

My life, my struggle, my triumph

Posted by StoppingForever - 27 Nov 2011 04:44

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Dear friends,

I'm grateful to gye providing a platform where I can finally anonymously share my story, I will write more in the future with Hashem's help.

This is an article I wrote after Sukot, and never published..

Tishrei is over, and the mundane mercilessly returns. I'm certain you filled your reservoirs with spirituality and joy for the year, I for one did, at least I tried too. For myself the holidays present a paradox. On one hand I experience an exceptional high of spirituality and joy. On the other hand, I'm left with too much time for thought and introspection 'it' suddenly engulfs me, and I begin to feel empty, fearful, angry, pained, and an overall feeling of despair. I feel worthless, emotional pain accompanied (at times) by physical pain. What is 'it' you ask? I will explain.

Born in Israel into a multi-sibling family, and moved to the US at the age of three. I was an ordinary child who grew up in the tri-state area, and attended local Yeshivah and day camps. When I was nine, my parents decided to send me to sleep-away camp in the mountains. My parents were of meager means at the time, but have still somehow scratched together funds to send me away to camp, where I was subsequently molested by my counselor.

I wish that I can say that was all.. The creep who was supposed to look out for my welfare, and instead molested me, used sadistic, physical and emotional abuse to frighten me from saying anything, details are unimportant, picture your worst nightmare as a child, and multiply it exponentially.

As I got older, it became evident that I was hurting, I was unkempt, I always looked depressed, and slept in late all the time. Needless to say that my academics went down the drain. It was at that time, that a "friend" of the family tried talking to me, I jumped at the opportunity to talk to someone, (which turned out to be a grave mistake). This sub-human creep tried to convince me, using psychobabble and twisted logic that my only chance to heal, is if I re-experienced the abuse again, and forced myself to enjoy it. He spent countless hours explaining to me that he has only my well being in mind, he only wants to help me feel better, and he ever so humbly

offered his "services". What a sub-human creep, lower than low, sicker than sick, worse than a jungle animal. This man took advantage of a suffering, emotionally unstable teenager. Sadly, he ended up raping me, and his abuse went on for well over a year, until subsequent logistical circumstances have thank G-d distanced this beast from me.

These two sub-human creeps managed to alter my life in unimaginable ways in the space of two short years. First robbing me of my childhood, and innocence, and subsequently by shattering what was left. I was near suicide on several occasions in subsequent years. It is a miracle that I'm here telling this story.

I turn fifty soon, and continue to suffer daily. I was, and continue to attend therapy, to no avail. My childhood and innocence was stolen, I was left feeling empty and worthless. Nothing I do fills the void. I know some say "Just get over it, move on", anyone who says that has not experienced a serious trauma in their life, and does not know the consequences. It is no different than telling a cancer patient to get over it and move on. Here is what it is like to be me:

Imagine a life where you cannot enjoy watching your children grow up, because you are too caught up in your own pain and suffering. Imagine a life of broken or damaged personal and professional relationships.

Imagine a life where:

you struggle with an addiction relapse every few years.

you are too bogged down to put your qualities and talent to good use.

you know that were it not for the 'stuff' you struggle with, you could have been a very successful person, both materially and spiritually.

you have no friends with to discuss your pain with, because they cannot relate to you.

you continually get startled by every noise, and always expect disaster to strike.

you need to choose feeding your family over some of the new innovative treatments available for you.

no one around you really can, or for that matter wants to understand you.

That is what my life is like.

My friends, I'm not a victim, because i will not let myself be a victim, and because I refuse to give up. No one around me even knows what I go through on a daily basis. I never thought I would turn for others for help, but I have reached a point of desperation.

I am grateful to gye. I started my 90 days journey. My motto is: stopping forever.

While I continue to seek out conventional medical means to help myself, I have come to the conclusion, that in order to truly heal I need a miracle, a true miracle. I reach out to all yidden, rachmonim-benei-rachmonim, with the following appeal, If you can, please say Tehilim (even one chapter) for my healing, and my material and spiritual sucess, as well as for the healing, material and spiritual sucess of others who suffer like me. You do not need my name, Hashem knows who I am, and knows what to do with your prayers.

In return I give a breacha to anyone who says Tehilim, that Hashem protect them from all evil, and give them health, parnassah and nachas from their family.

Sincerely,

StoppingForever

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Re: My life, my struggle, my triumph

Posted by ZemirosShabbos - 17 Jan 2012 19:00

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mazel tov on 57 good days!

yehi ratzon that today should be good

as someone said

"What day is it?"

It's today," squeaked Piglet.

My favorite day," said Pooh."

? A.A. Milne

wishing you continued success

zs

sameach bechalko and ruchniyus

[www.guardyoureyes.org/forum/index.php?topic=3284.msg119126#msg119126](http://www.guardyoureyes.org/forum/index.php?topic=3284.msg119126#msg119126)

[www.guardyoureyes.org/forum/index.php?topic=3284.msg112665#msg112665](http://www.guardyoureyes.org/forum/index.php?topic=3284.msg112665#msg112665)

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Re: My life, my struggle, my triumph

Posted by StoppingForever - 18 Jan 2012 05:09

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Thank you all. This is what keeps me going!

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Re: My life, my struggle, my triumph  
Posted by gibbor120 - 18 Jan 2012 15:29

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[Stoppingforever wrote on 18 Jan 2012 05:09:](#)

Thank you all. This is what keeps me going!

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Re: My life, my struggle, my triumph  
Posted by StoppingForever - 19 Jan 2012 05:57

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;D yes. I should amend that though. Hashem is what keeps me going/stopping. I have relinquished all control into his hands (after doing my maximum due diligence), he holds the rains, and that is the only reason for any successes. At times I close my eyes and picture myself being held by Hashem, he lifts me and carries me. I reflect on the verse in Haazinu ???? ????  
????, ?? ?????? ?????... ????? ?? ????? Hashem carries us, like an eagle carries it's young on its' wings, which brings me to the following verse '?' ??? ?????, ????? ??? ?-? ??? Hashem alone guides us, and not foreign god is with him, foreign god in my humble opinion can also mean the ??? ????? ???.

Is that not one of the 12 steps? admitting that we are powerless, and relinquishing control to a higher authority? To quote Dov "one of the foundations of the 12-Steps is learning how to "Let Go and Let G-d" ".

You mean keeps you stopping???

The chizuk from all of you on this site helps me remember that Hashem holds the rains, and

helps me remember not to slip out of his rains, into my own, my ego, ???? ????? ??? - which is were all problems begin.

Thank you all for the chizuk, and may Hashem bless each an every one of you with emotional and physical health, wealth, and most important - time to enjoy it!

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Re: My life, my struggle, my triumph  
Posted by chaimyakov - 19 Jan 2012 16:40

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don't know how to link to other posts, go to Beis Medrash section and look at Salant Center D'var post #16 for this very point.

Hatzlacha in all things GOOD.

chaimyakov

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Re: My life, my struggle, my triumph  
Posted by gibbor120 - 19 Jan 2012 16:45

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[chaimyakov wrote on 19 Jan 2012 16:40:](#)

don't know how to link to other posts

Just find the post you want to quote, click the link at the top of the post (pictured below), then copy the address from the address bar and paste it right into your post, like this  
[www.guardyoureyes.org/forum/index.php?topic=4838.msg131139#msg131139](http://www.guardyoureyes.org/forum/index.php?topic=4838.msg131139#msg131139) .

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Re: My life, my struggle, my triumph  
Posted by chaimyakov - 19 Jan 2012 16:53

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gibbor120,

sorry, i'm slow sometimes, but not retarded. i tried but it brought the post in instead of the link.  
Do i just copy the funky number on the bottom left of the post?

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Re: My life, my struggle, my triumph  
Posted by gibbor120 - 19 Jan 2012 17:08

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[chaimyakov wrote on 19 Jan 2012 16:53:](#)

gibbor120,

sorry, i'm slow sometimes, but not retarded.

Sorry, I was just trying to be as clear as possible.

[chaimyakov wrote on 19 Jan 2012 16:53:](#)

i tried but it brought the post in instead of the link.

That's why it's important to click the link at the top of the specific post you are trying to quote, in this thread it's "**Re: My life, my struggle, my triumph**". THEN, copy it from the address bar.

Notice the link is at the top of each individual post.

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Re: My life, my struggle, my triumph  
Posted by chaimyakov - 19 Jan 2012 17:13

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Quote from: chaimyakov on January 19, 2012, 06:53:18 PM

gibbor120,

sorry, i'm slow sometimes, but not retarded.

Sorry, I was just trying to be as clear as possible."

Chas V'shalom, i didn't think you were implying i was slow or retarded, that phrase is a bit of family humor. i was pointing out my own inability to follow simple instructions. i think i now know how to link to other posts. Thank you for your patience.

Hatzlacha in all things GOOD.

chaimyakov

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Re: My life, my struggle, my triumph  
Posted by StoppingForever - 01 Feb 2012 07:24

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Boruch Hashem, and with his help only, I reached the 70 day milestone. I Thank all of you for your encouraging words. It's interesting to observe how little of my day(s) are invested in



struggle, in restraint, and how the majority of the time is spent around constructive stuff..

Though its a great blessing to be removed from the constant struggle, it concerns me, because the more removed we are from a struggle, the more we are in danger of slipping straight to the bottom without noticing, because it's not on our mind. Does anyone have suggestions? I must be proactive. I refuse, absolutely refuse to fall.

Stopping (not stooping)

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Re: My life, my struggle, my triumph  
Posted by gibbor120 - 01 Feb 2012 15:00

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I think you said it perfectly. Yes, we can't "fight" the Y"H for very long without losing. The trick is to focus our energy in positive ways so we don't even meet the Y"H. On the other hand there is a BIG danger in complacency. It allows us to feel like we are in a good place and can "afford" to take a sip. Before we know it, we don't know what hit us, we fall, we feel like garbage again, and that only leads to more acting out.

So we need to remember that we are in constant danger even though we don't feel it, but don't actively "fight it", but rather use our positive energy to keep us busy and not focused on the Y"H at all. We need to keep the knowledge of our weakness always simmering on the back burner and use it to help us avoid taking sips. If we do take a sip, the alarm bells should go off and we should remind ourselves of how weak we really are.

Make sense?

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Re: My life, my struggle, my triumph  
Posted by StoppingForever - 20 Feb 2012 12:06

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My friends, I have no words, I'm humbled by Hashem's kindness for having carried me towards

this 91st day, a milestone in my lifelong journey.

Thank you all for your support along the way, I will be sure to continue posting my progress, with Hashem's help of-course.

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Re: My life, my struggle, my triumph  
Posted by Gevura Shebyesod - 20 Feb 2012 14:45

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**MAZEL TOV!!!!!!**

KUTGW! May you continue to find ever greater happiness and contentment in Avodas Hashem.

Gevura!

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Re: My life, my struggle, my triumph  
Posted by alexeliezer - 20 Feb 2012 15:33

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So, so good to hear of your continued success.

Where to go from here?

Same as it ever was. One day at a time.

Wishing you much happiness.

Alex

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