

**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 MenachemGYE - 09 Feb 2022 11:39

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It's available on google drive

at [drive.google.com/file/d/1-qmJ\\_V7NDrOYCTMR6qQHV1oTjiH1PkPa/view](https://drive.google.com/file/d/1-qmJ_V7NDrOYCTMR6qQHV1oTjiH1PkPa/view)

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Re: Lessons Learned

Posted by starting - 15 Feb 2022 06:05

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[Hashem Help Me wrote on 08 Feb 2022 12:31:](#)

Just wanted to share a concept which will possibly benefit the oilam:

The pornography industry has successfully promulgated the notion that sex is a sin. Along with that is a feeling that the "private parts" of a man or woman are "bad". To prove it, they point to the fact that society covers those areas.

Our response:

When one walks into a shul, one knows that there is a Sefer Torah there. However it is usually not visible. It is used on occasions of krias haTorah. Sometimes we see it by special tefillos like Avinu Malkeinu and the like, and of course we dance with it on Simchas Torah. Isn't it interesting that our most holy item is enveloped in secrecy? What are we hiding? What is "bad" about it? Of course even a little child would answer that this is a ridiculous way to think. We put the Sefer Torah in an Aron Kodosh behind a Paroches because it is so holy, so important, so

delicate, and so needed. We are **protecting** it. It is not to be handled by anybody and everybody. Lehavdil, we do the same with expensive jewelry. Items are placed in velvet cases and stored out of sight.

There is one eiver in the body that is called "kodesh", and that is the bris kodesh. It is physically and spiritually delicate vulnerable and sensitive. It is very **holy and very special**. It needs to be protected. It b'ezras hashem is to be used for a great purpose. At the right time it will place some zera in the rechem of a yiddishe mama, and a child will be nurtured in **that holy** place, where a malach teaches that neshama Torah while in a protected safe and nurturing environment. The "event" involved in placing that zera is a holy one - involving 3 partners/shutfim - the father, the mother , and yes, Hakadosh Baruch Hu. Shechina shru'ya bei'neihem. This action has been done by the biggest tzaddikim in all the generations. it is not a sin, nor an action that needs to be embarrassed of. The Zohar HaKadosh refers to tremendous yichudim that take place...

The body parts involved in this process are not dirty, bad, or things to be ashamed of. (Yes, Adam and Chava had busha from their nakedness after eating from the eitz ha'daas - that was due to their comprehension that these body parts can be used by the yetzer hara too...) If any term could be used to explain this to children, or even how we adults should properly view them **and be comfortable with ourselves**, maybe it could be said that this area of the body is muktzah machmas chisaron kis - off limits due to it's immense value.

Comments?

Very nice post and if it's true, beautiful concept. However, there is definitely a concept of ervah in the torah, that one may not learn or make a brocho in front of nakedness. And ervah is a very derogatory term, as in for example tumahs mitzrayim is also called ervas mitzrayim

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Re: Lessons Learned

Posted by Hashem Help Me - 15 Feb 2022 12:24

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Good point. That began after Adam ate from the eitz ha'daas. Up until then, Adam and Chava were not clothed and they were speaking with Hashem, so ervah did not exist. once tov and ra became mixed, an element of yetzer hara is present in sexuality (which is one of the reasons given why one does not make a bracha on having marital relations). But that does not take away from the fact, that the eiver is inherently kodesh.

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Re: Lessons Learned

Posted by abieham - 17 Feb 2022 05:00

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If I remember correctly the ramban in his kuntress igeret hakodesh brings philosophers who maintained that it is a gross act. Similar to the catholic priests who don't get married. The ramban argues strongly against them. He says if hashem created and required us to be together with our wives that's how he wants it. It's obviously not be'divad. I believe he adds the reason we do it under the covers is because it's too holy.

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Re: Lessons Learned

Posted by Dave M - 07 Jun 2022 14:19

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Mazol Tov HHM on 2,000! In the past, when you have reached big milestones, you have posted amazing post on these days. Looking forward....

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Re: Lessons Learned

Posted by Hashem Help Me - 07 Jun 2022 20:48

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Thank you for your good wishes. Looking forward b'ezras Hashem to post, but it may take a few days.

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Re: Lessons Learned

Posted by reallywanttobegood - 08 Jun 2022 02:59

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Mazal Tov Hashem Help Me!!!

Much continued hatzlacha as you continue to lead the pack here!!

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Re: Lessons Learned

Posted by ytw - 21 Feb 2023 19:52

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How can I get access to your other forum "My Story and G-d Bless GYE"?

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Re: Lessons Learned

Posted by Hashem Help Me - 21 Feb 2023 20:45

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You should be able to click it in my signature, unless you have not signed up yet for the balei batim (married) forum.

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Re: Lessons Learned

Posted by doingtshuva - 21 Feb 2023 23:50

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YTW, if your married you can ask GYE for access.

A thread worth reading!!

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Re: Lessons Learned

Posted by Geshmak! - 22 Feb 2023 03:09

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I know what a chasdishah guy calls a few days... but this is a chidesh!

or did you post it somewhere else?

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Re: Lessons Learned

Posted by Geshmak! - 22 Feb 2023 03:13

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[Hashem Help Me wrote on 07 Jun 2022 20:48:](#)

Thank you for your good wishes. Looking forward b'ezras Hashem to post, but it may take a few days.

I know what a chasdishah guy calls a few days... but this is a chidesh!

Did you post it somewhere else?

Or is it ????? ???? ???? ?????, and I have to wait till you get to day 3000???

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Re: Lessons Learned

Posted by ytw - 22 Feb 2023 20:00

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I'm married, How/where do I sign up?

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Re: Lessons Learned

Posted by Hashem Help Me - 22 Feb 2023 20:19

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Call the GYE main number and request access. That is how i did it a few years ago. Unless they instituted a new system...

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