

what happened to me

Posted by lamaazavtuni - 19 Jan 2025 20:25

Hi this is my first post. I'm planning to share my story eventually levayla I'm just looking to get some Chizik and see who's out here, share our struggles. Im blown away by what iv seen here on gye and i already feel stronger by seeing everybody else's story's and it gave me tremendous chizuk. lets be in touch!!

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Re: what happened to me

Posted by proudyungerman - 08 May 2025 23:24

My friend, if you are looking for some chizuk, check out ?????? from R' Hutner letter 128. (If you've seen it before, learn it again. Well.)

It won't disappoint!

KOMT!

Warning: Spoiler!

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Re: what happened to me

Posted by lamaazavtuni - 14 May 2025 19:13

Hey haven't been here in a while !! Bh today's been a great day although the last week was horrible (not clean wise ,life wise)but bh thank you hashem for a good day,!! I'm 9days clean and really making progress overall in managing my emotions which are definitely helping me stay more logical and calm when I get triggered (it also helps that I don't get triggered in the first place).

the more im digging deeper into myself the more I realize how much work I'm going to have to put in and how long this is going to last , its going to be my lifeswork(lav davka the p and m struggle). But the underlying reasons y I'm going down the p and m route.

I pray I should always stay strong.

And it's you guys that keep me.

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Re: what happened to me

Posted by lamaazavtuni - 18 May 2025 23:29

Haveing a huge HUGE urge allready for few days off and on type(granted it's my fault that I started the trigger.. but facts on ground is that I'm here). Bh definitely see I made progress as I'm still clean(by the skin of my teeth) and was managing to keep myself at bay , but think by now I'm gonna crack.

hashem hear my plea

Stay with me , and give me the siyata dishmayah to continue growing as a person and to discover my true inner self and not lose myself in doing that.

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Re: what happened to me

Posted by lamaazavtuni - 20 May 2025 20:35

So the story ended the way it always does I fell,
it's killing me that I m still in these disgusting actions,

HASHEM WHAT HAPPENED TO ME

What's going to happen.....

Bh I'm digging really deep into myself and learning alot about myself,
But the catch 22 is that so much pain and hurts brought up and I'm not strong enough to carry it.
With tears...

Warning: Spoiler!

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Re: what happened to me
Posted by hashem help me - 21 May 2025 02:50

Their are shoulders available for your heaving sobs buddy. Use them.

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Re: what happened to me

Posted by altehmirrerr - 21 May 2025 03:25

Dear holy brother, we feel you, we cry with you, it can be so very painful sometimes, ???????
????? ?????? ??????, let's use these tears and water ourselves with it... let it grow into a beautiful
heiligh yid! let's use this moment to look even deeper into ourself, and then will come the ?????,
it's so hard to face ourselves... to accept ourselves.. to embrace ourselves..., but it is so
important.

with a mirrer heart overflowing with brotherly love,

@altehmirrerr

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Re: what happened to me

Posted by lamaazavtuni - 21 May 2025 03:43

To give credit to the tzadikem/chaverim here , I wanna give a shkoich for all those that told me
no matter what you do , where you go, what you see , we'll be there for you and were still gonna
be friends, and deep down I was like really or just saying that now to get me clean.... But by
now I could say I see it was real and earnest . When I opened my thread and saw all the thank
yous from ppl that have given me hours upon hours for no other reason besides for that they
wanna help me , whether I called erev shabbos , during seder , or when they were by a simcha .
You chevra are amazing

ah gutten nacht!!!!!!

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Re: what happened to me

Posted by Muttel - 21 May 2025 17:19

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

The gra there speaks of how our neshama is always clean no matter the dirt we've accumulated through chet..... You are a great guy stuck in a rut.... we love you and want you to be successful - and you WILL be bs"d. Stay strong buddy

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Re: what happened to me
Posted by lamaazavtuni - 22 May 2025 03:25

Bh had a decent day , Not sure what exactly to make of this but maybe someone here came make sense of it for me ... After a fall there's obviously a lot of guilt and shame together with a big dose of yiush of If I can ever get outta this miserable hole, but when that initial shock and failure wears off. There's a clarity on what I want in life , a certain calm , and a strength that comes out.

Maybe its atsas hayaitser idk.

Have a great night my tayeraeh chavairem!!!

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Re: what happened to me
Posted by lamaazavtuni - 26 May 2025 17:32

So I thank hashem for the quiet the last 6 days But now th yh s back full force ,

Gonna try to be in touch with some oilom here , but like a soldier in battle I'm ready for the fight.

HASHEM please give me the strenth to stay clean and to be on top of my shmiras eynayim.

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Re: what happened to me
Posted by lamaazavtuni - 29 May 2025 01:03

8 days clean ! Some urges in later afternoon bh holding strong !

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Re: what happened to me

Posted by lamaazavtuni - 06 Jun 2025 00:08

16 days clean!! Bh last few days were busy enjoyable and relaxing(dunno if that's an oxymoron) that I did not have much lust yishtabach shemo!! So now in a much stronger position after being pretty much lust free for few days.

zeit gezunt yidden

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Re: what happened to me

Posted by lamaazavtuni - 11 Jun 2025 04:16

Raboisay 21!!!!!!!!!!!!!! Let's just say I'm a drop exited ,

ever since I fell for the first time since joining gye I haven't felt this strong and powerful enough to beat /crush /obliterate this darn YH that occupies way to much of my brain space .

Thank you my friend s

Warning: Spoiler!

For getting me to this spot .

I hope to bring you chevra asach yiddishe nachas ! You guys deserve it for all the koiches you
light arain in me

Ah guten nacht, singing off from lalaland

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Re: what happened to me

Posted by Muttel - 11 Jun 2025 13:04

[lamaazavtuni wrote on 11 Jun 2025 04:16:](#)

singing off from lalaland

Is that near Burma?

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