

Leap of Faith

Posted by authenticaved - 15 Aug 2024 01:51

I've been holding back from posting for a little while. Holding back because:

- I don't want this to feel like social media (which I avoid), and because
- lurking already takes so much time, so I worry how much time I'll end up spending on here if I *also* become someone who posts a lot, and because
- a couple people who know me might be able to identify me from my writing style/content.

But at this point I think my feelings of *????* *????* of what this place and this community is doing for me, (and the incessant nudging of a few lovely people ;) outweighs all those reasons.

I won't finish, but I'll start:

I'm relatively newly married but came in with already a good deal of work in these inyanim and a lot of *????*. Nevertheless, when I saw a bit of pleasure-seeking mentality starting to creep in to my marriage, even in a small way, I saw it as a big red flag. And when I saw my struggles not totally disappear despite baruch Hashem feeling genuinely fulfilled in a healthy marriage, I saw it as an even bigger red flag. Eventually that brought me back to GYE, a site I had been on before, but led me to explore the forums for the first time. "Wow, there are people on this wacky forum who write with such maturity, such clarity!" I was eating it up. Feeling inspired, I reached out, and got on the phone with one of the heili(gye) tzaddikim on here, **letting the dam break inside me** and letting it all pour out. He also got me on the phone with his mentor, from whom I got to hear "the shmooze" and talked it out, etc.

The results of that one decision that day were:

1. some concrete take-home *??????* which I have repeated to myself over and over again (things like: intimacy is the cake...; it never said on any death certificate "cause of death: lack of ...", vchulu vchulu),
2. the realization that the human connection made possible by this place is by far its (and our) greatest asset in this battle, and
3. ultimately, a real paradigm shift that makes this feel like a true rebirth, and has me believing, for the first time in my life, that **???? I actually am capable of being 100% squeaky clean.**

I kept in touch with them and they supported me through the critical period, I even met them both in person (!), and slowly, recently, I've reached out to a few more chevra who each offered their own awesome perspective and beautiful neshama to connect with. Wow, what a holy nation. What a zechus to get to know you. And we're only getting started...

So now, a short while later (though it feels like a lifetime has passed), I'm writing this for a few reasons. I want to publicly thank the chevra who I have had the privilege of connecting with so far; I want to say hi to the chevra who I have yet to shmooze with; and I'd also like to break the ice and have this thread where I can possibly post in the future and connect more; but lastly, and most importantly, I want to encourage anyone lurking to **take that leap of faith and reach out to someone – anyone – whose posts speak to you** and who seems like a healthy person. I've left out the usernames of the people who I first spoke to (though you may see them in the responses to this thread) because, ultimately, *you're* reading posts on here, and *you* can tell who's writing resonates with you. Choose your own adventure.

You're probably tempted to just stick to reading posts, and for good reason. From reading the posts you will find chizzuk, some good ideas, and maybe a laugh. Also, reading posts is safe and doesn't demand much of you. But when you make the move and get on the phone (I highly recommend starting with *67 if you're scared like I was), you will find so much more than you could ever imagine.

Yes, you'll find validation, understanding, and someone to relate to. But more than that, you will find people who will cry with you, laugh with you, feel your pain and celebrate your joy. You'll find people who will be patient with you when you're only ready to discuss a fraction of what's on your mind. You'll find people who will call you out when you're being too hard on yourself, and **who will believe in you before you've even gotten to a place where you can believe in yourself**, thereby gently pushing you **towards yourself**, towards the true, inner "you" that you've always dreamed of revealing.

It doesn't take very long. This is your chance to hear the shofar in a few weeks and, for the first time, not feel quite so startled.

I'm rooting for you.

AE

=====
=====

Re: Leap of Faith

Posted by authenticaved - 02 May 2025 10:00

It's been a great week. I have some time today home alone which is rare. When I arrived home I immediately went to grab my computer, excited to get to spend some real time on GYE forums. A thought occurred to me: not so long ago, I used to feel a familiar excitement in this type of situation -- I was excited at the "opportunity" for a nice long session of mindless internet surfing, and inevitable filter poking, and... well, you know how that (d)evolves. Thank you Hashem - I feel so lucky to be among those who run to this bastion of self introspection, aliya, and avoda, instead. Ashreinu.

I had some urges the last couple days, and even texted for shower accountability one night. This morning during davening I was reflecting about these urges, and it just burst forth from within me that what I wanted so badly, and what I continue to crave, is **closeness**. Real, meaningful connections and relationships with people and with Hashem. BH I am zoche to have this to some extent, and I do not take that for granted, but I feel as if the need is more acute by me (and by lots of us on here) than it is by many others.

So I constantly nurture these relationships in order to feel nurtured myself. But even in a strong relationship there are moments of feeling more and less connected - and it is simply a need of mine, as essential as the air I breath, to be constantly striving towards a state where the "less connected" moments are minimized as much as possible, and the feeling of closeness is maximized. I am doing this in my relationships with people more successfully than in my relationship with HKBH, but they all require constant effort.

As I stood there during retzei, thinking, oy, how I need that closeness... I can tell you that it brought me to tears, but I don't really have words to convey how deeply I feel this need. Of course, the old stuff I used to chase was a misguided attempt to fill this need. And as I've moved away from those poisons, as hard as it is sometimes to live without any escapes, I feel so much more in touch with my needs, and I have so much more in the tank to invest in those relationships I need so badly.

Reminding myself of what eerie wrote a few months ago:

"The urges don't define me. My choices do. Urges are not a sin. Nor a sickness. And BeH they'll pass."

Thanks for reading

AE

=====
=====

Re: Leap of Faith

Posted by captain - 02 May 2025 12:46

Hashem, please see how your nation is so good!

=====

Re: Leap of Faith

Posted by alex94 - 02 May 2025 14:35

I really relate to the need for closeness. I have this void in me from childhood, and I dont think it will ever be filled. I hope to be able to make peace with it. But that doesnt mean I have to be isolated. BH I have and will form more meaningful and healthy connections with real people. Part of that avoda is to keep my thirst from affecting the healthy pace of connecting to others and Hashem.

=====