

A BLEEDING SOLDIERPosted by ???????? - 25 Dec 2024 05:06

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.

=====

Re: A BLEEDING SOLDIER

Posted by upanddown - 19 Jan 2025 21:15

[???????? 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 nisyoinos are just taking me over

Hey, how are you doing, my dear soldier?

We haven't heard from you for a while...

Hope you're ok out there in the battlefield...

With love,

UpAndDown

=====
=====

Re: A BLEEDING SOLDIER

Posted by cleanmendy - 19 Jan 2025 22:14

I cried my way straight your thread, so many of us were alone for so long without any hope, just failure.

You should continue with only Hatzlacha

=====
=====

Re: A BLEEDING SOLDIER

Posted by livingagain - 22 Jan 2025 10:48

[???????? 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 menoire tonight after shkia it was something very big for me. The brochies were very emotional especially when I made a shehecheyunu almost forgetting what the bracha is really referring to! I thanked Hkbh for my nes bazman haze of finding the path to climb up the mountain with so much support. (I would have said mountain of nisyoinies 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 nisyoinies 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!)

This mighty warrior has gone missing in action. We need to send out a search crew.

=====

Re: A BLEEDING SOLDIER

Posted by ???????? - 26 Jan 2025 04:44

[upanddown wrote on 19 Jan 2025 21:15:](#)

[????????? 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

Hey, how are you doing, my dear soldier?

We haven't heard from you for a while...

Hope you're ok out there in the battlefield...

With love,

UpAndDown

Hi,

BH still on track thanks for asking

The battlefield is sometimes hard to be in and sometimes its easier and other times it feels similar to the Russian - Ukraine battlefield with no news nothing much to talk about just a bloody fight but as hard as it gets its all better then being captive by the enemy - those are the feelings I have sometimes

But in the clear state of mind I am BH "shtieging away" on the way to big accomplishments (with the help of the gevaldige book The battle of the generation)

=====

Re: A BLEEDING SOLDIER

Posted by seekingkedusha1 - 26 Jan 2025 06:12

*

=====

Re: A BLEEDING SOLDIER

Posted by ????????? - 30 Jan 2025 06:23

a new lesson I learned: the usual struggles for me are lengthy but the other day i came across inappropriate and unfortunately i could have done better but i pulled through not bad bh but a while afterward it came up and it was just a few seconds and i found myself very close to a fall bh i overcame the nisayon and learned yet another lesson in the battle

=====

Re: A BLEEDING SOLDIER

Posted by ????????? - 30 Jan 2025 06:49

but in overall BH i am doing great! things have actually gotten easier and I would say not the actual nisayon and metzius rather bc the of gisha to the struggles -with the help of tbotg.

Looking back the way I would get overwhelmed and lost and stop thinking logical when there was strong nisyonos I am scared to say it but its now a whole different game. I can think straight, gather strength and most of all it doesn't change mood! versus not long ago when it got me down and then the nisayon just became stronger in a way [besides my rest of the day...]

The yetzer hara is still around, visits me very often and very strong but I feel it right in my hands to fight it if I push hard enough (its hard and heavy...]

another interesting point is that though i have learnt and known lots of maamarim of chizuk and hisorerus in these things it barely helped when i got stuck in tough times its now bh not like that in result of the percpective and gisha ??"?

=====
=====

Re: A BLEEDING SOLDIER

Posted by ???????? - 30 Apr 2025 03:53

To my dear friends vechu'

Bh I have made through the winter clean and free lots of nisyoinos and lots of accomplishments. Truth is that the excitement has faded recently but here and there it revived very much going into y"t very uplifted. Finally feeling a zman cheirusienu a real veroimamtunu and vekidashtunu. No worries the y"h made his way through the busiest of times also and then on the opposite chol hamoed when there's so much time. Going into the second days was fire with excitement shehechiyunu lazman haze there is so much I can write about this and throughout y"t while saying it so much I have made up then to be a real ben choiren to be a free man walking on the street not tied to desire and urges to look and think b"h I have fought a hard battle till here the tide has changed bh.

I have thought of writing a few times about my big accomplishments that Hashem ha helped reach till now but it never ended up happening now I am here to write to you something I have dreamed of at night something I have thought about and really really did not think it will happen no matter what.

Something not so exciting or rather very much the opposite.

I fell.

I fell flat. And this time it's not a dream. it's for real.

And you can (not) imagine what it feels like...

The pain is deep. It hurts for real.

it just hurts without having to explain it.

I have **also** lost the streak. No-more finally a successful bein hazmanim I was dreaming about no-more clean worked out sfirah days I am waiting for so many years... it's all lost.

But I know its atzas hayeitzer to sit bitter and that's it. just it's easier said than done.

it's the human nature to want to stay laying in the dirt after a fall or ac"p not to get cleaned.

Together with the help of ?????? ???????? who hold me up to float higher than the wounds.

We see the kid that gets hurt or something doesn't go his way he isn't interested anymore he wants to stay angry and upset at the whole world. That is what we are as humans to want to stay comfortable in the mud because we didn't want to fall and we did. But on the other hand I can think of it the opposite I haven't done this in so long, amazing, and furthermore now I have fallen and it hurts its very bad news but at least I am the person who fell once and not the person... I once was rch"l.

But it still hurts.

It still takes work to get up higher than the pain.

I did try to get it healed rather than just painkillers I have read chapter 11 and 10 in tbotg but I do think I could have done better putting it into practice think about it more in a way of utilizing it for further success to just get better and stronger to make it a turning point but it's just much easier to push it away and not to think about it but I am still trying.

I have been to many Dunkirk's until bh I have made to a D-day with Hashem's help and thanks to his sheluchem and with Hashem's help I hope that this will be the last successful offensive battle of the bulge from the enemy that we will turn its tide and win each battle with success.

150 days ago I changed my ways. I started a journey and that I will b"h not let be changed.

It may be a new count for clean days but the more important count is continuing its route bez"h something I will try not to stop for anything in the way bez"h.

Warning: Spoiler!

=====

=====

Re: A BLEEDING SOLDIER

Posted by jewizard21 - 30 Apr 2025 12:19

Something not so exciting or rather very much the opposite.

I fell.

I fell flat. And this time it's not a dream. it's for real.

And you can (not) imagine what it feels like...

The pain is deep. It hurts for real.

it just hurts without having to explain it.

I have **also** lost the streak. No-more finally a successful bein hazmanim I was dreaming about no-more clean worked out sfirah days I am waiting for so many years... it's all llost.s

By no means should you let a fall define all the success you've had by overcoming the y"h so many times over and over.

The goal is progress, not perfection. You are an amazing person that is working to become even greater, and each day you keep going is another day of greatness. When we fall it shouldn't be looked at as we are a failure. I'm not saying that it's not difficult and painful after a fall, I am saying that when we get back up we come back stronger. Learning from our falls is how we create long term success.

Long term success = not perfection

Not perfection = human

getting back up = super human

keep on Trucking, One Day At A Time!!

=====

Re: A BLEEDING SOLDIER

Posted by proudyungerman - 08 May 2025 23:30

Late again...

My dear friend,

If you are looking for some chizuk check out ?????? ?????? from R' Hutner letter 128.

I think you can gain tremendous chizuk from it (I have...), but make sure you learn it well.

Warning: Spoiler!

My friend, you can do this.

You must believe in the growth already achieved, and the possibility for extreme growth in the future.

KOMT!!

=====

====