

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 Chachaman - 06 Jun 2013 00:55

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Avrom, let us know how you are doing!! We love you man!

Anyway, I am going to update about my situation.

First, the bad news. No, I didn't fall, but my brother is in town and I watched a movie with him (on our couch). It had the requisite Hollywood shmutz in it--at one point I left the room and came back 2 minutes later. Though it could have been much worse, I really need to stop watching TV.

The internet idea worked out pretty well. However, I haven't renewed it. My problem is I get on the computer to do one thing and I do other things.

I accepted a version of TaPhSiC on myself, and I also made a few commitments whose violations create a knas--for example, no electronic devices in bedroom when I go to sleep, no electronics while davening, only 20 minute increments on my laptop, Facebook only every other

The good news:

I graduated high school on Monday, and I thank Hashem for his lovingkindness in getting me to where I am today--I left high school on a 16 day clean streak, no insecurity about my social status / no feelings of inferiority, and a feeling of camaraderie with the rest of my class. It sounds strange, but I'll miss some of the kids (none of the girls B"H, but there were some really nice kids, and honestly there weren't any mean kids).

Today the temptations have been coming and going--again, it's a function of being at home some of the day without much to do. Tomorrow I'll B"H work for my mom at her office, so I'll be out of the house. I'm trying to step up my learning--I'll be at a summer learning program in a few weeks. I'm just thinking about today though.

Baruch Hashem! Life is good, I have so much to be thankful for. I'm going to let Hashem fight these feelings. Shacharis this morning, though by myself at my home, was one of the best davenings I've had to date, because I opened up to Hashem. No, I didn't do the fake "opening up" just enough so that I could ask Hashem for what I need. By nature, I'm a little introverted and kept things inside; instead, I just tried to open up to Hashem, and kick away barriers, and Baruch Hashem it worked.

I don't have too many chavrusos--I will try establishing a few in the next 3 weeks.

And more good news: Zvi and some\_guy are interested in joining the group!

Just another thing to get off my chest, because that's what the group is for: Why are there always like 600 guests online? Why don't they join the forum? And also: I know that I made the same mistake when I first came to the forum, in that I just posted my story without reading anything else, because I thought that all of the "addiction" stuff wasn't relevant to me. (I now B"H know better). But what can we do when our responses to everyone almost incorporate the same thing? I know personally that I don't plan to go on GYE for the rest of my life and respond to people. That's what makes Dov, Gibbor120, AlexEliezer, MT, and others so great, in that they always respond to new people. It's just something I wanted to get off my chest...idk if there are any answers. (Also, what happened to reb.guard--he hardly posts any more??)

I also put my first name on a few of my posts. do you guys think that that's a good idea?

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Re: Tcholent for the Soul (the Group)

Posted by zvi - 06 Jun 2013 16:03

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Right, this is my first post in this group. If someone can just fill me in about how this works- if someone from the group falls c'v, how many perakim of tehillim do I have to say? Does it increase by 5 each time?

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Re: Tcholent for the Soul (the Group)  
Posted by some\_guy - 06 Jun 2013 19:38

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I am sorry, but I fell this morning. I normally say 10 tehillim. Do I add any because I am in the group.

--some\_guy/Elias/Eliyahu

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Re: Tcholent for the Soul (the Group)  
Posted by Chachaman - 07 Jun 2013 08:01

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I'm sorry to hear that some\_guy!

You know, why don't we just keep it at 10 tehillim per fall, without adding it each time. The group, in my opinion, isn't supposed to be another "trick" to beat the Y"H ("well, I can't fall because I don't want to inconvenience the group"), but instead it's supposed to be a source of support where we can all grow together.

I have a question--personally, I am 18 or 19 days clean (I forget which) and I am wondering whether it would be best for me to take a break from GYE and thereby keep myself from internet and try again on the "start living" part. What do you guys think? Maybe I'll limit myself to once a week, and I'll stop posting on so many other threads--if you guys want to reach me, you could send a PM. What do you guys think?

some\_guy, I love you so much, and you sound like such a tzaddik. Basically, it is important that we know how this fall came about:

-How are your filters? Are you scared to completely filter everything because it would be too daunting (a challenge I faced in the past)?

-Do you have a TaPhSiC in place? (in case you're looking for good ideas, here's a copy of mine:

"For the next 7 days:

Knas of \$20 if I don't obey, in addition to TaPhSiC Knas.

If I don't do the following activities before a fall or looking up questionable material, including Facebook, twitter, or real shmutz, I must say 50 tehillim. Fall is Mast for 30 Seconds, questionable material is for one minute.

However, if I do do the following before the above (already defined), then I only do group tehillim, and only then for something group would consider fall. If they wouldn't consider it fall, I must do 7 tehillim.

the following are things I must do before fall:

(I must do these sincerely):

-Go on briskodesh to reaffirm commitment. At least 5 min.

-Go on GYE forum for 10 min, chat with at least 1 person

-Take a 10 min walk (bball does not count)

-Say 5 tehillim

-Learn Torah for 10 minutes

In addition to TaPhSiC, rules I must obey, breach of which carries \$20 Knas:

- No electronic devices in my room when I am prepared to go to sleep
- 20-min increments on laptop, then at least 10-min of something productive away from computer.
- Can only use Facebook every other day.
- No using mom's computer unless someone is on first floor of house.
- I can only BEGIN taphsic process when the urge is strong and unmotivated by boredom.
- 1 hour a day on GYE forum max, unless there is an emergency of sorts.
- No reading fb news feed, can only check notifications
- No electronics while davening

I make a kabbalah to hold myself to these conditions for the next 7 days

"

The FaceBook thing definitely didn't work out, so I'm not sure if I want to cancel it or not. The thing is, I wanted to connect with some kids after I graduated. I'll have to think about that one.

Anyway some\_guy, it's good to have something like that.

-Attitude: would you like to share some things you have learned as far as attitude, and what you have learned in your time with GYE? Specifically, ways for you to implement those attitudes? (If you're curious about me, read the link I posted earlier in this thread about how far I've come, and click on my profile and read some of my posts if you're curious.) The biggest thing I've discovered is that this is a way of hiding from life for me, and I'm trying to grow as a jew by growing in emunah, gaining more anavah, davening harder, using internet less, etc. It's different

for every person though.

(Just an incidental thought--perhaps it's bad for me to give other people advice, just because I am always priding myself on "oh boy Chachaman, you sure are smart and know your stuff" whenever I give a post. [Some\_guy--that sevara only applies to myself and my situation--by all means you should keep on posting a lot on the forum and in other threads, because you 100% have something to say every time your post and make people feel better everytime you post something. Like you are my favorite person on this forum, even better than Dov :) Keep on posting on the forum please!)

-Discovering root causes of the addiction...this is big. I remember you posting earlier about perfectionism/weight of failure--honestly, I think that is your biggest breakthrough and have you done any followup on that?

I totally chop about the perfectionism part, except for me that's more from my parents and perhaps a desire for acceptance (which was also difficult because of public school). Like, I'm the valedictorian of a class of 300 kids in a rigorous program, I just gave a speech (which went very well B"H! I was completely comfortable on the podium), and all my mom can worry about is "Chachaman! You dropped your tassel! Oh no! How could you lose your tassel!!!! What are you thinking???" That's part of what set me off on a bad mood yesterday--I'm honestly trying to think about good ways to not let my parents get me down, but it's tough.

I'm also trying to work on nivul peh.

Anyway, what plan are you doing? For me, I try to not make my life about the struggle, but at the same time, at some point we have to stop talking about it and start taking concrete measures to tackle our problems.

Hatzlochah! I'll be saying tehillim for you (and Avrom) bli neder!!!

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Re: Tcholent for the Soul (the Group)

Posted by Chachaman - 07 Jun 2013 08:05

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A dvar Torah I want to share:

Rav Frand on Behaaloscha (I get it in an email):

"Good, I'm patur! But how can I miss out on a mitzvah? Their attitude was that missing a mitzvah is a deprivation. It is something that I am going to miss, and I do not want that to happen. It is not a question of punishment and it is not a question of blame. It is a sense of lacking something if they miss the opportunity. This is what the Medrash calls "charedim al haMitzvos" [trembling to do the commandments].

There is a similar concept in the beginning of the sixth chapter of Tractate Berochos [35b]. The Talmud asks "What is the difference between the earlier generations and the later generations?" The Gemara explained that the earlier generations brought their crops in through the front door (so that they would be sure to be obligated to give the tithes from the crop) while the latter generation purposely sought out loop holes and brought in the crops through the back-door, so to speak, in order to become exempt from the need to tithe their crops.

This is the difference between the earlier generations and the later generations. The earlier generations had an attitude "Why should we be deprived?" The latter generations are looking for every excuse they can find to circumvent the laws requiring them to give.

At the beginning of the Parsha, the pasuk says: "Hashem spoke to Moshe saying: Speak to Aaron and say to him: 'When you kindle the lamps, toward the face of the Menorah shall the seven lamps cast light.'" Rashi famously asks "Why is there a juxtaposition of the section relating to the Princes' offerings with the section relating to the lighting of the Menorah?"

Rashi answers that when Aaron saw that the leaders of all the other tribes participated in the dedication of the Mishkan and neither he nor his tribe participated, he felt badly about it



(chalsha da'ato – he became depressed).

Here too we should note: What was Aaron depressed about? There were 12 Tribes with 12 Princes. Their job was to bring offerings during the 12 day consecration period of the Mishkan. That was not his job. What is he getting so depressed about?

The phenomenon is the same as those of the people who were impure and could not offer the Pessach offering in its proper time. Aaron felt deprived. "Why should I be left out?" Winston Churchill once said, "It is the measure of a man – what makes him angry." We can paraphrase that: "It is the measure of a man of what makes him depressed."

Some people get depressed when the Orioles (or whichever favorite sports team / location) lose. It can be a bad week in Baltimore for a lot of people when their baseball team goes on a losing streak. Some people get depressed when their stocks take a hit or when they lose a lot of money on some other investment. What depresses Aaron? He is depressed because he missed out on a mitzvah, because he could not participate in the dedication of the Mishkan.

Later in the Parsha, there is another example of people who were depressed – but they were depressed about something else. They were depressed because they missed the luscious cucumbers and watermelons they had in Egypt. These people became depressed about food.

This is a question we must ask ourselves. What makes us depressed and what makes us happy? Aaron became depressed about not participating in a mitzvah. The carriers of Yosef's coffin became depressed about not being able to bring a Korban Pessach. The "Complainers" became depressed about not having cucumbers and watermelons! The measure of a man is what makes him sad and what makes him happy.

RABBOSSAI...IT IS OKAY TO BE UPSET ABOUT A FALL. BUT IS THAT UPSET "LESHEM SHAMAYIM", or is it "self-pity / yetzer hara type of upset"? Are we going to go back out there and give it our best shot, and let Hashem worry about our struggle and the fall, or are we going to wallow in self-pity and fall into an endless cycle?

BEVADAI WE SHOULD BE UPSET!!!!!!!!!!!!!! Are we going to use that upsetness for HISORRERUS, for a drive to grow a greater connection to Hashem, or are we going to make that upsetness the focus of the past?

Rabbosai, we can learn from our falls...but we can't wallow in depression R"L. Hashem loves us, every second of the day!!!! We do hishtadlus, and Hashem does the rest.

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Re: Tcholent for the Soul (the Group)  
Posted by zvi - 07 Jun 2013 19:11

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Don't worry Elias! You're doing amazing! I wish I had your levels of motivation and emunah!

KOMT!

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Re: Tcholent for the Soul (the Group)  
Posted by Avrom - 07 Jun 2013 21:16

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Thank you so much for your warm words they mean so much to me. The groups support really helps!!

The good news is I'm still clean!! The bad news is that I'm not over the hill. The past few days I survived, not by winning the fight - I was just too busy with other things and had no time for the thoughts. (Btw, sorry chacha, that was the reason I didn't update) But now that I'm back to my regular schedule I realise that nothing really changed. My fantasies will be waiting for me after

I find that davening does work. My personal tefila is "Hashem I'm doing this because of you, take these thoughts out of my head, please help me to love you and show me that you love me too" If I could do avodas hashem out of love - not acting out wouldn't feel like a sacrifice. Yes, I don't care what lav suicide is, but I somehow don't view bad thoughts as such a bad thing. I guess that is the real problem.

Welcome to Zvi and Eliyahu, great to have you on board!!!

Enjoy shabbs!!

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Re: Tcholent for the Soul (the Group)  
Posted by Avrom - 09 Jun 2013 17:55

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Sorry to bother you guys with another round of tehilim. I was struggling the entire shabbs

I will try not to let myself get depressed. This is the furthest I ever got. I have to realise the progress I have done so far and try to grow further. Please Hashem help me, that this fall should end here and not drag on for the next few days.

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Re: Tcholent for the Soul (the Group)  
Posted by zvi - 09 Jun 2013 17:56

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Avrom, you did AMAZING! Don't get depressed, just pick yourself up and keep going! Hashem loves you! We all love you! Don't look back, whatever you do!

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Re: Tcholent for the Soul (the Group)  
afternoon motzei shabbs I eventually fell  
Posted by inastruggle - 09 Jun 2013 18:23

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maskim.

KOT buddy

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Re: Tcholent for the Soul (the Group)

Posted by some\_guy - 10 Jun 2013 00:28

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I did really bad over the weekend and am not sure what to do about all the charity I owe and tehillim I have to say. Can you post on my thread ([guardyoureyes.com/forum/1-Break-Free/137177-I-need-help-please?limit=15&start=210](http://guardyoureyes.com/forum/1-Break-Free/137177-I-need-help-please?limit=15&start=210)) if you want to give advice. I outlined the problems more clearly there.

--some\_guy/Elias/Eliyahu

P.S. Thank you all. Hearing what you said about me having emunah and being a tzaddik really

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Re: Tcholent for the Soul (the Group)

Posted by Chachaman - 12 Jun 2013 02:37

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I also fell after 22 days clean or so last night. What happened was that I was babysitting from 9pm-12am, I had a few improper thoughts during the day and also about the mother of the kid for whom I was babysitting. I went to sleep, but at like 12:45 I was in that kind-of-asleep-kind-of-awake phase, and once I started (when I was asleep) I didn't stop (even when I awoke).

Inastruggle: do you have advice for making it 90 days? I was getting full of myself for making it 22 days, so I think falling was a good reminder for myself to be humble. The main thing is to just go out there and live, without focusing on this issue too much. It's the living that can be hard, but

I guess that we can't expect to be happy 100% of the time and that slips are expected to pop up along the way.

baruch Hashem, I haven't viewed any shmutz in about a month and a half despite my two falls in between then and now. I've only had one internet-related slip, in hwich I was (unwisely) on YouTube and I clicked on a "featured" link that I shouldn't have.

It is very interesting--I think I have a cycle where if I spend an hour or two on the internet I get very depressed because I feel like I should be doing something productive, even though what I was doing was GYE and b'etzem it was productive. I have been working for my mom the past few days, so I've been busy. I got on GYE from 2:00-4:30 (i.e. now, I'm about to log off), and I feel like I've wasted a huge amount of time even though it's nothing abnormal, and if I had been working today I would have basically been gone from 7:30-5:30 or so (including the commute).

I still have trouble with two things:

- fantasizing about different people
- controlling my thoughts sometimes.

Anyway, I had an amazing shabbos as I stayed by a Yeshiva. I honestly think that I am going to take a big break from the internet--until today, I had barely used the internet since Thursday. I have been checking in to GYE on my android phone, however.

Anyway, bye for now! For some reason I feel bad for going on the internet. I guess that's just conditioning--and it's probably a good thing to feel bad about using the internet!

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Re: Tcholent for the Soul (the Group)  
Posted by Chachaman - 12 Jun 2013 03:03

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I'm reading through some of Gibbor's thread (called "home of Gibbor120")--it's mamash

amazing, he has great divrei Torah...and on Page 15, I found something that really helped about the idea behind self-esteem: it is self-acceptance:

WMP and dov, I agree with both of you! I'm still working on my understanding of this, but here's the way I see it right now.

I think you guys are indeed arguing semantics. Dr sorotzkin says essentially exactly what WMP is saying. People with low self-esteem also have as a counterbalance a feeling of superiority. He illustrates this with a case he had of a fellow who had the lowest self-esteem he's ever seen. One day the patient admitted that he sometimes feels greater than G-d. The Dr wasn't surprised in the least. The lowest self-esteem needs a counter balance of the greatest feelings of grandiosity.

As far as what dov writes about accepting himself and realizing that G-d loves him no matter what. That is the foundation of true self-esteem. I have seen this written by (I think) R Twerski and R Zelig Pliskin. My true value is in the fact that Hashem created me, not in what I can do. I think I am finally starting to understand it and I think that's what dov is talking about.

If my self esteem comes from the fact that I always get up on time for shul, what if I'm late one day. If it's because I'm a great basketball player, what if I have a bad game? If it's because I'm a great baal tefillah, what if I mess up a tune? If it's because I'm smart, what if I meet someone smarter than me?

It's this type of false self-esteem that creates pride (the kind dov is weary of). We love ourselves because of x, y, or z. We try to be better to make ourselves feel better. The driving force is really that we feel awful about ourselves (low self-esteem). Once we have self-acceptance (what dov mentioned) we can look at ourselves honestly and not feel prideful about our achievements (or awful about our failures). When we don't accept ourselves, we don't accept our achievements either, so we are driven to achieve more... to boost our self-esteem, but it doesn't work. We need to accept ourselves "just the way we are", then and only then do we have a shot at true self-esteem.

So I think you are both right... that's my 2 cents anyway.

BTW I highly recommend all of Dr Sorotzkins stuff. You can find it here [drsorotzkin.com/](https://drsorotzkin.com/) . The stuff on perfectionism is especially relevant to this discussion.

That really struck home for me. Self-esteem is a misnomer. It's not esteem...because no matter how great of a person I am, I'm always going to be able to find a reason why I'm worthless. It's self-acceptance, that Hashem has made me the way I am and I'm giving myself up to a higher power.

It's living without regret. It's living while focusing on the good things, both in myself and others (and accepting other Jews). It's about losing insecurity.

There's no reason to be insecure, because tatte is here and tatte will provide for me.

It's about being thankful for what I have without complaining. Baruch Hashem, I have so many things to be thankful for.

It's about not letting my mother guilt me about the smallest things (oh no! I lost my graduation tassel! How could I???). It's about keeping stuff in perspective, and accepting myself.

I know what it is intellectually, but I'm having difficulty internalizing the conception. Maybe it'll happen over time.

Thoughts?

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Re: Tcholent for the Soul (the Group)  
Posted by Chachaman - 12 Jun 2013 03:20

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Rabbosai, another link from gibbor that I found to be an amazing article that described me at least very well, and I think that it is worth everyone's time to read:

[nymag.com/news/features/27840/index3.html](http://nymag.com/news/features/27840/index3.html)

Reading further on page 15 of Gibbor120's home, it really hits home for me: I strive to be seen as perfect, as worthy, etc. I worry about my image.

Perhaps admitting my frailties is healthy--I don't need to be perfect.

As I'm writing this I'm experiencing a little mental block, as if it is very difficult for me to go through my faults or to think in this manner. I think I may have penetrated to the core of the issue.

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