

**Lessons Learned**Posted by Hashem Help Me - 03 Sep 2018 23:39

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It has been quite some time since I have posted on my own thread titled "My Story and G-d Bless GYE". Being that those submissions are in the balei batim forum and therefore off limits to all our single friends here, I figured if I wish to post, it's time to open a new thread.

BH we are at day 627. That's a big number. A number that represents a chunk of life. Different seasons, various occasions, many opportunities, a kaleidoscope of challenges. And with Hashem's help (and as I have written many times - with the help of some great GYE chaverim - specifically "one\_day\_at\_a\_time") I have stayed clean.

During this period of growth I have made some observations. Firstly, as a rebbi of mine used to say - no specific type of yid has the "copyright" on yiras shomayim. Eye opening to me has been how individuals from very varying lifestyles all truly want to be close to Hashem. It is not just lip service. It is genuine. I am humbled and amazed how even so called "modern" Jews walk determinedly against the tsunami wave of decadence, indecency, immodesty, and liberalism which is trying to inundate the world and destroy every vestige of holiness in its path. These dear teenagers, married fellows, and even post middle aged heroes ignore the current threatening to drown them and keep moving forward. And of course, being that this scourge does not discriminate, all kehillos and "types" are affected. GYE is like the Kosel - one can find every type of yid there crying for help. In summary, everyone wants to be kadosh v'tahor. Imagine how proud Hashem must be.

A second observation. So many unnecessary tears, so much unnecessary pain. How many bochurim stay clean while in yeshiva and camp only to fall within hours of returning home on their parents' devices which have not been properly filtered. The anguish these boys share is heartbreaking. These are boys who will not enter an internet café or library. They avoid public transportation except when absolutely necessary. They are careful in the street. They are the

brave ones who picked up the phone and shared their most personal and embarrassing secrets with total strangers from GYE. But spending a weekend at home where every other room has an unfiltered device....How naïve can people be? How many drashos have been given, and articles written, and people really still think "it cant happen in my house"?! Is the convenience of unfiltered internet worth these churbonos? I am not passing judgement on anyone specific - just publicizing the very painful issue.

Number three - There are many helpful ideas on GYE. Each successful person here will tell you about the "cocktail" he used to break free. A combination of all or some of the following: shiurim, forum, chats, Taphsic, chizuk emails, 90 day chart, phone conferences, therapy referrals, 12 steps, and of course tefilla, guide people from the abyss of the sewer to the summit of a life of freedom. However I believe if a poll were taken, a great majority of people would credit the human connection as the main weapon in the arsenal that blasted them through and saved them. To hear, and even better, to meet and see, an individual who struggled and now is clean, is a tool that is extremely powerful. It shatters the destructive mindset of "it's impossible - no one gets better". Sitting by therapists, as helpful as they are (and they are part of many people's recovery), is not nearly as powerful as someone being honest and telling you what he used to do and how he stopped. Someone who "has been there and done that" can help rewire the unhealthy thinking and give new perspective - there simply is life, even without sex. Plus one must learn the true and Torah perspective on sexuality. One must be educated that he has been poisoned by the evil and filthy portrayal of an act that we now know is uplifting and elevated, even holy. We are more open to be reeducated by one who initially believed as we did. Secondly, that real person can hold your hand in those first days and weeks when it is really difficult to get started. He can give you the chizuk to get past the withdrawal period. He is an anchor. Thirdly, when you see a successful frum fellow standing before you, you realize you are not the rasha or loser you thought you were. You really are a nice good person who has a struggle. That knowledge gives one more self esteem and resolve to get started. Based on my personal experience I would advise any newcomers to figure out which safe person on the site appears to resonate with them, and then carefully - in the beginning anonymously - reach out and let someone help them.

Lastly (for now), we see a sad issue. So many people join GYE and then disappear. They had hisorerus, found the site, joined, maybe even posted, and then they are gone..... It is incumbent on those of us who have tasted success to make ourselves available to help others. We know the pain anguish anxiety depression and turmoil these chevra are experiencing. We know where their eyes and hands are - even though they don't want to be doing those things - and we have

the ability to help. Some will argue, "I don't know what to do". Others will say, "Now that I am better it isn't good for me to be focused on this so much". True, but its payback time. Do something. And if you really can't, then at least daven your kishkes out for all the strugglers. And of course - give a nice donation to that great place that got us all back on track - the very holy mosad GYE. If not for them, where would I (and you) be today?

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Re: Lessons Learned

Posted by i-man - 28 Dec 2018 06:40

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[Hashem Help Me wrote on 25 Dec 2018 12:31:](#)

A few chevra have reached out and are curious what should be their Shovavim "project". Being that these weeks have specific significance in doing teshuva for shmiras habris related issues, people want to actually do something real. Of course many kehillos already have minhagim related to this zman. Be it minyonim saying tehillim, slichos, fasting, special shiurim (which GYE also offers), etc... Maybe it would be an idea that during this time period we dedicate an amount of time to help others in this struggle. One of the most powerful tools in getting better is to have a partner/mentor/anchor encouraging, advising, sympathizing, etc. Even if you dont feel ready to advise, just being available as a listening ear and supportive shoulder for someone else is a tremendous chessed, and is mighty helpful to the new guy on the block who is courageously pouring out his pain and frustration. Sharing that people actually get better is a reassurance for this tzubrochene neshama. In the zchus of our being mechazek others may Hashem give us a complete slichah and mechila for our past actions and give us extra shmira in our own journeys to kedusha tahara and dveikus b'Hashem.

I heard from a Rosh Yeshiva I know - We see that Moshe became the leader because of his caring and not because of his leadership abilities,

this underscores the point that you dont need to have advice and all the answers.

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Re: Lessons Learned

Posted by Hashem Help Me - 27 Feb 2019 05:06

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800 days - a random number, yet a humbling one. Thank you Hashem, and thank you GYE chaverim. Special thanks to those who noticed my absence and reached out to see that all was okay (which actually was not the case due to a family emergency). Knowing that out there in the

anonymous world of the forum, someone actually cares about me, is extremely heartwarming. Secondly, during this trying time, when pressure really mounted and it would have been oh so easy to just act out a few times, knowing that chaverim were with me kept me clean. May Hashem bench all of you with brochos ad bli dei!

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Re: Lessons Learned

Posted by Dave M - 27 Feb 2019 16:59

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Dear HHM,

Yasher koach on reaching 800! When I first posted a few months ago you were the first one to respond and message me privately, offering me real needed chizuk. For that, I'm eternally grateful to you. I look forward to reading your words of inspiration. May Hashem help you get through your most recent challenge. Thanks again for all you have done and contributed to this wonderful site.

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Re: Lessons Learned

Posted by Hashem Help Me - 28 Feb 2019 03:21

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Please allow me to share a thought about the anonymous communication that we engage in here.. Your responses will be appreciated. Through GYE I have developed relationships with many wonderful people. Via forum, chat, PM, email, we have gotten to know each other quite well. In many instances we have "graduated" to swapping phone numbers and speaking on a relatively frequent basis. Some of us have even met. It is great to feel part of a movement and at the same time enjoy the one on one quality friendship. Interestingly, when a quality, growth oriented, relationship develops, and **then** you meet, real names, age, and branch of yiddishkeit don't really matter. Its as if our neshamos have already bonded and details at that point are simply trivial.

Sometimes however, this system can cause pain..... One of the first people i "met" through GYE was a very fine bochur from Eretz Yisroel. He was in a real matzav of yi'ush, as i was, and together we got to work. There were so many issues, triggers, but he was a determined fellow. It took many months of "restarting the count", getting his many devices to be really kosher, and to slowly reshape his thinking about sexuality, his self esteem, and his abilities. We rode the

rollercoaster together and bh came out on top. When he came to the USA, it was to a location very far from where i live, so meeting was not an option.

We spoke at least once every two weeks, and quite often more for over two years. The last time we spoke he had bh been clean for close to a year, and shidduch plans were developing. And then about two months ago he disappeared. Poof. Gone. His phone does not answer, his email does not reply. Did something happen to him. Is he in a hospital somewhere? Is he alive? I simply don't know.

I do know his first name, the neighborhood where he lives (lived?) and quite a bit of family info. Is it appropriate for me to do some FBI work? Am i doing it because i care about **him**, or because i am worried for **my** feelings of separation anxiety? Also let's not forget that there is (it would appear a **very** slight) possibility that he chose to cut off from me, and if that's the case i should leave everything as is. Chaverim, please advise.

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Re: Lessons Learned

Posted by MayanHamisgaber - 28 Feb 2019 04:14

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I don't always reply to your messages but I appreciate them. Just send your weeklies pray for him one day he'll answer. B'hatzlacha

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Re: Lessons Learned

Posted by Shnitzel and kugel - 01 Mar 2019 06:05

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Dear chosheve ???? ?????? hhm Behashgocho protis I saw your message so I thought I'd try throwing my idea out there...

First of all I'd like to thank you publicly for all your help and support, and I just checked my forum and saw you were the first one to respond and reach out! When helping someone out ???? ???? ???? ???? ???? (a quote from the ??? ?????) so definitely helps you stay strong by helping others..

Anyhow let's get to the point, I'm chabad and within chabad campus shluchim there's a term called MIA which literally means missing in action, however in the Shlichus context it means someone you had a connection with for a while then suddenly one day, bam! Doesn't answer phone calls, doesn't respond to emails, vanished completely..

There's a few reasons for that, either the Shliach is intimidating him, mixing his nose too much, or that he/she is dating a non Jew and is embarrassed to show his face to the Shliach or simply he's having his mood and a stage in life that he's simply not interested in yiddishkeit anymore.

So in your situation, dont think it's because your intruding his privacy as you've been close for a while already.. it's either because he feels he's recovered fully and wants to forget his past but even then he should of told you so maybe he fell and is embarrassed to tell you...

In these situations there isn't much you can do besides reaching out once in a while and daven for him.. you can't help an adult if he doesn't want to get helped and you've done the best what your able to do, now leave the rest to the one above to help, and definitely not to feel guilty, especially after you've helped him out so much!

Sounds funny that shnitzel is telling hhm the professional what to do... But it's free to post..

Anyhow good Shabbos and may we merit "Shabbos" moshiach times

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Re: Lessons Learned

Posted by Hashem Help Me - 02 Apr 2019 04:50

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Posted on the evening after petira of Skulener Rebbe zatzal :

As a zchus for the neshomo of the Skulener Rebbe ztzl lets do something extra today to stay clean and help others do the same. This was his battle. Even before technology took center

stage, he would publicly beg people to keep immodest publications out of the house, as well as protecting our children's eyes (and our own) in the street. TAG was his creation among many courageous initiatives (Citifield for example) that he took to educate and protect yidden from the dangers of technology and to spread kedusha. He publicly addressed these issues before it became popular to do so. He also advocated educating younger boys to know what is right and wrong at an age before desire sets in, and explaining how tough it is, which was very novel in his day. Doing so would save many from falling innocently into masturbation, mishkav zachor, etc from simple lack of knowledge that it is assur, and also would open lines of communication for those who were nichshal, thus sparing them the torment of secrecy, anxiety and depression, along with catching it early on before addictive tendencies set in. He was definitely the lochem milchemes Hashem on shmiras ha-bris and shmiras eynayim of our generation. May he be a meilitz yosher for all of us who are working in these areas, along with all of Klal Yisroel.

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Re: Lessons Learned

Posted by Hashem Help Me - 03 May 2019 19:34

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Thought the forum oilam would like these two machshovos. The first is a big chizuk. The second a big mechayev.

1. From our chaver EliGYE a beautiful vort: Mitzrayim represents tumah/znus. We were in it - deeply enslaved in it. Finally bh we left. What happens? Mitzrayim chases after us! Hashem "steps in" and says "you did whatever you could, now i will turn over Nature for you and split the sea". Chaver, Hashem tells us the same. "I see you ran away from the shmutz and now its chasing you; you have done all you can so now I will override Nature to save you"2. Look at the last Ohr HaChaim in Acharei, after the arayos. Perek 18 Possuk 30 Ushmartem es mishmarti l'vilti asos mei'chukos h'ato'eivos.... ani Hashem... He explains Hashem is commanding us to make gedarim/fences to ensure we dont even accidentally come into contact with ti'uv. Even though one will not be judged guilty, the "side effect" of Hashem rach"l moving away from him will sadly occur. (Similar to one who accidentally eats treife. He wont be judged guilty, but timtum ha'lev will unfortunately happen.) Look at it inside, and we can imagine if he was alive today he would demand avoiding all unnecessary internet use and having serious filtering.

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Re: Lessons Learned

Posted by Hashem Help Me - 21 May 2019 11:40

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This post may be triggering. Proceed with caution. Two nights ago was really rough. I could not sleep - no idea why, maybe all the stress of this time of year catching up. At some point I slipped into that "sweet" land of imagination/lust. The images were so powerful it was like virtual reality. The vulgar scenes I was digging up were so vivid it was as if the scenes were actually taking place in my bedroom. The people "were there". And it felt so good... My body was responding accordingly... Although I never touched or stimulated the eiver physically in any other way, my mind was so out of control and it was so real that if it would have gone on a bit longer, the zera would have all come out on its own. Eventually I actually did fall asleep only to wake up pretty soon after with a wet dream. What I did was a serious issur. Being megareh yetzer hora like that, mekasheh atzmo l'da'as, and causing the wet dream/zera l'vatala (This kind of wet dream was definitely my fault as per the Chazal - meharer b'yom maivee li'yedei tumah b'layla, unlike the subconscious ones that have been written about numerous times...and this was even worse/more direct because it was right before I fell asleep that I was lusting). This next comment you may find strange but I was actually upset by the wet dream being just "a dribble". At least if the wet dream would have been strong I would have had something from it - it was such a flop! The release was so poor and weak, I didn't "benefit" from any sort of calming effect for even a second. I know some may find that comment objectionable but I have to be honest where I am up to. Needless to say I did not sleep a whole night after that. The next day was really tough. The residuals were powerful. First of all I was exhausted which is always triggering for me. Secondly, I so wanted to taste that fantasy land again with all those things I imagined the night before being done to me (and of course me doing things too - but for me the most powerful images are the other stuff). Numerous times I tensed up "down there" and would have loved to just unzip and... BH I reached out to a few chaverim first thing in the morning and they held my hands and BH things calmed down immensely. I made sure to get to sleep early - with the help of a l'chaim. ....This was a very humbling. Its almost three years into my journey and to have a day where I was honestly afraid that I would masturbate (with a vengeance!) was a real wake up call that "you ain't there yet buddy".....

A story that I recently heard gave me chizuk: A shtetl cheder rebbi in a poor town brought a cake to class. He had begged the local groceries for flour, eggs, oil, etc...and baked this very special treat. The impoverished boys were delighted. Most did not have enough bread at home. Rebbi distributed evenly cut pieces for the boys. One boy wrapped his slice in a paper. He said his father eats very little so that he can pay for schar limud, so he, this boy, can go to cheder. He wants to show appreciation by bringing his father something to eat. Meanwhile rebbi saw how here and there the boy nibbled a bit of cake. He pulled off a few crumbs from one side and later from another. Curiously he followed the boy home and watched him present his father with the jagged edged nibbled cake. Father embraced him in a hug and tearfully kissed him saying, "I am the luckiest father - I see how much you wanted the cake but still gave so much of it to me". Chevra, tzaddikim of GYE, when we present our "cake of restraint" to Hashem after 120, with all its imperfections, all its slips and falls, He will embrace us and kiss us saying "I see how much you wanted shmutz, I see how much you wanted to act out, and yet look what you brought me, look how much you brought me".

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Re: Lessons Learned

Posted by Hashem Help Me - 21 May 2019 11:42

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If anyone thinks I should reset my count please let me know. I asked and was told that technically the streak is intact according to GYE rules. Regardless I know the truth.

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Re: Lessons Learned

Posted by cordnoy - 21 May 2019 11:54

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[Hashem Help Me wrote on 21 May 2019 11:42:](#)

If anyone thinks I should reset my count please let me know. I asked and was told that technically the streak is intact according to GYE rules. Regardless I know the truth.

My answer is, "no," but I don't care about gye rules.

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Re: Lessons Learned

Posted by lionking - 21 May 2019 13:42

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Thanks so much for the share. Especially the last part about really wanting to experience a full relief. I know that feeling well.

Your text last night really helped me.

I appreciate it!

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Re: Lessons Learned

Posted by lampowerless - 21 May 2019 13:50

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Rebbe, You are a tzaddik and an inspiration to so many.

Keep on inspiring us!

Love Yankel!

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Re: Lessons Learned

Posted by the.guard - 21 May 2019 14:00

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No need to reset unless it happened intentionally while fully awake. But you should accept upon yourself that if you do this again and the same thing happens again, you will reset.

was a real wake up call that "you ain't there yet buddy".....

A Jew is always on the way. We never arrive.

???? ?? ????? ???... I stand on the outside still...

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Keep up the good work! Sometimes what looks to us like a slip or fall and makes us feel dirty and down, is actually a higher level than when we're doing great (like the great moshol of the cake).

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Re: Lessons Learned

Posted by gyehelp2017 - 21 May 2019 14:30

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I am amazed at your honesty with the post you wrote, it's unbelievable to see someone as great as you humbly saying the full truth, even when it means a LOT of shame. I try to read all your posts and they are all great (to say the least), but this one was just really amazing. You proved how big a human can grow, you showed how much we can overcome struggles, YOU ARE ONE OF A KIND!!!! I guess in the zchus of helping others with real ????? ???, Hashem gave/gives you the strength to keep strong. Thanks for keeping strong even in the hardest times, when you keep strong it makes all of us at GYE want to keep on going. May Hashem help you to have calm days, and be able to continue your ????? ????? with simcha and joy!!

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