

**A BLEEDING SOLDIER**Posted by ???????? - 25 Dec 2024 05:06

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After looking around for a short while I decided to write my own story too. It may be a little too long but its written to tell my tale of almost six years...

Just to start by bringing out my hakoras hatov to @iwlr and @minhamayim... for the life-saving phone calls and the fact that I am here today... only hashem can repay them for all the help.

It started when I was in 12th grade and I'll never forget this, I was dorming then and I dialed a Verizon 800 number what turns out to have been a wrong number, which took me to a promotion scam... which was really a v'idas znus phone line. I jumped when I first heard it but with all the shock I was in, I went straight down with it. I don't remember what exactly happened but all I know is that it was the start of a long journey. In the beginning it obviously was not so often but as time passed it got more often and I got to figure out more numbers and so on. This is how I went on to yeshiva and this is how I went on to Eretz Yisroel. (I am reminded of a rare shl"sh schmooze of my r"m how 3 second look could result in shaul tachtis and I thought nobody probably understands and believes besides me). Like most of you probably I had better times and worse times, I think I even managed for a few months at certain times but overall I always spent time with this.

At one point I came home for bein hazmanim and I got hold of an unfiltered flip phone and... I ended going straight down with it. This ended up happening during a few bein hazmanim periods of which I blocked or broke that phone at the end or in middle of bein hazmanim. As I imagine was by most or the rest of you I made all types of kabboles and gedorim but nothing ended up with a long term result. (The truth is that I once called gye but the system sounded way too strange for me.) At some point when I was in Eretz Yisroel it got even further then a phone or p and m... I was obviously shaken up but I just didn't see a way out. Every struggle and e-hatzlacha I had was blamed on this and every time I did teshuva, davened, cried or said tehilim it was almost all with this sugya in mind, but I still couldn't see my way out. Every compliment or accomplishment was thrown off, 'I wish' or 'if only you would know' and the similar were all that I thought about. I live with the thought of 'because of the avieres I messed up on the sugya' and if I did get somewhere 'imagine where I could have gotten' and that's what it was in gashmiyes too. (I do remember now how I would win the battle once or more when I was in the middle of a hard sugya with the thought that I'll never have any hatzlacha if I'll be doing such aveiros but the other times it started the opposite and it was a cycle of falls in kedusha and basic issues one bringing the other...) but being honest I would blame most battles on just wanting.. But all the guilt and feelings never got me out of the mud. So many hachlotes and so many sacrifices were made, so many times did I scream 'hashem I can't anymore' 'don't you see what's going on?' 'why are you giving me these nisyoinos if you see I can't make it' but I am still in the same place and even worse, it's just that nothing seemed to work. It's an unbelievable feeling of literally siting under a mountain of rock and mud with the worst avieres trying to climb out with no success.

And when I did win the fight, I had the other set of thoughts jump in 'why do I feel so depressed

even after not giving in?' 'I was moiser nefesh this time hashem send me some type of simen' and on top of all were the waves of thoughts 'how can I pretend to be a ben torah with this secret? 'how can I deceive everyone I know that I am sitting and learning when it's not worth anything?

Bh I came back to America to BMG and I saw the sign hanging. A sign of hope that hopefully has and will continue to change my life. From the first time I saw it till the phone call was a while and I don't know how much I believed it have an effect but bh I was so wrong. @lwlr has walked me the first steps and a new light started shining in this dark narrow alleyway. I got in touch with @minhamayim which took me on a ride and on the highest roller coaster ever emotionally. I am still a bit dizzy and spinning but I feel like I am being pulled out if the ocean.

I am close to hitting 30 days now. It's not for the first time but I am very hopeful that's it's the last time. And its all from these relationships I leaned of that are keeping me going, and I ask you all to help me and not let go of me and to be mechazek me, this time **before** I can fall again.

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Re: A BLEEDING SOLDIER

Posted by Muttel - 26 Dec 2024 14:36

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Welcome!

Your story, though varying in detail, resonates with us... here's wishing you the best in having sustained success in breaking the damned beast, forever!

Muttel

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Re: A BLEEDING SOLDIER

Posted by yiftach - 27 Dec 2024 02:13

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Welcome, Chaver,

Your story resonates deeply with many of us. There's no place like GYE, where light dispels even significant darkness (especially during this special tekufa of Chanukkah).

It's wonderful to see that you've already reached out to some truly remarkable individuals here; I would encourage you to keep nurturing those connections. Many have found that the relationships formed in this space are unlike any other—deep, meaningful, and incredibly transparent.

Mazal Tov on reaching 30! May this milestone can be a stepping stone to reaching 300, and beH, even 3000.

I just want to acknowledge that there may be challenges ahead, and it's important to remember that they can feel daunting. However, if you've made it this far, you likely understand that these urges are fleeting and can be overcome with perseverance and support.

May this blast-off lead you to soar to great heights!

With heartfelt admiration,

Yiftach'I

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Re: A BLEEDING SOLDIER

Posted by eerie - 27 Dec 2024 05:45

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[????????? wrote on 26 Dec 2024 06:14:](#)

:I did not think that this is how my post-first post is going to look like but I don't want it to be outdated if I write it so here it is

Tonight (tomorrow really) is my 30th day since I started this war from fresh BH.

When I was zoche to light the menorah tonight after shema it was something very big for me. The broches were very emotional especially when I made a shehecheyunu almost forgetting what the bracha is really referring to! I thanked HKBH for my nes b'zman haze of finding the path to climb up the mountain with so much support. (I would have said mountain of nisyoines and tumah until I get over it but today I understand to say a mountain of kedusha that I am climbing and becoming higher and better - though I still need much work internalizing the perspective) And I sang to myself 'Bren lechtile bren..' 'veil ayer fire is hielig un taye es baliecht di gantze velt' thinking about all the mesiras nefesh yidden here... who light up the dark world (I lit in yeshiva so it all worked out)

(It reminds me of last year, I made a count (I then didn't have the support from all of you) and day 30 was the first day of to mikaim D' Minim which meant really a lot to me and it was literally what helped me going, thinking all the time of that big moment. The day before was Shabbos and my machshoves racing and the nisyoines harder than ever and I fell!! I was broken and shut down as you can probably imagine, I didn't know where to put myself. At the end I tried to be mechazek myself knowing that it's all part of the YH. I tried my best the next morning (mainly thinking that I couldn't get a better simen of my hard work seeing that this is what happened Shabbos afternoon -with no ability to call anyone- on that LAST day before my so long waited day of celebration! Something only the YH is capable of) but it was happiness with a sting of pain. Btw after y"t I called... and he told me that halacha wise it doesn't count as a fall but just very very close and I continued to 31!)

Wow! Welcome to the most amazing family! I loved your posts! You are so lucky to have the support of those amazing people.

Keep knocking!

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Re: A BLEEDING SOLDIER

Posted by Muttel - 30 Dec 2024 21:07

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Hi ????,

Just checking in. How are you doing?

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Re: A BLEEDING SOLDIER

Posted by ???????? - 31 Dec 2024 01:17

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Great bh I feel like the fight is just getting harder now [probably because the excitement faded]  
but so far so good

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Re: A BLEEDING SOLDIER

Posted by icanbreakfree - 31 Dec 2024 02:03

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Keep up the good fight!!

We're all behind you!

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Re: A BLEEDING SOLDIER

Posted by jewizard21 - 31 Dec 2024 05:21

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One Day At A Time, you've got this. Remember that your not alone.

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Re: A BLEEDING SOLDIER

Posted by Hashem Help Me - 31 Dec 2024 12:04

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Welcome. Just discovered your thread. You write well with courage and honesty. B'ezras Hashem as you continue breaking free you will be an inspiration for many guys here.

As an aside, your post applauds the actions of IWLR for having the guts to post those signs. It is extremely necessary for guys to know that help exists. IWLR, Minhamayim, and the whole chevra are tzaddikim dedicated that no bochur or yungerman should ever have to struggle in silence with yi'ush again.

In addition to the obvious benefit of simply being clean for approximately 30 days, you are training your mind that there is simply no need to engage in these behaviors. Besides during some small, expected bouts of withdrawal, and specific triggering situations, you are slowly moving away from the belief that one **needs** to act out. Despite the fact that the urge will remain for the duration of any healthy guy's life, he will see that it is just fine to laugh it off and get busy with other things. During those temporary nisyonos use the oilam here to help you get past them, until you start doing the same for others! Ashrecha!

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Re: A BLEEDING SOLDIER

Posted by ???????? - 08 Jan 2025 04:34

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Hi,

Its been a short while so I decided to check in,

Here's my update (its short in words but **huge** in reality)

I am BH on track but its **super super hard**.

the nisyoinos are just taking me over

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Re: A BLEEDING SOLDIER

Posted by jollylemur95 - 08 Jan 2025 04:47

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Know the feeling so well!

It is perfectly normal!

Reach out to a partner and speak it out.

You will see the urge get easier as you speak with him!

You can do this!!!

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Re: A BLEEDING SOLDIER

Posted by tzaddikvikam13 - 08 Jan 2025 06:37

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[???????? wrote on 08 Jan 2025 04:34:](#)

Hi,

Its been a short while so I decided to check in,

Here's my update (its short in words but **huge** in reality)

I am BH on track but its **super super hard**.

the nisyoins are just taking me over

The beginning is always the hardest.

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I actually went through withdrawal when I first went cold turkey on m this Elul.

Just keep trucking.

Its worth it, and you can do it.

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Re: A BLEEDING SOLDIER

Posted by upanddown - 08 Jan 2025 10:08

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[???????? wrote on 08 Jan 2025 04:34:](#)

Hi,

Its been a short while so I decided to check in,

Here's my update (its short in words but **huge** in reality)

I am BH on track but its **super super hard**.

the nisyoins are just taking me over

I feel you my brother..

I'm (again) in the same situation ATM..

The first few weeks or even months are like a surgery, replacing each and every wrong cell with fresh healthy ones... it hurts, but its worth it because your body is being revamped and your brain is being rewired...

I tell myself its like sitting in the dentist, it hurts immensely every time the dentist hits a raw nerve but you can manage the pain because you know you will not sit in that chair forever, it will pass... the urges pass and eventually they become weaker... (and even if the urges don't become weaker, the skills you teach yourself of how to ignore the urges become second nature). That's how it was back in day when I had some very long streaks... baagolo ubizman koriv...

Stay strong!

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UpAndDown

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Re: A BLEEDING SOLDIER

Posted by vekiveisilo - 10 Jan 2025 06:13

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Wow!!

I think I'm rather late to the welcoming party here, but I just wanted to say that I really identify with just about everything you wrote. I'm also a bochor who struggled for years.... and I was also pulled out by IWLR's BMG signs!!!! (See my story [here](#))

You clearly have a lot of inner strength and b'ezras Hashem you'll go ????.

Would love to be in touch with you (if you'd like obviously),

Yekusiel

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Re: A BLEEDING SOLDIER

Posted by bochurinneed - 10 Jan 2025 13:50

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Best of luck man

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