

Tcholent for the Soul (the Group)

Posted by Avrom - 10 Apr 2013 06:21

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Tcholent for the Soul

(Nuu! Eat it while its hot!)

By:

Inastruggle

Chachaman

Some\_guy

Zvi

Hopefull

joeshmo

Avrom

Credits:

Our dear father in heaven

and GYE - thank you so much!!

(This group started [here](#) )

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Re: Tcholent for the Soul (the Group)  
Posted by Avrom - 23 Aug 2013 02:32

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Zviiiiiiiiiii!!!

Welcome back! ??

In any case, Good to have you here.... Don't let it get you down! One day at a time brother..

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Re: Tcholent for the Soul (the Group)  
Posted by some\_guy - 23 Aug 2013 04:39

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Hi everyone,

I am sorry I have not posted for a long time. I was in a very bad place. Still am. I am acting like I did before I became a baal teshuva. I don't know what to do.

-some\_guy/Elias/Eliyahu

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Re: Tcholent for the Soul (the Group)  
Posted by zvi - 23 Aug 2013 16:43

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Keep going Elias, we're all with you!

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Re: Tcholent for the Soul (the Group)  
Posted by inastruggle - 23 Aug 2013 22:06

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ZVI, welcome back!

Some guy, how about having a nice long dmc with your rabbi?

My week was interesting, bit of a crazy schedule but keeping afloat.(sorry for the lack of details, identity crisis)

Good shabbos to gye and all yiddin.

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Re: Tcholent for the Soul (the Group)  
Posted by gibbor120 - 23 Aug 2013 23:57

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WELCOME BACK Tzvi!

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Re: Tcholent for the Soul (the Group)  
Posted by some\_guy - 24 Aug 2013 05:05

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Hello,

I had a good day. Almost know thoughts entered my head and I have been happy all day. I had forgotten how good it felt to be clean. I will be sure to post again tomorrow.

-some\_guy/Elias/Eliyahu

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Re: Tcholent for the Soul (the Group)  
Posted by Avrom - 30 Aug 2013 12:51

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Very rough week,

Last night it hit the peek. I realized the insanity in me. I just want "a little bit of lust" -that's all!!  
What could be so bad about a small little bit???

I couldn't and cant see the obvious events that follow... Like the past billion times when I stayed up the rest of the night and ended up masturbating.. This time I will stop after one hour..

For me the biggest nissayon - is to watch a movies. Its not that I'm lusting women - and want to see them in movies. Its just the relaxation (READ: Escapism) that I so crave. But deep down its also lusting.

Anyways, this week I had a slip. Whats one more slip? I felt that I needed it so badly.. Fire was burning in me. Even going to oink-meeting didn't extinguish the fire completely. But after the meeting however, I spoke to the rock-thrower (GYE name?), he told me the story of one of the AA's. The guy was a real alcoholic, and thought after he had eaten and drank two glasses of milk - "What will one shot of scotch do on a empty stomach?" - **Idiot!**

(He ended up drunker than ever before etc.)

But then, what am I??? I'm saying exactly the same thing!!

I made it thru the night, by distracting myself. But distraction won't hold up to long. I need to find a way to get my life under control..

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Re: Tcholent for the Soul (the Group)  
Posted by tehillimzucker - 01 Sep 2013 17:13

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Was it a good movie?

How about trying to drink two glasses of milk instead...

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Re: Tcholent for the Soul (the Group)  
Posted by some\_guy - 10 Sep 2013 05:59

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Hi guys,

I am not counting days. What would happen is that I would fall once and then feel that the whole day is lost, causing me to fall many more times. The same happens for hours. So now I only focus on the current minute. It has worked great for me. Anyway, how are you doing? Do you

-some\_guy/Elias/Eliyahu

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Re: Tcholent for the Soul (the Group)  
Posted by Avrom - 10 Sep 2013 15:34

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Eliyah hanavy, eliyahu Hatishbi, Eliyahu....!!!!

KeepShteiging bro!!!

Thought I was the only cholent eater left... I really have to work, on "a minute at a time" - when that happens by me, i'm usually toast.

Over Rosh hashana I was trying to have full self awareness. Many times, especially when people are watching, I forget myself and only focus on the person I want to project... While davening - I need to daven. Not the guy who is portraying to be "the holy jew, wrapped in a talis". That was very hard at some points, but I did my best. More work ahead, and I'm open for suggestions, that is if - anyone can relate - or is this Chinese?

Btw. "Vetaher libeinu leovdecha beemes" - reads in my machsor: Please Hashem, help all the guys on GYE, me included to overcome our terrible problem. Clean them out - so we can serve you be'emes!

Amen kein yehi ratzon!

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Re: Tcholent for the Soul (the Group)  
Posted by inastruggle - 11 Sep 2013 00:41

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[Avrom wrote:](#)

Thought I was the only cholent eater left...

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Re: Tcholent for the Soul (the Group)  
Posted by Avrom - 16 Sep 2013 02:37

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Middos alert!

Well first the bad news: This yom kippur I felt like I was the new tzaddik hador. Why would hashem punish me? I'm doing all I can to be clean. I was so horrible in the past years, but that wasn't so my fault, I started so way before I knew it was ossur. When I realised, it was already to late. I was hooked. So Im just thinking how great I have been with all taken the measures I have. 35 days clean just boosted those feelings..

...Middos alert! Middos alert! Middos alert!

Good news is that for the first time, I didn't fall motzei yom kippur!! YAY!

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Re: Tcholent for the Soul (the Group)  
Posted by Chachaman - 16 Sep 2013 22:38

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[Avrom wrote:](#)

It seems your heading in the right direction chacha!! KOT

Just three things id like to share with you:

In your megilah you mention

"I need to just forget about problems"

- HOW do you do that?? In my experience the more I try to forget about a problem - it just rebounds with double velocity!! Only when I explain to myself that the problem is not really a problem - and try to see the bigger picture, that every thing is just for the good. Only then the issues become (more) bearable.

two:

there's no chiyuv for me to be unhappy given what I've gone through, to lust for anyone--in fact, there's no chiyuv for me to act as if I have a problem at all! Ignore it, forget about it (but of course with a solid plan of shmiras einayim, and fences), maybe post once a week, and when you need chizuk there is plenty of that, because we are literally all in this together.

This sounds scary - ill leave to the experts - but regarding myself, i realized that if im not constantly busy with the issue - it catches up with me. Leanyius daati - it has not come the time to forget about the problem. HOw many yom kippurs was I ready to forget that I ever was mzl... Now is the time to act. Perhaps after a couple of clean months - when one sees that the plan is working, maybe then start to forget about it? Anyhow as of now I think its important to know that I have a problem. Would love to hear what the oilam thinks of this...??



One last thing:

La'aniyus Da'ati, I respectfully disagree about Hashem being more close to us at certain times than others. (I have the same problem with "this time being an eis ratzon, this time not", etc.) Hashem is there year round, 24/7, and it's only our perceptions that make Him seem closer or more distant.

there IS a concept of hashem being closer. That's why people go to the kosel... Or daven with more kavanah at certain times..

I just want to add that R' Sholom Shwadron says: Many people think that they will leave tshuva to the long winter... Whats the rush to make an effort in elul?? Wrong!! Being that the king is in town and every peasant has the opportunity to see him. If a person over sleeps the kings arrival - and dears to approach the king in his palace - he will be kicked out!! The king will ask "I was in your home villiage - where where you then??" SO if someone misses that opportunity he also looses the year-round possibility to get into the palace by appointment.

If I only brought up these 3 points - you can take from that that I agree to the 1342 things you

Keep up the good work!!

Sorry it's been a while, but I've been adjusting to college and my first full-time experience of being in a Yeshiva, and so far it's been amazing. I really love Yeshiva.

I hope everyone's doing well. I am back in my hometown for Succos. Right now I am attempting to make an egg-salad...not the most lofty of goals but it's been a learning process for just

I don't think you and I were disagreeing. What I meant when I said that (what seems to be working for me) is to forget about problems is that:

figuring out how to hard-boil eggs

-I know someone who moved out of their parent's house long ago but still is feeling negative affects from it. What I mean is that they are in their thirties, and though they have been gone since high school, they still have issues stemming from their childhood.

And I don't mean to negate those issues. I am sure they are very valid. They definitely aren't anything related to abuse; it's more "the mother is very controlling", this, that, and the other.

At some point, if you've left your parents house 15 years ago, you've got to move on and stop diagnosing yourself with problems based on what happened 15 years ago. I am just using this case as an example.

Now, when I say "move on", I mean "deal with the problem in an authentic way--either through forgiving, internalizing that your parent's problems aren't yours, that your parents are human too, or something along these lines".

At least for me: some things about my childhood I just have to move past. I can get past them 10 years from now, or I can get past them now. I can live life hating my parents, despite the many many kindnesses they've done for me, while not accepting that they are human and have rights to their flaws even though these flaws in no way reflect anything about me and these flaws diminish their quality of life--or I can forgive and love them with a simple heart.

???? ???? ?? ?' ??????. Love Hashem. Don't chesbon things out too much--just say "no matter what, what has happened is for the best and I love you Hashem".

Also, never forget about the problem. The difference between me today (I hope at least) and a year ago is that right now, I am literally taking things a day at a time. I don't trust myself at all--not in the slightest. I'm not counting how many days at a time. And I think right now I am truly taking it day by day, minute by minute--like some\_guy said.

However, do I need to frame life as "fall v. no fall"? Of course not. Would it have been productive for me to be on GYE the past 4 weeks? No--it would have taken away from time from other things like learning, and I didn't feel it would be a huge help to me personally.

That's all I meant, and I'm sure everyone's situations are differently.

Anyway, chag sameiach!!!

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Re: Tcholent for the Soul (the Group)  
Posted by inastruggle - 16 Sep 2013 23:54

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Nice to see you chacha,

B"h everyone seems to be growing.

YAY! onto the jhf section, new worlds to conquer!

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