

Just starting my journey

Posted by shmira101 - 03 Jul 2023 21:51

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Hi guys, I'm new here. I tried this months ago and it didn't work out that well for me, but I've grown and come to a place of more healing and growth now, that I can join properly.

I am a yungerman, happily married. I am considered a very very strong learner, I daven well, am considered all around a shining star in the "Yeshiva" world.

i have been struggling with p&m for many years now and I've gotten to feel so sad that I just can't continue living like this. I am hoping to gain clarity and healing through this platform of like minded individuals who share my struggles.

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Re: Just starting my journey

Posted by Bennyh - 03 Jul 2023 21:59

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Welcome! Come say hi in The Balei Battim's forum too.

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Re: Just starting my journey

Posted by richtig - 03 Jul 2023 22:42

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Welcome! There are many like you here; this struggle does not only affect lowlifes or perverts. I hope you find friends here, I have and its been a major help to me. Feel free to reach out

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Re: Just starting my journey

Posted by EccentricComposer - 04 Jul 2023 00:56

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Welcome, looking forward to tracking your progress~

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Re: Just starting my journey

Posted by EccentricComposer - 04 Jul 2023 00:56

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Welcome, looking forward to tracking your progress!

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Re: Just starting my journey

Posted by Heeling - 04 Jul 2023 02:31

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Welcome aboard! From you short introduction, you sound like a good fellow. Please join us here and on the BB forum.

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Re: Just starting my journey

Posted by Captain - 04 Jul 2023 12:58

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Welcome! Good to have you here! This is a struggle that is common nowadays, even among great learners. Kudos for taking this step in your journey to success.

You might want to try thinking about your last three falls:

--What led up to them or caused them?

--What way did you fall, and what did you use to fall (if it was a device, etc.)?

--And is there any lesson you can learn from them to prevent them or to safeguard yourself? Or to be prepared before you are in a similar situation so you will be on guard and not asleep to the challenge that might come.

These are some things to think about. (No need to post your answers if you are not comfortable or if they might be triggering to others. But if you post the lessons you learned, others might be able to learn something from them as well.)

Also, to keep your motivation up it's a good idea to read from something motivating every day. I

highly recommend The Battle of the Generation. It's a real game-changer. See the link below in my signature.

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Re: Just starting my journey  
Posted by chaimoigen - 04 Jul 2023 16:08

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[shmira101 wrote on 03 Jul 2023 21:51:](#)

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Welcome. I got emotional reading this. I relate to everything you wrote, on a personal level.

You are in the right place. You can learn to become completely free, with Siyata Dishmaya.

There are doors open to you, hope, paths forward to true Tahara.

I joined not long ago. It's a lot less lonely facing this battle together with Chaveirim who understand, and there are special people here who can really help.

Stick around, stay in touch. Chazak ViAmatz!

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Re: Just starting my journey  
Posted by Vehkam - 04 Jul 2023 17:03

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Welcome. As everyone has mentioned you are in good company here. It may sound counterintuitive but You have the opportunity to become great specifically because of your struggles. Please continue to engage here. Feel free to reach out to me anytime via pm or email.

best wishes for continued hatzlocha

vehkam

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Re: Just starting my journey

Posted by shmira101 - 05 Jul 2023 05:45

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If I may, if this relates to you personally, what was the most helpful part in this ongoing journey? The plans and programs towards freedom, the camaraderie, the forums or just the whole and each part adding strength in the big picture?

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Re: Just starting my journey

Posted by chaimoigen - 05 Jul 2023 15:03

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[shmira101 wrote on 05 Jul 2023 05:45:](#)

If I may, if this relates to you personally, what was the most helpful part in this ongoing journey? The plans and programs towards freedom, the camaraderie, the forums or just the whole and each part adding strength in the big picture?

I may respond to some of this in a private message to you, but I will put some of this out here, as it can help others, as well.

The specific aspects that can be helpful to you will depend on the details of your particular challenges, where you need help. There are many tools here, and different people take advantage of different aspects.

For me it is a combination of a few things:

Knowing there are other like me: Serious, growing Bnei Torah who have also been struggling for years, a silent shriek of pain marring the joy of all our true accomplishments, the sadness that permeated my essence at times.... Knowing that true Tahara **can actually be achieved** (and being hit by a red surge of blinding Kinas Sofrim towards the guys who hit 800+ days, after posting about their struggles and fails over many years)..... Talking to people about what works for them.... gaining genuine insight into the challenges that I face, into the causes of where the problems may be coming from, learning helpful methods to deal with difficulties. Making friends with special people here, people I can talk to and grow with. Was so lonely dealing with this all on my own, [though I was never really alone, always had HKBH]. Counting each day, developing an awareness of the appreciation for each accomplishment, developing the belief I can do this, with (and **only with**) the Chessed and Rachamim of Hakdosh Boruch Hu.

Most of all, the experience of meeting and staying in touch with the special person here who has changed my life.... It's Kidai, let me tell you.

Oh, it's good to experience the joy of discovering an open path, where I thought was only a dull brick wall. You can too, my friend. Chazak Viamatz!



bigger potential for greatness, is not only because of ??? ????? ???????, but also because as long as it is a fight, even with a failure, the awareness of growth remains, and it creates even more space of growth.

This may also be why each day the Y”H needs to bring a new development, because even with a failure, yesterday’s trick won’t work, “I have fallen, I have risen, and I shall conquer”. As long as we remain in the battle, we are growing.

I hope this makes sense to my fellow brothers in arms. I would appreciate any clarity of description, and feedback.

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Re: Just starting my journey  
Posted by Eerie - 18 Jul 2023 20:04

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Hi, my friend. I learned a lot from the last massive post from HHM in the BB forum. And Reb Chaim with the lichtige Oigen pointed out such a good point. Let's talk about the practical. In the practical, you, and I, and all of us here and all the people out there can be a lot better than we are. We have a lot to discover about ourselves. That should not make us feel down, thinking that we have so much to do, nor should it make us feel accomplished, because we have not accomplished it yet. It should make us feel full of energy and simcha that we were given the role and the tools for greatness.

Now let's get crackin'!

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Re: Just starting my journey  
Posted by Icanbreakfree - 19 Jul 2023 03:38

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Hey! you stole my life story!

This sounds exactly like me!!

?maybe not a "star" but definitely close.

it is SOO painful to live this double life of really shtark Yungerman who people look up to, but on the inside knowing what we've seen and what we've done....

I understand your pain. WE ALL understand your pain.

lets start with a hug from all of us. we're here along with you.

climbing out of the same trenches. cheering each other along.

I am almost 230 days clean!

thanks to the knowledge that my brothers in arms are with me.

and to the extremely valuable Hadracha and Chizuk of Rebi Moiri, HashemHelpMe!!

(he's definitely someone you want to speak to)

we gatchu and you gat this!!



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