

Introducing Myself

Posted by samshmuel - 05 Dec 2023 16:10

Hi

?I'm clean for a while B"H

but struggling in solitude is extremely difficult, hopefully being in touch with fellow strugglers who are understanding & unjudgmental will ease the burden.

Looking forward

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Re: Introducing Myself

Posted by Heeling - 05 Dec 2023 16:26

Hello my dear brother,

Welcome! Welcome!

Wow! Clean for a while - what a win! Major! Keep it up,

Struggling alone is not fun, it's extremely difficult. Bro, we are here for you. Rooting for you, let's do this together.

Read. Share. Learn. Grow. Ask.

Looking forward to hearing from you,

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Re: Introducing Myself

Posted by eerie - 05 Dec 2023 16:49

Welcome to the family! As Markz likes to say, the opposite of addiction is not sobriety. The opposite of addiction is connection. See the video in his signature (if it's still there..)

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Re: Introducing Myself

Posted by samshmuel - 05 Dec 2023 17:12

you hit the nail on the head "*You can win the fight, but I'll have to live with the loser.*"

This is one of my Major struggle/pain/frustration.

i cant live with myself. just forget about the past & look ahead or think about the now are very nice in theory but not in reality

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Re: Introducing Myself

Posted by samshmuel - 05 Dec 2023 17:15

Thanks "Heeling"

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Re: Introducing Myself

Posted by tp1 - 05 Dec 2023 17:41

Welcome!

Keep posting and build up relationships on this site.

lots of wise people here.

im new in my journey as well and working on keeping the right mindset.

hatzlacha!

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Re: Introducing Myself

Posted by Heeling - 05 Dec 2023 17:50

[samshmuel wrote on 05 Dec 2023 17:15:](#)

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Oi that very painful...

Want to share with us some of your struggles and frustration?

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Re: Introducing Myself

Posted by samshmuel - 07 Dec 2023 16:32

A vital lesson from this Week's parsha (????) ??? ?? ????? ?? & ????? ??Who can be called a friend?the Torah describes a friend "?????"the one you can trust with your DARKEST secrets

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Re: Introducing Myself

Posted by davidt - 07 Dec 2023 18:57

[samshrael wrote on 07 Dec 2023 16:32:](#)

A vital lesson from this Week's parsha (????) ??? ?? ????? ?? & ????? ??Who can be called a friend?the Torah describes a friend "?????"the one you can trust with your DARKEST secrets

Welcome!

You remind me of a nice story... The Rebbe, Reb Zusia told of a marvelous conversation he overheard at an inn between two drunks. "I love you, Ivan," said one drunkard to the other. "You don't love me," said his friend. "I do love you," repeated the first. "You don't love me," insisted Ivan. "How do you know that I don't love you?" shouted the first in exasperation. "Because you can't tell me what hurts me," answered Ivan. "If you can't tell me what hurts me, you can't try to make it better. And if you don't try to make it better, you certainly don't love me."

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Re: Introducing Myself

Posted by true_self - 07 Dec 2023 22:07

[samshrael wrote on 07 Dec 2023 16:32:](#)

A vital lesson from this Week's parsha (????) ??? ?? ????? ?? & ????? ??Who can be called a friend?the Torah describes a friend "?????"the one you can trust with your DARKEST secrets

First of all Welcome! Good to see yet another jew joining the battle, another jew that wants to change and become a better person. Stick around to find what works for you, make some friends.....

Second of all, Thanks for the nice insight, as you brought this up I would take the liberty to ask (no need to respond, just something to think of maybe in the future). Did you take any steps to implement this vort? ?? ????? ????? ??? ?????.

Looking forward to getting to know you better.

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Re: Introducing Myself

Posted by samshmuel - 08 Dec 2023 15:09

[true_self wrote on 07 Dec 2023 22:07:](#)

[samshmuel wrote on 07 Dec 2023 16:32:](#)

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Looking forward to getting to know you better.

Oy, Gevald!! you went quick straight to the point

no I did not implement it, I did not practiced (yet) what I preached.

my hope is that thru preaching it may lead to practice
by remaining completely silent there is much less hope.

Thanks so much for your respond and concern
Very much appreciated

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Re: Introducing Myself
Posted by samshmuel - 08 Dec 2023 15:11

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by remaining completely silent there is much less hope.

Thanks so much - "**True Self**" - for your respond and concern
Very much appreciated

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Re: Introducing Myself
Posted by samshmuel - 11 Dec 2023 15:14

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Re: Introducing Myself

Posted by samshmuel - 11 Dec 2023 15:17

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Re: Introducing Myself

Posted by davidt - 11 Dec 2023 15:34

[samshmuel wrote on 11 Dec 2023 15:14:](#)

Disclaimer All Questions I will be asking is not about emunah in divrei Chazl "?" On the contrary we are maminim bnei maminim in all "?" ?????? The purpose in all my questions is I'm looking for **CLARITY** I have suffered for years in silence of inner turmoil which caused ?????? ??? ??? Over the years I came to the realization that some or all dvrei chazal and especially Aggadah can be misleading if taken literally in a sense it is like ????? no one will say that ??? ??? ??? is the literal sense of the word so I will present statements from Talmud/ Rishonim etc. (not in any order, ????? ??? ?????? ??????) which has been floating around in my head and played a huge role in my struggle. It is my hope that thru ?????? ?????? ?????? ??????, ?????? ?????? ?????? Although over the years, better said: decades a lot of damage has been done.

?? ????? - did not work AT ALL ?? ??? ?? ?????? ?????? ?????? ?????? did not work either and it was precisely after these 2 advise that I fell even lower. then I was thinking maybe I'm so rotten that the Torah was in the category of ?? ??? ?????? ?? ?? ????? It is very embarrassing, but I have to confess that at one point I was so angry at Hashem why he did not protect me that I did stuff ?????? ?????? ?????? ??????

You are bringing up a very valid point.

Many people have already seen the dark picture that is painted in many sefarim for someone who slipped in this area. This creates a tremendous amount of guilt and hopelessness. These

feelings do more harm than good. The person gets upset by what he sees written in sefarim and then continues to act out and becomes more upset. It is therefore imperative for any person struggling with this nisayon to gain a proper understanding into the words of Chazal on this topic.

Not everything written in sefarim was intended for every person at every time. A person needs to have a Rebbi who tells him what Chazal meant and who they were addressing. Even within the words of Chazal, there seem to be various contradictions. There are some ma'amarei Chazal that give hope and chizuk, while others discuss the negativity and punishments.

Obviously there are no real contradictions in Chazal, and all of their words are true. However, the point being made here is that just as one needs a Rebbi to teach him how to understand a sugya in Shas, so, too, must one have a Rebbi to understand this sugya in hashkafah. Additionally, it's important to emphasize that anything written in sefarim pertaining to this topic was done with one intention in mind: to help a person grow. If a person sees that he's acting out more after learning from a specific sefer, or he is falling into a deeper depression, then he is obviously coming away with a message contrary to the purpose for which was written.

You seem to be dealing with a lot of pain, you're not bad person at all. As you said, "decades a lot of damage has been done" it does not disappear in a day. Do you go to therapy or did you consider going?

We are here for you.

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