

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 chavairim. 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 Grant400 - 24 May 2023 00:42

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You oigen are seeing real chaim.

Keep it up!

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

Posted by dovberyl - 24 May 2023 02:18

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[chaimoigen wrote on 23 May 2023 23:02:](#)

Needed a little Chizzuk today, and picked it up over here. So I will try to return the favor.

I'll share what helped me take the plunge. Maybe it will help you a bit, if you're sitting on the fence.

Little less upbeat than my previous posts - going to show you some scars, here.

Over the years, I have learned all too well the bitter and foul taste that comes in the mouth when I once again succumb and sit to eat a big bite of rewarmd, unappetizing, and regurgitated regret. [ ???? ?? ?? ???? ] Tastes sick.

Yeah, I'm always trying hard to keep pushing myself along, getting a little better all the time, true.

Chizuk etc, one step at a time, etc: That's me.

I can give a whole inspirational Shiur on the topic. Maybe I even did. It was all true.

But the truth is - I'm so tired. I'm bone-weary of failure, of just doing the same thing all over again.

Getting even a bit numb to it all, and that, my friends, is the worst.

A little bit of deepdownYiyush is a dark tunnel, leading downwards.

But now it's different. In the time that I have been here, I have read so many of your stories, I can now see new pathways, a new horizon.

**I perceive a doorway where I honestly thought was only a dull brick wall.**

**I have hope again.**

So I had to take the plunge before maybe I mess it up and maybe I lose this gift of a real chance to a path to that horizon that is beckoning to me, clear and brilliant blueness, pure warm daylight streaked with breathtakingly white clouds of Tahara .... I can see it for the first time in way too long I have hope again.

I won't I can't I *DARE* not lose this delicate thread whose end I am holding, now that it know that maybe, with Hashem's help, it may actually lead me out of this labyrinth.

**So while I have this thread of hope, this daring feeling, - I was - I am - going to do whatever I can to nail it down. To paint myself in this corner. To take a dose of real world and make it all real. To wedge the door open with a brick of truth, before I can let it swing shut (like i maybe have before). So far it's still open, BH BH.**

I think maybe you should try it too.

Thank you for posting this; I also feel hope now, in some ways we are doing this together, even though we are doing it separately. I do not want to mess it up this time. I am actually working on a time to meet a mentor, partly thanks to kinas sofrim from you. (in that sense, even with all the anonymity, this place is real, with real, direct impact. In that sense, we are real to each other).

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Re: Thought I wouldn't need to ask for help  
Posted by Eerie - 24 May 2023 18:21

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Reb Chaim, I am blown away! Simply blown away. The tremendous amount of energy you are bringing in here, it's great! Please keep sharing, and please, when the time comes, stick around to share with others. You have an ability to express powerful, true messages in a clear coherent way. And we are all enjoying it! Keep it up!

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Re: Thought I wouldn't need to ask for help  
Posted by chaimoigen - 25 May 2023 01:04

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Chevra,

It's over a month since I started to lurk here. And 8 clean days since my last fall and my first post in this forum.

8 isn't a big number. I'm not proud of it.

But it can have the significance of representing Limaala Min HaTeva.

These 8 days have felt much longer than days normally feel, full of all sorts of conflicting emotions and tumultuous thoughts. New people, new ideas.

I read Vekam's entire thread tonight for a second time. **Malchus Shebimalchus!** New thoughts and emotions expressed in Tefilla each day...

I (cautiously) feel like I'm maybe starting on the climb up and out. It's not normal, this feeling of **Limaala**, all with Siyata Dishmaya and help from you all. Not so lonely anymore. Not out of the woods, but seeing a path. It's a good feeling.

I bought a beautiful new Tallis for Shavuot. Top quality weave, Niputz Lishma, the whole works.

I want to be standing enveloped in purity and Kedusha as the dawn breaks at the foot of Har Sinai.

I want to feel that there's a new fabric to my life, to my Tefillos, a new texture to my "Lo Sasuru", to my "VeHeyisem Kedoshim".

I felt that special sense when I tried on my new Tallis.

I'm really looking forward to Kabalas Hatorah this year. Will be Davening for all you - please Daven for me. I know there will be big challenges ahead.

Heaven forgive me - if i fall, i'm gonna throw my new tallis in the mud.

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Re: Thought I wouldn't need to ask for help  
Posted by Markz - 25 May 2023 01:39

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[chaimoigen wrote on 25 May 2023 01:04:](#)

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Love Karl (where's the heart emoji???)

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Re: Thought I wouldn't need to ask for help  
You dare  
Posted by dovberyl - 25 May 2023 03:23

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I will leave to others to explain that you should not throw away the tallis and all the hard work even if you slip, but you know all that. So I will just say I hear you and feel with you. I feel like I found a friend in your posts.

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Re: Thought I wouldn't need to ask for help  
Posted by monseyid41 - 25 May 2023 14:52

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[Markz wrote on 25 May 2023 01:39:](#)

[chaimoigen wrote on 25 May 2023 01:04:](#)

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Love Karl (where's the heart emoji???)

I feel like I need a translator. Markz, can you spare a few extra words so I can actually understand what you're saying?

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



Posted by chaimoigen - 28 May 2023 16:04

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So it was a wonderful Shavuos, full of Romemus and learning, Shiurim and Tefilla. I contacted an accountability partner before Yom Tov, and afterwards.

And I was feeling a bit of resistance to doing that. I was actually feeling down about this in the middle of Davening, about knowing that right after Yom Tov I was going to be sending another text. Had a feeling of: "Am I actually someone who needs to do this constantly? And if yes, (because I do), then it's just so sad, perhaps even pathetic. If I, with my strengths and all that I have BH accomplished, if I still need to constantly use this tool to stay clean, then what am I worth, really?" It wasn't a good feeling at all.

Then I had a powerful realization: This is exactly what I need.

You see, my personal struggles in recent years have thankfully not been the kind that have resulted in frequent falls. There have been longer and shorter intervals between them, [I don't take that for granted at all, and I work at it, and I don't think that I am better than anyone else who has greater challenges]; but BH - most of the time my inner life matches my outer persona. But I realize that there's a pitfall therein.

You see, I like to see myself only as **that** Chaim- the leader and Rebbe, the healer who loves to learn, the Talmid Chochom and guide. I try hard not to be a fraud - I view myself and try to be a work in process. But there's a disconnect. A split in my life.

The "other" Chaim hides in shadow, lurking. Don't like like to think about him. Normally he is only the faint whisper of an unpleasant memory, taboo. He's a mostly-hidden memory of a painful past, seemingly irrelevant. Don't like to think about him at all. Until he surprises me as being all-too-real, emerging at times of achingness and fogginess, so surprisingly strong for an unpleasant memory, still unbelievably hot and powerful and strong after all these years, **still ME**. Oy. Ugh. ArGHH. And i have fallen that way, many times, it's an old story. ???? ???? ????.

But now, here I am today, standing in front of Talmidim, saying Torah, infused with the Kedusha of Shavuos. Davening with inspiration, full of Hallel, thinking truly lofty Machshavos. And I am knowing all the while that I have a new Chaver out there, caring and understanding, who is waiting to hear from me after Yom Tov. **To know if I fell or not**. Is it an uncomfortable feeling? Yes. Very. I recoil from it, to be honest. But I feel **integrated**. I feel a **wholeness**. Because the **whole me** is standing with awareness, (and humility), in from of Hashem, wrapped in my new

Tallis. That's what this site and my new accountability Chaveirim are doing for me. Don't have the right words to thank you yet.

Please forgive a terrible analogy: I no longer want to be a posed and poised, perfectly airbrushed, alluring image of myself. I want to be 3 dimensional and real, **all of me** fully integrated and aware. Knowing, struggling and working, strengths and weaknesses, challenges and accomplishments, Uvacharta Ba**Chaim - Lemaan TICHYEH** - I am Chaim and I want to LIVE. I want to feel the **Chaim** that is in a life of bechira towards Tov. Making smart choices, acting not reacting, my Neshoma feeling it all. I feel a different texture to the fabric of my life now. Got to keep it up. But, yeah. It's uncomfortable too.

[Yes, I am aware that many of these points echo Cordnoy's early post. I thanked him already. Thank you again.]

Here's a final thought, maybe a little Chizzuk, it was for me and want to share.

We all called out Naaseh Vinishmah. Joyously proclaiming words of Kabala that the entire universe was waiting for hear!

But then Hakadosh Boruch Hu had to hold a mountain over our heads to get us to finish our Kabala, because it wasn't entirely complete that first time (many different Pshatim in the Meforshim about what was missing). And even **that** commitment wasn't solidified entirely until after the subsequent Kabala in the time of Purim - Hadar Kibluah. There's a powerful message here, I think:

**We see that TRUE Kabalas Hatorah is a beautiful muti-layered thing.**

I make Kabalos, and I mean them sincerely. But there is more to do. I am still a work in progress. Here I have learned this: **The first Kabala is totally real - the whole universe has been waiting for it, eagerly. Even though there's another Kabala I need to make afterwards. That's a big Chizzuk.**

I hope Hashem gives me a lifetime to keep climbing higher. I hope and daven that I don't mess up. That I continue to deepen my relationship with my Neshoma, with Him, with His Torah, to keep making new Kabalos. I want to be a Tzaddik. I am working on it, one step at a time. Maybe I, maybe **we together**, will actually get somewhere.

Ken Yehi Ratzon.

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Re: Thought I wouldn't need to ask for help  
Posted by true\_self - 28 May 2023 21:57

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[chaimoigen wrote on 28 May 2023 16:04:](#)

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Ken Yehi Ratzon.

Wowowowowow! Reb Chaim, what powerful words, there's nothing to add, but just to thank you for those Inspirational and meaningful words,

You are a big part of all of us!!!

Waiting for the next post, you always surprise me.

Thanks a mill

True self.

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Re: Thought I wouldn't need to ask for help  
Posted by Eerie - 29 May 2023 00:09

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So beautiful, Reb Chaim! Loved every word!

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Re: Thought I wouldn't need to ask for help  
Posted by monseyid41 - 29 May 2023 14:00

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R' Chaim, you have a way with words that defies description. Eloquent is the closest I can think of but still far too mild. Thanks for sharing your talent with us.

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Re: Thought I wouldn't need to ask for help  
Posted by chaimoigen - 30 May 2023 15:13

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Chevra Kadisha,

This morning when I said "????? ?? ??????, ????? ???? ????? ???" I thought about how fortunate we are.

About holding on to the Rebono Shel Olam, and about how He holds on to me.

I am not constrained by my limitations. With Hashem, I am limitless.

?? ?? ????? ???, ????? ???? ???

There's a lot of talk about accepting limitations and weaknesses. And a lot of discussion about having faith in oneself. It's a huge and nuanced, many-layered topic, with so many different shades of meaning and application for each individual. [I know people whose lives were saved by the Steps.]

Here's my thought, just for myself, for today.

It's all true. I accept my many limitations, and yet I have faith that I am rising like the sun.

The Gemora in Kedushin says that the Yetzer is reborn anew each day, with new capabilities and strengths.

" ?????? ????"? ????? ???? ???? ?? ?????? ?????? ?? ?????? ????? "

Without HKBH I will not withstand the onslaught. But if I fight back, and I know in my Neshoma that I can and must, even with all my weaknesses and limitations, then Hashem won't **ever** leave me alone. Connected to Him, I am limitless. I become **more**.

I am Chaim, and I am a different person than 15 days ago.

???? ????? ?????? ??..., ??? ???? ???? ???? ???? ???? ???? .....

In healing, recovery, and redemption, there is no bricked-up dead end that cannot be opened to the light, no chokehold that can't be loosened; the black dank earth can tomorrow send up soft, moist greenery. We can tap into Techiyas Hameisim each day, with limitless Neshomos, and unlimited help from the Rebono Shel Olam, if we humbly ask and do what steps we can.

In your Hands

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

Ken Yehi Ratzon

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Re: Thought I wouldn't need to ask for help  
Posted by Markz - 30 May 2023 17:31

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[chaimoigen wrote on 30 May 2023 15:13:](#)

**Chevra Kadisha,**

This morning when I said "???? ???? ???? ??" I thought about how fortunate we are.

Bots, it's official. GYE has been hacked by our trusted government funded ChatGDP.

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Re: Thought I wouldn't need to ask for help  
Posted by chaimoigen - 30 May 2023 18:13

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Fixed.

Indeed. Love how yer payin attention.

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I refuse to be Father McKenzie.