

I Want to Help Others

Posted by gye365s - 09 May 2024 20:38

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Shalom GYE.

I've been unsure about this (I created this account 5 months ago and only posting now). Having nisyonos as a bochur didn't bother me as much. After marriage I tried to change many times and it would be a repeating pattern of falling a few times, then being ok for a few months. From one Yom Kippur to the next I'd start off aiming for a clean year and score my success based on falling x times - hopefully less than the prior year. My children are BH growing older and that was part of my motivation to clean up shop and finally push that final bit to stay completely clean. With help from Hashem I made a lot of monumental changes to my life. That was about 17 months ago and I've stayed true to my commitments. While my struggle was (is?) something that I went through alone, there are folks here that are also struggling and brave enough to try and get help / support. The yetzer hara doesn't retire, and I need to remain strong to maintain what I've accomplished. I also want to help others if I can, to share thoughts and encouragement. My hope is to give, and through giving also receive chizzuk. My Hashem help us all to continue to grow and to recognize and appreciate the koach of every fighting moment, no matter how small.

All the best!

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Re: I Want to Help Others

Posted by cleanmendy - 30 Apr 2025 15:56

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Reb Ben!! I have no words!!

Amazing stuff!

Thanks for sharing

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Re: I Want to Help Others

Posted by balancedfox70 - 30 Apr 2025 18:17

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Amazing! This encounter sounds like it came straight out of a Gadol book from a previous Dor!

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Re: I Want to Help Others

Posted by hashem help me - 30 Apr 2025 22:19

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Fantastic story. Inspiring how healthy guys can become b'ezras Hashem even with challenges in their pasts.

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Re: I Want to Help Others

Posted by authenticceved - 02 May 2025 09:09

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[BenHashemBH wrote on 30 Apr 2025 14:21:](#)

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Writing it out might make it seem like I was busy calculating all these things, and perhaps overdoing it, but in real-time the thoughts came and went pretty quickly and naturally. It feels good to acknowledge a level of control and enough awareness to maneuver the situation appropriately. Thank you Hashem for accepting my commitment and effort to do better, and helping me accomplish and appreciate an overall positive outcome. Kol Tov.

BHBH I can't thank you enough for taking the time to write this out!!! It's crucial to highlight and celebrate our own successes, and even more valuable posted on here where it inspires myself and others. I know I've had a couple situations recently where I was oimed b'nisayon in a way that made me feel incredible, and right afterwards I had a thought to write about it (either to capture the victory and feelings for myself or to also post it on here). But then I thought to myself, "it all happened naturally and was just a few seconds, and seeing it written out will seem silly and like I was awkwardly calculating every movement" so I refrained from writing. And now I forgot them altogether! What a waste of a *kiss* from HKBH! (and it is surely a kiss from Him

when I feel the geshmak of a victory!)

Now seeing you actually take the time to write it out, and how you address my thought that prevented me from doing the same, I know this is worthwhile, and so inspiring!! I definitely need the opportunity to work on celebrating victories, so bl"n I'll write it up the next time I have a similar situation... and b'zchuscha, BHBH, I'll post it!

AE

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