

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

=====

Re: Introducing Myself

Posted by bright - 11 Dec 2023 18:45

---

I really feel for your suffering. Having questions like these are really tough to deal with because of all the self doubt involved. Please dont get upset at yourself for having questions. You are a good searching Jew. The fact that you posted here shows real strength and commitment to Yidishkeit, perhaps even more so than your typical Yid. There is nothing wrong with you. The fact that you are clean despite all this is a testament to amazing internal fortitude and real resolve to do whats right, and show you have real emuna. You know whats right despite all the questions. Its really incredible and inspirational!

=====

Re: Introducing Myself

Posted by bright - 11 Dec 2023 19:02

---

?? ???? - 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????? ??????? ??????? ??"?

Although, like with any question on any sugya, answering over email or on a forum doesnt do it

justice, I will attempt. But I would suggest a phone conversation with a mentor for real clarity. Also, being as you have said you are feeling a lot of inner pain, it makes sense that many answers will seem inadequate, for we cant answer questions of the heart with logic just as we cant answer questions of the mind with emotion.

The gemora in Brachos 5A clearly says that at times paga bach menuval ze does not work all the time! The gemora says "yaasok betaora, im natzco mutav, if not layne krias shma,...yazkir yom hamisa". Additionally with the story of R Amram Chasida in Kiddushin, he screamed out for others to come, he did not go learn or even remember yom hamisa. With extreme nisyonos, not always will it work. Additionally, R Yisrael Salanter (ohr yisroel 4 or 5) and the Chosen Yehoshua talk about the need to use strategy against the YH as well aside from Musar and Torah. Just hoping for a spiritual salvation alone is not the way, although it helps.

Pas Besalo has nothing to do with having an outlet. It is a physcological ease that comes from knowing you have a technical way of taking care of your needs. When a person is already craving something, it will not help. Additionally, when a person chases after modern lust, there is a tremendous amount of variety and selfish pleasure seeking that will not be fulfilled by a wife. If a person does not appreciate true intimacy, it is doubtful that a wife will put him at ease regarding this for he knows she will not (nor should she) fulfill his every whim.

As an aside, I do not think your anger constitutes kavana lehachis at all. It is a reaction to your inner turmoil. Ayn adam nitfas al diburo mtoch tzaaro. Even thogh this isnt dibur, the concepts are compatible. I really think you have to give yourself a break. You are doing amazing!

=====

Re: Introducing Myself

Posted by samshmuel - 11 Dec 2023 20:51

---

Thanks so much "**BRIGHT**" you come across as very **Bright**

your insight is greatly appreciated

G-D bless you

=====

Re: Introducing Myself

Posted by samshmuel - 12 Dec 2023 21:33

---

30 years ago I had no one to talk about it (because it doesn't/never happen/exsisted & it is dirty

talk. The ????? ????? does not address it) it is precisely why I did not have a Rabbi who could educate me on ????? ??"? re: these matters, so I in my childish mind I took them literally & suffered in silence, My issue now is (not the only issue) that In fact I did not learn for a long time and hardly davened, ?? ?????? ??? ?????? ?????? I feel so detached I try my best to learn on a daily basis but no feelings whatsoever, I daven but it's robotic. I assume it's because the ??????? ??????? so my question is, is it possible to penetrate the ??? ??????? ??????? ??????? ?????? ?????? ??????? How do I get rid of the ?????? ??? which was created from the ??????? I cannot unsee what I saw or unknow what I know It's obviously different than other aveiros where you can just stop doing and do teshuva and resolve for the future. these images are haunting. I know I need therapy, but to find the right match is like splitting the sea, so I thought I'll pour some of my.....????? ???????

=====

=====

Re: Introducing Myself

Posted by Vehkam - 12 Dec 2023 21:49

---

[samshrael wrote on 12 Dec 2023 21:33:](#)

30 years ago I had no one to talk about it (because it doesn't/never happen/exsisted & it is dirty talk. The ????? ????? does not address it) it is precisely why I did not have a Rabbi who could educate me on ????? ??"? re: these matters, so I in my childish mind I took them literally & suffered in silence, My issue now is (not the only issue) that In fact I did not learn for a long time and hardly davened etc?? ?????? ??? ?????? ?????? I feel so detached I try my best to learn on a daily basis but no feelings whatsoever, I daven but it's robotic I assume it's because the ??????? ??????? so my question is, is it possible to penetrate the ??? ??????? ??????? ??????? ?????? ?????? ??????? How do I get rid of the ?????? ??? which was created from the ??????? I cannot unsee what I saw or unknow what I know It's obviously different than other aveiros where you can just stop doing and do teshuva and resolve for the future. these images are haunting. I know I need therapy, but to find the right match is like splitting the sea, so I thought I'll pour some of my.....????? ???????

I encourage you to read my thread. When I started, I had all of the questions that you have. It is possible to overcome all that you describe. And feel free to email me as well. The links to my thread and my email should be in my signature.

best wishes

vehkam

=====

=====

Re: Introducing Myself

Posted by samshmuel - 14 Dec 2023 00:34

---

I'm quoting R' Yona on the importance of talking to friends

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

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

(???? ??????? ??)

I once saw in one of the "???? ??" that since it's very difficult to fight the "???" so by talking to a friend about ?????/????? then it's 2 against 1

so it becomes much easier

another peace of R' Yona on the greatness of offering sound advice

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

(??? ?- ??)

a great guy from the GYE family contacted me and he gave an hour of his time, Thank you from the depth of my heart

=====

Re: Introducing Myself

Posted by true\_self - 14 Dec 2023 21:14

---

[samshmuel wrote on 12 Dec 2023 21:33:](#)

30 years ago I had no one to talk about it (because it doesn't/never happen/exsisted & it is dirty talk. The ????? ????? does not address it) it is precisely why I did not have a Rabbi who could educate me on ?????? "?" re: these matters, so I in my childish mind I took them literally & suffered in silence, My issue now is (not the only issue) that In fact I did not learn for a long time and hardly davened, ?? ?????? ??? ?????? ?????? I feel so detached I try my best to learn on a daily basis but no feelings whatsoever, I daven but it's robotic. I assume it's because the ???????? ???????? so my question is, is it possible to penetrate the ??? ???????? ???????? ???????? ?????? ?????? ???????? How do I get rid of the ?????? ??? which was created from the ???????? I cannot unsee what I saw or unknow what I know It's obviously different than other aveiros where you can just stop doing and do teshuva and resolve for the future. these images are haunting. I know I need therapy, but to find the right match is like splitting the sea, so I thought I'll pour some of my..... ?????? ???????

My friend I really feel for you. You went through alot alone in the dark, Its very painful.

I just want you to know the godswill everything is possibel! Stick around and make some friends, things will change for the better far beyond your imagination beH.

Keep on posting, it great to read your posts!

=====

=====

Re: Introducing Myself

Posted by chaimoigen - 15 Dec 2023 00:53

---

Here's a warm hand - Shalom!

Perhaps 30 years ago you were over on the next table or Shtender from me. And we were both struggling very much alone....

?"? for GYE.

The first step in removing the ??? ???????? is to remove the calloused shield around your heart that is built of scar tissue and reads: " No hope of change. It is what it is".

To me, GYE means hope. It is **not** "What it is". It doesn't have to be.

GYE means doors and pathways where there were none before.

It means finally walking this lonely road with others who understand.

It means discovering that there are good folks who have been through what I have been through, and more, who have gotten out.

You can too!

Hope again.

Not everyone needs therapy, though it can be helpful.

????? ??? can subside when we learn to let go a little of the pervasive ?????? ??? that has become attached to the very essence of our beings over long and lonely years.

It may be 30 Years later, and there are streaks in our beards (at least in mine). But it ain't too late, chaver.

Take my hand. And stay in touch.

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

=====

=====