

My thought corner

Posted by chancy - 19 Dec 2022 19:31

A Frielichen Lechtigan Chanuka everyone!

As I've never had my own corner here on GYE, I think the time has come. I dont want to hijack others threads for myself, so I will be using this thread so share my thought if anyone is interested in them/. I will try to write down any positive uplifting ideas that might help others in this fearful journey we are in.

I will start with my recent trip to Israel!

Israel

Ive loved Israel since I can remember, I was there the first time when I was 16 and my family went for Sucos. Oh what a wonderful eye-opening experience that was! I felt alive. Afterwards I went there a fe times, I learned there and then went for Honeymoon. The last time I went was 10 years ago, and I have been dreaming of going ever since. Somehow it never worked out. Every one around me was going and coming but me.

At one point I realized that Hashem doesnt want me to go. And the reason I think was simple, Since I always have crazy urges when going away, something about hotels and being around lots of other goyim next door always aroused me, so i usually fell on trips, almost always..... So Hashem was holding me back from going since it wouldn't be good for me. I sort of stopped dreaming about it. It just wasnt happening. Untill I got a phone call....

Stay tuned.....

=====

=====

Re: My thought corner

Posted by No Mask - 19 Dec 2022 20:52

Welcome back !!

Didn't your parents teach you that when you leave for a longer period of time you let your friends know that they shouldn't worry about you

All the best

No Mask

=====

Re: My thought corner

Posted by chancy - 20 Dec 2022 18:17

No, they didn't really.....

So back to my story.

One day i was taking a day off to learn the whole day, i got a call from someone that never calls me.

"do you have a passport?"

"yes"

"is it valid?"

"yes"

"do you want to go to Israel?"

"of course i do"

"i have a ticket for you, i bought one and i dont want to go"

" ok, im in"

You see, once Hashem wants you to go, everything just falls into place without doing anything. I saw this as a sign that hashem wants to show me that he is trusting me again to travel.

That Shabbos right before i left, i went to big mashpia and wonder of wonders in middle of his speech he mentioned that Yerushulayim and Shchem are tied together, one is Yesod and one is Malchus, you cant go to yerushulayim without yesod! I almost fell out of my chair, thats what ive been thinking all week. It looked clear to me that Hashem is telling me, since you have worked so hard to fix your yesod, you can go to Yerushulayim now.

But it wasnt so easy as i thought.....

Stay tuned for in depth coverage of my trip to Yerushulayim!

=====

Re: My thought corner

Posted by Sapy - 20 Dec 2022 18:38

It's nice to get those small msgs from Hashem. To me it feels like a small hug reminding me that someone is seeing and appreciating my work.

=====

Re: My thought corner

Posted by jrsing - 20 Dec 2022 19:12

staying tuned!!!!!!!!!!

why are you not writing the whole story at ones?????????

=====

Re: My thought corner

Posted by chancy - 21 Dec 2022 18:07

The days are short and my story long....

So im continuing my story.....

The plan ride was not too bad, only issue is i have something for flight attendants and these were more then usual, but i didn't get carried away BH! Getting ti Israel is such a thrilling expectance that everything sort of falls away. I love it! The weather was also so pleasant it was a gift from heaven. Day one i was busy just absorbing the atmosphere and going back to places i remember from the past everything looked and smelled the same! What an awake daydream it was..... All day running around and finally we got the hotel at night. I turn on the tv

because im so used to it, i still have hard time resisting that urge. there was nothing to watch BH/ So i started looking around at the option on the smart TV and to my horror i saw it has a full browser!!! My heart started pumping from excitement.... its been months since i looked at any P so here is my chance, alone in a hotel to indulge. I knew its not right but the excitement was too great. But One thought kept on coming into my mind

"?????? ???? ?? ???? **you come and you defile my land**" I felt Hashem telling me, Ive trusted you to finally enjoy some travel, so you come to my holy land and you will defile it? I didnt want to do that> So i turned it off before searching anything at all.

It wasnt easy trust me. I took a bath to calm down and i read a book.

Then i made a promise that if i looked at anything P tonight, i will need to give a few hundred dollars for tzadakka tomorrow. I went into bed with a gmara and fall asleep till the morning BH!

Still more to come.....

=====

Re: My thought corner

Posted by Ybird - 21 Dec 2022 19:05

wow wow!

I am amazed of you

=====

Re: My thought corner

Posted by chancy - 22 Dec 2022 19:32

Continuing with my story.

Day was busy running around and going to holy places. Absorbing the Kedusha of Eretz Yisroel!

I got back to the hotel was late and right away i get triggerd as i said hotels trigger me for some reason, i decided to brows thru the TV to see if there is anything kosher that will distract me untill i fall asleep..... I didnt think there will be anything too bad as im used to the TV in the US where its much more restricted.

The TV only had a few channels in total, so i was almost ready to shut it off when across the screen flashed some real filth, not P but close to it! My adrenaline flew right to my heart and i got extremely excited.... I couldn't look away anymore, it was too pleasurable for me. And i was laying there thinking forget it, this is it, there is no way you are not falling completely, just do it and get it over with and then you can go to sleep, just search some real P and then go in for the finish, my mind started giving me all ideas what to search for!

And then i heard the verse again "?????? ???? ?? ???? **you come and you defile my land**" and i felt terribly guilty and that made me want to do it even more.

But i got my resolve back NO! I will not defile myself or the holy land more than i did already! My desire to keep travelling overtook my other's desire and i was sure that if i fall now, i will not be able to travel for a while. And then i also remembered all the GYE members that will hopefully take strength when i come back and tell this story, so i stopped and got up and went to bed. i needed to fall asleep so as to move on from this desire, and i did.

Only i woke up a few minutes later at 1 AM well rested after my nap..... and now what? the desires came back with a vengeance i turned on the TV again and searched for anything that will excite me more..... I still did not look for Porn as that i knew would be a point of no return... so i watched stupid stuff and boring stuff and kept on being aroused and then not and on and off. But i couldn't sleep i was going crazy. I knew that if i just masturbated then and there it would be over and i would sleep, but i didn't want to!

I cried to Hashem to help me and it didn't get better, so finally close to 3 I said "Hashem, i don't want this whole thing, i would rather not have this struggle at all, now i need to sleep and i have no strength left to fight, if i fall asleep within the next 15 min is good, otherwise i can't promise anything"

What do you think? I fell asleep in a few minutes BH!

I still don't know how i didn't search for porn in that long night, it was a miracle.....

?Another problem was that i was getting very triggered by people on the street, there are unfortunately lots of non tzniusdinga women on the street and i wasn't ready for that at all. But the next day was spent on holy things all day BH!

=====

Re: My thought corner

Posted by jrsing - 27 Dec 2022 05:34

wow!

I look up your strength and self control

=====

=====

Re: My thought corner

Posted by chancy - 28 Dec 2022 19:36

Day 3

This was a tough one. I wanted to go up to the the north and go to the holy places there so i knew i want to go in the mikvah. I was very hasitent because i was in a weak state of control with my eyes, But i went anyways.

I am very happy that i went, because i was able to break the fantasy. I find that going to the mikva regularly actually decreases my desires even if i see soemthign that triggers me. Its still less then not going and thinking that everyone is attractive.

I cant eaplain it better, but basically, my desires are a huge lie, most of them come in form of fear.

this is a little snippet "Oi, you might be attracted to that person be it male or female young or old, No im not! Sure you are, here is a thought of them naked doing something sexual" Oh crap, i am insane and a huge pervert!" and on and on this goes.

Untill i actually am confronted with the real truth, in the beginning i get all excited "im naked and cant get aroused" i will be thrown out" so of course i get aroused.... but after a few minutes i start to see the truth thru the haze of desire..... Yes, some people are prettier then others but nothing to go crazy, and it anyways has nothing to do with me, wake up and live a little outside of the bubble of desire, etc. And then the whole thing crashes to the down.

So im happy i went to the mikvah because i was able for the rest of the day to complelty be free from desire, i had faced it and turned it down.

fyi, i don't recommend anyone to do this, im just telling my story. You have to be 1000% sure that you will not fall complelty and do something cv before you can attempt anything like that.

=====

=====

Re: My thought corner

Posted by Teshuvahguy - 29 Dec 2022 19:42

[chancy wrote on 28 Dec 2022 19:36:](#)

Day 3

This was a tough one. I wanted to go up to the the north and go to the holy places there so i knew i want to go in the mikvah. I was very hasitent because i was in a weak state of control with my eyes, But i went anyways.

I am very happy that i went, because i was able to break the fantasy. I find that going to the mikva regularly actually decreases my desires even if i see soemthign that triggers me. Its still less then not going and thinking that everyone is attractive.

I cant eaplain it better, but basically, my desires are a huge lie, most of them come in form of fear.

this is a little snippet "Oi, you might be attracted to that person be it male or female young or old, No im not! Sure you are, here is a thought of them naked doing something sexual" Oh crap, i am insane and a huge pervert!" and on and on this goes.

Untill i actually am confronted with the real truth, in the beginning i get all excited "im naked and cant get aroused" i will be thrown out" so of course i get aroused.... but after a few minutes i start to see the truth thru the haze of desire..... Yes, some people are prettier then others but nothing to go crazy, and it anyways has nothing to do with me, wake up and live a little outside of the bubble of desire, etc. And then the whole thing crashes to the down.

So im happy i went to the mikvah because i was able for the rest of the day to complelty be free from desire, i had faced it and turned it down.

fyi, i don't recommend anyone to do this, im just telling my story. You have to be 1000% sure that you will not fall complelty and do something cv before you can attempt anything like that.

I don't go to the mikvah though I know there are times when I should. The reason I don't is the idea of getting in that small amount of water where I know a lot of naked men have just been. It kind of freaks me out. Remember I wasn't raised with any of this. Any thoughts? I'm not meaning to offend anyone. Also, I'm a little afraid someone might see me side-eying them. I'd have to be sure I can keep eyes down.

=====

Re: My thought corner

Posted by boruch560 - 26 Jan 2023 01:17

Thank you so much. I can truly relate to what you are saying and it is really inspiring.

=====

Re: My thought corner

Posted by Eerie - 26 Jan 2023 01:47

[chancy wrote on 28 Dec 2022 19:36:](#)

Day 3

This was a tough one. I wanted to go up to the north and go to the holy places there so I knew I want to go in the mikvah. I was very hesitant because I was in a weak state of control with my eyes, But I went anyways.

I am very happy that I went, because I was able to break the fantasy. I find that going to the mikva regularly actually decreases my desires even if I see something that triggers me. It's still less than not going and thinking that everyone is attractive.

I can't explain it better, but basically, my desires are a huge lie, most of them come in form of fear.

this is a little snippet "Oi, you might be attracted to that person be it male or female young or old, No I'm not! Sure you are, here is a thought of them naked doing something sexual" Oh crap, I am insane and a huge pervert!" and on and on this goes.

Until I actually am confronted with the real truth, in the beginning I get all excited "I'm naked and can't get aroused" I will be thrown out" so of course I get aroused.... but after a few minutes I start to see the truth thru the haze of desire..... Yes, some people are prettier than others but nothing to go crazy, and it anyways has nothing to do with me, wake up and live a little outside of the bubble of desire, etc. And then the whole thing crashes to the down.

So I'm happy I went to the mikvah because I was able for the rest of the day to completely be free from desire, I had faced it and turned it down.

fyi, I don't recommend anyone to do this, I'm just telling my story. You have to be 1000% sure that you will not fall completely and do something crazy before you can attempt anything like that.

Hi Chancy! Just read through your thread. I AM BLOWN AWAY. You are such a gibbor chayil! How on earth did you stay strong in the face of all those tests? You should be gebentched and

continue inspiring us all!

=====

=====