

Hello

Posted by allaloneontop - 10 May 2010 14:41

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My name is Yechiel and I just can't believe it has come to this. I pashut can not believe that I have not been able to break this addiction. I quit smoking, I quit poor eating habits, I am extremely successful in everything that I have done or put my mind to doing in both ruchnius and gashmius...why can't I break free of this addiction? Why can I quit smoking, but not this? Am I supposed to stop everything that I'm involved in professionally and personally to lock myself in a room and learn day/night to prevent me from acting out? Is that what Hakadosh Baruch Hu wants? But I have been battling this addiction even in Yeshiva...I mean, there were times that I would be in a makam tuma with tumaa all around me until 2 or 3 in the morning and then be the first one to davening and learning Bava Kama with one of the Roshei Yeshiva by 9am...how off is that??? What's wrong with me???

But why now...why is it that now is when I am actually searching for help? Why do I feel at this point, I just can't trust myself any longer and I need your help? Because now, I have a family. I have children. I have young boys who look up to their Tatty. I have a daughter who one day will enter shidduchim, b'ezras Hashem. What if I get caught? Forget about me. I have and will always survive whatever hot water I get myself into...but them? I need to do this for them. I need to do this for the generations and generations of rabbonim/askonim and Rebbes who have davened for me; their anikel to be a kiddush shem shomayim borabim and not chalila cause the opposite.

Help? Please?

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Re: Hello

Posted by yedidya aleph - 12 May 2010 20:20

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I am new to DuvidChaim's Chevra. Are you the same Yechiel who I have spoken with? If not shalom aleichem. You sound like a great guy. Never forget that!!! I believe that Rabbi/Dr. Twerski writes that self-esteem is the root of all addictions. If I remember correctly ,he say the chiyuv of V'Ahavta L' Reyacha Ka'mocha requires that you have to love yourself.

Keep trying,keep going and seep smiling! ;D

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Re: Hello

Posted by teshuvahilaah - 12 May 2010 22:11

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Welcome and best wishes. Glad to have you here.

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Re: Hello

Posted by allaloneontop - 13 May 2010 23:06

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Yedidya,

I don't think I have spoken with anyone. But I hope that other Yechiel is nice!

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