

what happened to me

Posted by lamaazavtuni - 19 Jan 2025 20:25

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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 chosemyshem - 04 Mar 2025 14:11

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[lamaazavtuni wrote on 04 Mar 2025 05:50:](#)

Also by now my wife's damm suspicious about my extended bathroom use (on gye) and anytime I'm home alone I start being harrassed to explain how i spent the time . I'm pretty sure she things I'm doing stuff that lamazavtuni doesn't do anymore any eitsos from the chevra that have been here?

LOL!

Don't get me wrong. It's not funny that your wife is suspicious of you.

But it is pretty funny that after all the lying and hiding we do to act out, we have trouble hiding this.

I used to hide GYE from my wife as religiously as I hid porn. And the funny thing is that while I was doing that GYE wasn't helping all that much. (She still doesn't know about my problem, but my attitude towards it is different - before I was still wrapped up in protecting my precious secret as much as possible. Different schmooze.)

There's a couple ways of going about this. You could listen to the Y"H and give up GYE for the sake of "shalom bayis" a.k.a. protecting your secrets (Bad idea). You could tell your wife about

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your problem and open up about what you're really doing in there (Dangerous but potentially beneficial idea). You could find a different time for GYE that doesn't raise suspicions (I did many a GYE call in my car during night seder.)

The best plan is to call HHM and discuss with him the details of your situation and what the best way to go about doing it is.

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Re: what happened to me  
Posted by jollylemur95 - 04 Mar 2025 14:55

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I suspect that this is a more common problem then we realize.

I had actually thought that when I got my shalom Bayis more in order (A result of trying to clean up in this area, making the bedroom more focused on her etc.) So I was shocked when she said something along the lines of "I wish I knew what you are doing on the computer so much". with a suspicious look on her face. (she does not know the extent of my struggles , though I suspect she knows more then I think she does). I had actually spoken to HHM about this. He told me to tell her that I am working on Shmiras Einayim in general and that GYE has resources to help with that. It worked out well because my wife had already heard from me a few times and seen me make more of an effort to keep my eyes away from ppl in the street. Obviously please Speak with him yourself for what may be the best for your particular situation. what he told one person may not be what is best for someone else. But the general work on enhancing shalom bayis together with work on kedusha might help somewhat.

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Re: what happened to me  
Posted by lamaazavtuni - 05 Mar 2025 04:47

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**Warning: Spoiler!**

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Re: what happened to me  
Posted by lamaazavtuni - 05 Mar 2025 23:13

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Had huge nisayon today bh didn't act on it and did all the appropriate measures. (Called bunch of ppl no one answered made sure to leave voice note just to get it outta my system) pushed it off, and made sure to take nap cause I was flippen tired and when I'm that tired

I always wanna just m.... And crawl into bed. Thanks all those that gave support and continue.

Thought the urge would fully go away, it hasn't but it's way way less and much more managable and oviosoviously on way to 2nd seder had a second look thats still staying in my head two hours later. We'll Keep you guys posted

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Re: what happened to me  
Posted by lamaazavtuni - 06 Mar 2025 21:51

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Out of the mud!!!!!! In awesome place right now  
**Warning: Spoiler!**

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Re: what happened to me  
Posted by cleanmendy - 06 Mar 2025 21:54

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[lmaazavtuni wrote on 06 Mar 2025 21:51:](#)

Out of the mud!!!! In awesome place right now  
**Warning: Spoiler!**

Im mamash crying for you!! You didnt let anything stop you!

Although I never met you (yet) I feel like I just won the lottery with this post!

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Re: what happened to me

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Posted by lamaazavtuni - 13 Mar 2025 23:05

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Ah frielichen purim to my my nigleh friends !!! Davening for all of you. Hoping to really control my eyes this purim , hope the same by you guys too.

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Re: what happened to me  
Posted by lamaazavtuni - 16 Mar 2025 18:53

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Didn't see this coming ... Feel like a idiot for throwing in the towel in a second literally of weakness with a half straight mind still woozy from purim... didn't see actual p... But m.... last night . so we'll start another streak not ignoring the growth and kedusha I felt and still feel . This purim was a huge matsav of growth for me in many many ways to long to elaborate... and I'm very happy that it was a normal regular fall and nothing to intense. Who knows maybe the nisayon is now to see my reaction...

Think I'll start posting my count every day till 90 so here's day 1

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Re: what happened to me  
Posted by lamaazavtuni - 16 Mar 2025 22:16

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Just to make me feel like an even bigger piece of cherp . The reason I fell was cause I had a opportunity on a half filtered phone fer a few min and was a drop peeved at my taiyereh rebisem . Then right after I m... She wanted to be together (really not like her) so I had to pretend I was interested when I was NOT especially cause I was feeling pretty guilty and just needed to mope to myself.

Meanwhile I could have had my cake and eaten it too.

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Re: what happened to me  
Posted by jollylemur95 - 17 Mar 2025 03:20

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The gemara tells us that the story of Yehuda and Tamar is both read and interpreted (back in

the day there was a meturgamin)

The Gemara asks that it is obvious, why tell us?

The answer: you would think that it should not be translated out of Kovod for yehuda, ko mashma lon the opposite. It is his praise because he admitted. The gemra is saying that it is worth to hear a shortfall that happened because we see how great he responded to it. (Obviously it is not worth it to fall, but it is worth to for us to hear about it to see how well he responded)

My friend!

When the megillah of Lamaauvtani is read back in years from now, it will say there was a fall. But it will not be remembered as the day of a fall. It will be remembered as the day that you started your ascent to new heights! Have spoken with you and being blown away by your true and strong passion to improve, I truly believe you will make this not a day of a fall, but a day of skyrocketing to greatness! (I hope to speak again with you soon) Greater then ever thought possible!!

Please keep us posted!

You are an inspiration to me!

You can do it and be"h you will do it !!

With Ahava Rabbah v"Aza

Jolly

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Re: what happened to me  
Posted by lamaazavtuni - 19 Mar 2025 00:23

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As per hhm direction I'm not counting the fall as a fall but I think I'll still post what day I'm up to cause at this point I could use every drop of chizuk as I'm teetering on the edge as im meoid burnt of of that fight even though i know i cant afford to stop .there's really only one direction to

take right now and thats to fully immerse myself in the fight of life which happens to include for a big part of it some disgusting lowly actions that gotta stop. I made myself way to vulnerable to to many ppl in ways I never did in my life .and im having a hard time keeping the connection (as I've been living my whole life without real connections)but case in point im finding it even more stressful as their my lifelines and without them im scared to know where I would be . And the more I invest and take the relationship seriously the more I have to be honest and straightforward which is flippin embarrassing to say the least .

**Warning: Spoiler!**

And I know I'll grow from this and it's going to make me into a real good honest pure person but right now it just feels so hard , especially after I spent the day lusting even though bh I didn't go to far. But I just feel like a low piece of dirt right now and feel like I failed the mentoring system as I never really call before an urge cause I'm to embarrassed and cause I really wanna do the aveira . And I feel like I'm stuck in a YH that's much bigger then me right now.

Feel free to ignore this post just need to express my thoughts a little

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Re: what happened to me  
Posted by lamaazavtuni - 19 Mar 2025 00:25

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So 27\* days

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Re: what happened to me  
Posted by youknowwho - 19 Mar 2025 02:18

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[lamaazavtuni wrote on 19 Mar 2025 00:23:](#)

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Dear lamaazavtuni,

I am not sure if I am understanding you correctly, but what I am gathering from your words is that in addition to your struggles with lust, you are stressed out by these relationships.

If that's the case, perhaps it would be helpful to hear that if it's stressing you out, maybe it's okay to take a step back and reevaluate. If it's causing you inner angst, and you keep pushing,



you run the risk of having it all backfire on you somewhere down the line.

A relationship with a friend here need not be stressful, *aderaba*, it should be taken with a spoonful of sugar, it should be calming to know that someone understands you.

Simply sending a text (no need to call if you're really not in the mood ) to a nonjudgmental friend (even anonymously!) in a relaxed kind of way, "hey, this is what I'm thinking about," etc, is a great way to get out of your own brain and get validation, and maybe some insight too.

With some time, it really makes a difference!

Hope you have continued Hatzlacha!

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Re: what happened to me

Posted by lamaazavtuni - 19 Mar 2025 19:49

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thank you youknowwho. could be your understanding me correctly could be not as im not in a state that i fully understand myself and am having a tumble of emotions whether their really happy really sad, confused ,mad ,angry ..... the list goes on and their not going in a clear order that makes sense which is making me more confused and a drop meyuish . what i do feel though is that i reached such a low and cannot get out of it myself and bh with the help of the tzadikem that give up their time headspace energy ... for me who before i called was a random yid that they never heard of or knew even remotely. yet they were\are their for me, and in ways i think i grew and imh will continue. BUT i did realize that many times before ill talk to someone from gye ill get stressed and overall[btw this is totally my problem and has nothing to do with anybody iv spoken to as their doing everything right and I'm just the problem] i feel the need to impress these ppl\earn brownie points \show them how impressive of a person i am .... which makes it a harder relationship to keep up from my end as it gives me nerven like all relationships i have [all this obviously stems from my own insecurity's and low self esteem ] THE ALTERNATIVE THOUGH is not really an option as if i didn't have this accountability and freinship i would probably just give everything up at some point [my life iv built for myself, marriage, anything iv worked to become ] cause where I'm holding right now the yh s way to temping and the easy way out is way more feasible than having to put in the hard work of fixing myself. so that's basically my kvetch if I'm answering your answer correctly

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