

It's hard to admit that I need to reach out.

I struggled for years. And Hashem helped me. With unbelievable Siyata Dishmaya I have come light-years from where I once was.

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 Eerie - 23 Jun 2023 02:22

[chaimoigen wrote on 22 Jun 2023 02:02:](#)

Yesterday was an extraordinarily difficult day.

There is grieving and stress in my home. I was exposed to further conflict, tension, and pain in various situations that I attempted to mitigate for others. And then I received a call from a family member who has been terribly hurt, and I had to travel quite a distance to hold, to hug, to cry with, and to be a strong warm loving shoulder for heartbreaking tears....

There was a welcoming, comfortable hotel room booked for me, the emotional and physical wreck that I was. Many good reasons to stay overnight, do more Mitzvos in the morning. I had a ton of good reasons to sleep over, in an empty hotel room with a huge screen, in a university town. Lonely, forlorn and vulnerable, heartsick and world-weary.

Thank you Rebono Shel Olam.

I got the hell out of there, turned away before entering the room, just got in my car and drove away very fast.

I ate in the car while driving, spoke with a friend and a Rebbe, got home after midnight. Not lonely. Not heartsick. Very sad and tired, but with a warm afterglow in my heart.

oh, thou fiendish bride of darkness, i sensed your shade hovering behind the doorway.... I am no longer in thrall to the clammy numbing comfort of your limpid embrace.....

I am no longer that self-deluding fumbler, venturing timidly near the edges of the squalid shadows, waiting for your clutching grasp to reel him in, later to taste foul regret.

Today I choose rather to continue walking only on this safe, well-lighted path, together with my friends.

*Through Hashem's grace and munificent, undeserved Chesed, i hope I will continue to unfurl the trueness in my heart, wings reaching upwards, **becoming the man who I have been waiting to meet, all these years.***

I mamash can't wait to get to know him better, I think I love him so much my heart hurts

Oy, Reb Chaim, what you did to me here, you took us all straight into your heart, and gave us

the perspective of a great man searching for his true potential, which in truth is what we are all here for. The deepest yearning of your soul to grow past these challenges are an unending inspiration to us all. Unreal. Simply unreal.

P.s. If you reconsider on HHM idea, can you teach in my son's Yeshiva?

P.p.s. Only consider becoming an English teacher if you are looking for yesurim in this world. Like maybe we could try it for shovavim or something to get some tikkunim...

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Re: Thought I wouldn't need to ask for help
Posted by chaimoigen - 26 Jun 2023 03:36

Deep understanding takes time.

Tonight is Day 40, through Hashem's rachamim.

I'm thinking tonight about the second and third periods of 40 days and nights, when Moshe Rabbeinu ascended the Har to ask forgiveness, and to receive the Torah a second time. It took **another** 40 Days to learn the Torah, though he had already learned it before, because it had to be retaught, relearned for Yiddin in the aftermath of *Cheit*. The Torah was given **again**, in different form for Baalei Teshuva....

A few weeks ago I was writing about regret. Vehkam (who is a great source of inspiration for me) wrote the following:

Regret is important for unhealthy choices. there may also be a period of mourning for the perceived possible lost potential. however, it is also important to move on from regret. try to focus on the incredible opportunity that you have. much of that opportunity is available to you specifically because of your past. Try to think, what would hashem want me to do now. **You cannot change the past. But you can use the lessons of the past to capitalize on today and build an incredible future. The emotional awareness that you feel at this point afford an opportunity to connect to hashem in a way that is very powerful and not always attainable.** Now is a great time to develop your passion for torah, mitzvos and kedusha.

This made a tremendous Roshem on me, but I needed to fully digest. Tonight I an beginning to

understand that there are new doors open to me. I am feeling that the Torah given on Yom Kippur may have elements and beauty that the Torah given on Shavuos did not have, (although much was lost in the Shviras Haluchos that can never be regained).

I too, am deeper, more sensitive, and have greater appreciation, I think, for much of the fresh beauty I see with clear, unsullied Oigen, BH, BH.

If Hashem continues to Bentch me with His Chessed, my 90 Days will come out not long before Yom Kippur.

I hope that not only for the Klal, but for me, and many of my friends here too, it shall be ??????
?? ??? ????? ????? ?????.....

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Re: Thought I wouldn't need to ask for help
Posted by richtig - 26 Jun 2023 15:01

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Re: Thought I wouldn't need to ask for help
Posted by chaimoigen - 04 Jul 2023 23:17

With completely undeserved help from Hash-m, it's now 49 Days of Tahara for me.

Things are different. During this time, I have also been working on being careful in all areas of Shemiras HaEnayim and in thought and feeling, too, on a completely different level than I ever did before. Things are different in my interior world.

Things are so much sweeter in my marriage, too, Boruch Hashem. Unexpected, special benefit. [In my mind, I call it the "Grant Principle"- thanks Grant.]

But I have been disgruntled and a bit grumpy. Feeling a bit dried-out and restless. Not exhilarated as I would have thought I would be. Feeling like I don't want to have to deal with this constant vigilance and awareness all the time.

Walking the streets, dealing with the frustrations of avoiding inappropriate sights I have felt the pull to "just let it go". BH I have not. Won't.

I think I have a spark of *Asafsuf* lurking within, grumbling with the dissatisfaction of "Nafsheinu Yiveisha, Ein Kol...". He's itching to experience the thrill of wantonness, as opposed to sweetness. Well, I will not listen to him, at least not today. Not today. BH, BH.

Don't know what I expected, that the Yetzer will abandon me? I'm not dead yet, BH. Got a ways to go. But I think I have to grow into this more. **become** what I am doing.

I believe I can and will. Disgruntled or not. I want to see how I feel, full of Tahara, next week....

Please Hashem - help me hold on to this Razton, to this special chance you have given me. ??????. Help me to grow more fully into who I am becoming, **into who You put me here to be**. Please, Tattah after all these years, let it be...

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Re: Thought I wouldn't need to ask for help
Posted by richtig - 05 Jul 2023 01:13

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What a way with words you have, chaim... About a month in, I was feeling light, happy, satisfied, less numb, and then more recently I have been feeling, as you say, disgruntled. Not sure what it's about- perhaps forgetting the motivation to start in the first place, perhaps the classic "what the heck" phase, or as you carefully put it, wantonness. Anyway, while this is still here, I have been able to appreciate that the sound of reason in my head has grown clearer and louder, while the other voice has grown older and grayer, and is more susceptible to argument. I hope it is the same for you. I wish for your sense of purpose, though.

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Re: Thought I wouldn't need to ask for help
Posted by chaimoigen - 05 Jul 2023 14:00

Was feeling a bit uncomfortable with what I wrote yesterday, was not entirely clear with what I am feeling.

This morning I have a deeper understanding, and want to write it here, mostly to concretize it for myself.

I realize that I have been feeling uncomfortable and disgruntled with the idea of having to live being constantly vigilant and maintaining awareness at all times. Of living with the feeling that "I

have a problem" and that I need to check in each day, celebrate victories, and be on guard always against challenges and the potential of failing. I would so much rather view myself in the context of my accomplishments, the Torah I am learning and teaching, and the people I am Zocheh to help. Feeling that it's shameful and weak to be looking forward to hopefully celebrate the terrific accomplishment of 60, 90, 100 days free of negative behavior together with my newfound friends on an anonymous forum for people with shameful issues. Terrific goalpost and Sheiyfah for life. Sorry folks, I realize that didn't sound nice at all.

But with understanding comes clarity. Firstly, and obviously, to nod understandingly at the Yetzer, who never fails to come up with another, creative one. Good try. *{He winks back, a lascivious smile playing around his lips, a shrewd and playful sharpness in his keen blue eyes, as he tips his homburg at me. He'll have a new one tomorrow, I know.}*

But more deeply, and better thought out- What an idiotic fallacy! I am going to start another, difficult Sugya today. My Torah and Avoda is who I am. And my Torah is elevated, made better and loftier, more real and full of Kedusha by the undercurrent of Yiras Shamayim that I am better developing. My ability to help people is broadened, tempered by a deeper, more real understanding of the struggles and challenges in life and in my service to my *Tatteh In Himmel*. I am fuller, standing in acceptance of my limitations and of appreciation of my inestimable worth, more genuine now, **because of this added element**. Yes, it would be nice not to have needed this. But the Rebono Shel Olam wants us to work hard, every day, and this is my challenge. Even if it was my mistakes and errors that led me down this path, today it's a path of growth, adding new, deeper layers of meaning to everything I do. The only thing shameful about this issue **today** would be if it wouldn't be addressed properly, the way the Rebono Shel Olam wants. And I have a lot to learn from you all, my friends, who have so much to teach me [and you each also have full, real lives, that are not defined by what we talk about here, except for in all the ways life is impacted by the work we are doing.] So yes, I am so very thankful this morning to Hashem for you, my friends, for GYE, for my daily count. For all that adds to what I am today and what I am becoming.

I am Chaim Oigen, and I am reporting for Your service, Tatteh, in a better mood. Please allow me to experience a full measure of Your Bracha of ???? ?????? ??????? today, together with my friends.

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me to experience a full measure of Your Bracha of ???? ?????? ??????? today, together with my friends.

Bingo!

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Re: Thought I wouldn't need to ask for help
Posted by Eerie - 05 Jul 2023 21:28

Loving your posts, Reb Chaim.

As far as assafsuf, well my friend, we all have a YH!!!! Yes, we have a YT too, Thank G-d! But Yom Kippur by mincha we read the parsha of Arayois because we remind ourselves, we always have that assafsuf/mis'avim/mis'oininim within us. That why we rememer Maaseh Amalek, to remind that evil really exists, and we have a little piece of it in the form of the YH within us. And yes, it would be nice if would just go tobut in the meantime he's trying to get us there.

I don't have to tell you, a person who obviously knows a lot more than I, what the tachlis of the YH is. Just imagine the bachur, going nuts from desires, feels like jumping off the roof, and he comes to you, "Rebbe, why??!! Why can't I just not have these ridiculous desires? Why can't I just serve Hashem in peace? What does Hashem want from me?" Whatever you will answer him....copy and send to me:)

My friend, yes, we have our whole lives to fight the scourge. I'm so glad I won't be lonely all the time because you'll be here with me:)

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Re: Thought I wouldn't need to ask for help
Posted by chaimoigen - 16 Jul 2023 11:36

Sunday July 16, 2023

With the Chessed and Rachamim of the Rebono Shel Olam, I am at 61 Days since that fateful night that I fell and decided to do something different about it. BH. I don't think you guys would believe the intensity of the sense of love and Hakaras Hatov I have for you. Actually, maybe you

can.

Last night I had a vivid dream in which I dreamed about violating a Kabala that I have kept all these days...the pain I felt was **so** real. This morning I felt a profound sense of relief to know it wasn't real, was only a dream. [Maybe that's a Mashal for a lot..] ???? ??? ??????... ?????? ??
????? ??????...

I am feeling a bit confused about how to deal with balancing GYE and the rest of my life. I have a lot to do, I am in the process of writing a Sefer, in addition to my other responsibilities. I'm generally pretty good at compartmentalizing, but for some reason this is taking up a lot of headspace and heartspace, and I find it getting in the way of some other things I need to do. Maybe because it's so personal? Or because I have never had the outlet to talk about this part of me? But I cannot let it go - I need it and it's important! And I have been connecting with some of you offline and have been Zocheh to give some Chizzuk, too, and that is Yuge. So I suppose that the answer is finding the proper balance, as in everything. But I would appreciate any thoughts that could be helpful from you, my good friends.

Wishing you all, and me, a Gutte Voch - full of greatness and growth, with Oigen to see true Chaim.

CMO

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Re: Thought I wouldn't need to ask for help
Posted by Eerie - 16 Jul 2023 17:11

Whatever you decide, Reb Chaim, you must not leave entirely! We need your ko'ach, and your lichtige oigen

I think some of the pull to be here, at least for myself, is because here we can be real. I know, some people use the anonymity to continue being fake and fail to reach the truth about themselves and those they are affecting. But many people, including myself, find the power of the breath of air, the ability to just talk, to connect offline in a really open and authentic way, because we've learned here to open up. In most of our lives we hide many things and here we

can be open, and we can be authentic. I find that some of the friendships I made with people here are more meaningful than many friendships I have with others that I know from "the real world". Because these friendships are without pretending

Reb Chaim, one of those friendships is yours. So keep it up and keep inspiring!

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Re: Thought I wouldn't need to ask for help
Posted by chaimoigen - 17 Jul 2023 10:56

[Eerie wrote on 16 Jul 2023 17:11:](#)

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I feel the same. And you, R' Eerie are an incredible inspiration. Your total goodness and "Ibergegebenheit", your Ahava and Ratzon to be there for other Yiddin with Eitza and emotional support, it's something I really look up to. And want to emulate! Thanks for the Chizzuk. I am not going anywhere. Couldn't make it without my friends, anyways, you guys have saved my life.

"!

After further reflection - I think there is a big difference between **connecting**, which is receiving and maybe even giving Chizzuk, learning and growing from all of the great people here. Versus the other aspects of hanging out on in an internet community, which can be fun and addictive, but not necessarily the best way to spend one's time. Gonna keep checking in and try to focus on connecting. I added my email address to my signature. The better to connect to you with, my dears.

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Re: Thought I wouldn't need to ask for help
Posted by Eerie - 17 Jul 2023 21:49

I appreciate the warm, albeit undeserved, words.

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

Posted by chaimoigen - 19 Jul 2023 13:55

Last night I visited a new Beis Medrash for a few minutes to meet with a friend. On the way out, about to get into my car, I looked across the parking lot and froze. Found myself standing, for the first time in years, directly across from a small parking lot behind a public building.

I was flooded with a sense of sadness as the images rushed over me.

I saw the moon peeking out, through tattered clouds, over a darkened, quiet town, at 3 AM. Saw a conflicted, confused Yungerman, sitting in the backseat of his own car, parked among the shadows, trying to connect to public Wifi, a wan blankness on face. He paused for a moment to think on just going home, about his learning, and then chose to go into just-not-thinking. A mix of self-loathing and desire making a bitter, metallic, taste in his mouth....

Standing next to a brand new Beis Medrash, looking across the bridge of many years and tears - I felt so bad for him. I have so much Rachmanus on him. I don't really understand him so well anymore. I have so many things I want to tell him, so much I want to say. [I also want to do whatever I can to help others like him, too]. I want to free him from that self-loathing and pain.. But I felt so sad....

I left, called a friend, and went on and I spent the rest of the evening engaged in productivity and learning.

Disquiet persists.

I am happy that that yungerman is doing so much better. I am glad he has found healing. Sad for what was lost. Proud of what has been gained. This I also know: There, but for the grace of Hashem and His undeserved Rachamim and Chessed go I.

Gotta go make today count now.

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