew that Yosef had the proper tools and koach to overcome the nisayon in it's entirety. Having a minute failure therefore was somewhat of a direct lack in his avoda etc. I think that many of us here, although we might've tried hard, and for many years too - we were totally lacking the proper tools to overcome our nisyonos. The greatest proof is all of us here. Many wonderful yidden struggled for years all the while trying to stop, and suddenly they come to gye... they learn tools... and although it may take months or even years, many guys are able to break free. Obviously what changed is that you now have the proper tools to break free and to deal with desire and challenges. While this may not patur us from onshei shamayim, I think it's still safe to assume that you are living madreiga A itself. Madreiga B means that you failed in a nisayon where you should've done better. It doesn't refer to anyone who ever does an aveira or messed up. You're still living Madreiga A so long that your failures are due to lack of the proper tools in breaking free.

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Re: Thought I wouldn't need to ask for help
Posted by eerie - 12 Dec 2023 05:26

Reb IWLR, you offer a lot of food for thought. Interesting point you are making, that if we didn't have the tools then we are living Plan A. I don't mean to bust anyone's bubble, but I can talk for myself when I say that there was plenty I could have avoided. There's also a lot that I have brought upon myself, ???? ???? ??? we call it. Personally, I take a lot of chizuk from your first point. I would also add that there is much I have learned on the way up, and I've learned to understand certain things in different ways. And I try to do teshuva.

Keep sharing, keep trucking...and Keep Smiling!!!

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Re: Thought I wouldn't need to ask for help
Posted by eerie - 12 Dec 2023 05:27

[chaimoigen wrote on 12 Dec 2023 02:12:](#)

[Vehkam wrote on 11 Dec 2023 19:48:](#)

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Please share your thoughts

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Re: Thought I wouldn't need to ask for help
Posted by Vehkam - 12 Dec 2023 13:25

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r Chaim as always you are amazing in your writing and conveying beautiful positive messages.

We definitely need to continue some of this in person....

my thoughts...

Teshuva is not plan b. It was created before the world and before anyone sinned.

Our goal is not perfection because that is not attainable. Our job is to get up and fight through every struggle even though we know we may not win every time with absolute perfection.

Who says that having 12 shevatim is a higher madreiga than what yosef actually accomplished. Perhaps the struggle and overcoming it is the precise reason that he didn't need 12 shevatim to accomplish his tafkid.

Even if you understand the Medrash to say that he lost out by not having 12 shevatim it does not have to mean that he was doomed to an eternal lower madreiga. It just means that he had to go through life with a different mehalech. Not higher or lower. Just different.

teshuva me'ahava cannot bring back ???? ??????. So the 12 shevatim were off the table. using the failure as a springboard for motivation and growth was able to catapult Yosef hatzadik to

places he would not have reached without that struggle.

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

Posted by lionking - 12 Dec 2023 14:04

I once heard quoted from previous seforim that ??? ????? ????? ??? doesn't mean that even tough a tzadik falls, he gets back up. On the contrary, Precisely through his constant getting up is what makes him in to a tzadik.

I don't have an inkling of a ????? of who the Avos where. I hope I am quoting correctly, ????? ????? ????? Yosef Hatzadik was zocheh to be the Mercavah of Midos Hayesod precisely due to this. A normal person would have gone all the way and sinned with Eishes Potifar, especially after already experiencing a fall. The yiush sets in and there is the thought of "I failed anyway, I might as well just give in..." That is the greatest level of Mesiras Nefesh to hold one's self back.

I don't know about plan A or plan B, as Vehkam so correctly mentioned, Teshuva was before the world was created. Hashem created this world intentionally with the default being plan B.

This post is getting too long for my current standards of not posting at all. May we all be zoche to the mesiras nefesh of Yosef and to the Ohr of Chanukah.

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

Posted by Vehkam - 12 Dec 2023 14:33

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I believe that is one of the places r Hutner ztl explains ??? ????? ????? ???

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