

Aleh katan

Posted by loi-misyaeish - 22 Dec 2009 19:13

"TACHZIK CHAZAK ALEH KATAN SHELI, KI LO TAMID HAKOL BACHUTZ BAHIR...." Yes, i am still like a small leaf, moving in the winds of this terrible society. I am so happy to be able to begin a thread of my own after being almost five months on gye. Yes, I am a young guy, but with almost ten years of struggle with this terrible monster, has affected my life deeply. When i was still very young i got very attracted to women, i didn't know at first what it was, but later on i understood. Eventually it became a full blast addiction. With hashem's help i found this wonderful website. For the first time i found people whom i could relate my situation too. I tried three successive attempts to reach ninety days, but realized recently that ninety days does not work for everyone. So if anyone has tried so many unsuccessful attempts to manage a certain number of days clean and did not succeed, he's not alone. The feelings are sometimes deeply rooted, and impossible to change in an instant. For that one needs good therapy. Personally i hated the idea of therapists when i grew up but i came to the realization that it's definitely a must in my case. I've been so far to r' shlachter twice. These conversations were based on a more personal level, so it's hard for me to bring out any concrete ideas that can be written. It's more trying to reach the root of these things that cause me to act out. It's the desperate need of someone who does not yet have the possibility to have it (i'm still a bochur). The lack of it has caused me to channel my thoughts to be relieved from it when i act out. For example yesterday i was finding it hard to understand a very difficult toisafos. I began to daydream and started thinking about these things till the point that i was feeling very tense. I ended up going to the bathroom and acting out. After i was mz"l, i felt amazingly relaxed and went back to the toisafos. Beleive it or not it just became so easy. That's the problem, i'm using m. other things to help me relax instead of using other

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Re: Aleh katan

Posted by jerusalemsexaddict - 02 Jan 2010 23:45

LM,you da man!

Sorry i wasnt by my store on friday.I took off the day and went out to eat with it25.

hopefully ill see you before i leave.

Keep up the good work!

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Re: Aleh katan

Posted by silentbattle - 03 Jan 2010 02:53

What I mean is..well, there are a few things going on here that strike me as possibly being unhealthy.

Overall, though, it sounds like your family's involvement in this issue is making your own growth much more difficult - there are guilt trips, and you need to be even more careful to hide the things that you're doing to grow, etc.

So it's probably a good idea, for now, to get yourself a little more space, and that way you can become healthier. Then, from a healthier place, you can decide how to relate to your family in a healthier way, with clear boundaries on all sides.

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Kumzitz

Posted by loi-misyaeish - 03 Jan 2010 02:56

Just edited some stuff

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Re: Aleh katan

Posted by Kedusha - 03 Jan 2010 04:29

Hatzlacha is this area, and in everything you do!

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Re: Aleh katan

Posted by bardichev - 03 Jan 2010 04:55

Aleh Katan

Zeh Hkatan

Gadol Yiyeh

GEVALDIGGGGGGGG

KEEEP ON TRUCKING!

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Aleh katan

Posted by loi-misyaeish - 07 Jan 2010 21:43

Just a quick update guys. I was by r' shlachter today. Recently my parents spoke to me about going into shidduchim. My friends are all beginning to get married, so they feel it's right thing for me to begin and that's why they encouraged me to disconnect from the internet. I spoke to r' shlachter about that and he explained that right i am that it will fill my physical and emotional desires somewhat. But sometimes when things get tough, one ends up finding ways of escape and m. etc. We spoke about the fact that there's no need to be fighting all ones life, and having a terrible struggle one's entire lifetime. That's exactly what i'm doing by him, we're gonna work out a way of not having to fight all ones life, but to feel happiness and satisfaction. He explained that by finding a way of 'trusting' oneself we'd be able to connect more to the 'heart' than the head. That's we ended off today and he said we'd expound on it more, next time. AN URGENT REQUEST: I would like to keep my thread updated. Anyone willing to do it, please pm me as soon as possible by leaving a phone number to keep in touch. Be it anywhere in the world. THANX GUYS AND REMEMBER YOUR ALL VERY SPECIAL!!!

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Re: Aleh katan

Posted by the.guard - 07 Jan 2010 22:46

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Re: Aleh katan

Posted by Steve - 08 Jan 2010 18:56

have an awesome shabbos!!

good to hear from you and your progress, my little leaf

sorry, my caps lock is broken. that shoulda been louder....

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Re: Aleh katan

Posted by loi-misyaeish - 10 Jan 2010 23:19

Hi guys, just a quick pop in. B"h thirty six hours clean! But guys i can feel that i'm beginning to climb higher and higher. Hatzlacha to all! Loi-m ;D

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Re: Aleh katan

Posted by habaletaher - 11 Jan 2010 05:14

LoMi. we're all very proud of you, May Ha-shem be with you and guide you to a successful place, I just hope that one day in five years from now, you will be able to look back at your whole GYE experience with a big ole smile!!

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Re: Aleh katan

Posted by Eye.nonymous - 11 Jan 2010 12:35

[loi-misyaeish wrote on 07 Jan 2010 21:43:](#)

AN URGENT REQUEST: I would like to keep my thread updated. Anyone willing to do it, please pm me as soon as possible by leaving a phone number to keep in touch. Be it anywhere in the world. THANX GUYS AND REMEMBER YOUR ALL VERY SPECIAL!!!

Good to hear you won't be completely leafig us.

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Re: Aleh katan

Posted by silentbattle - 11 Jan 2010 15:11

I'm pretty busy these days, but we can try to work something out...

I tried calling you on friday to wish you a good shabbos, but your roommate said you weren't home...I though about askign him to tell you that your silent friend called, but figured you don't need the weirdness in your life. I'll try calling back today (tonight, for you).

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Kumzitz

Posted by loi-misyaeish - 17 Jul 2010 22:54

HEEEELLLLLOOOO GUYS!!! I hope that was loud enough for everybody to hear! I do not want

to get 'addicted' to this forum, but i'm just connected for a few days. I first wanted to edit some stuff that i did not feel was so appropriate to leave on cyberspace so i hope you guys will forgive me for that. First of all i would like to mention that i noticed that gye succeeded in getting into the mishpacha in shevat, and that was really great and heartwarming to see what our beloved leader yaakov has managed to achieve. Yaakov is bringing back the wayward sheep just as our ancestor yaakov avinu did. Boruch hashem i'm not such a small leaf anymore and has grown since half a year ago. Reading over the thread made me realize what a siyatta dishmaya there was at such a dizzying speed to get me to leave the net. It was not an easy thing to do to leave all my beloved friends on gye, in fact heartbreaking. But it was a move that i had to make. But with the help of a great tzaddik called silentbattle, b"h i began to heal. Rabbosai i've got earth shattering news 'OVER SEVEN MONTHS OFF P., ALMOST THREE MONTHS OFF ANY TRIGGERING STUFF AND THIRTY FIVE DAYS OFF M. (a record since tishrei)!!! Hatzlacha rabba my holy brothers and 'TACHZIKU CHAZAK ALIM KETANIM SHELI...' Keep on fighting the holy war!!!

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Aleh katan

Posted by loi-misyaeish - 17 Jul 2010 23:29

I just had such a 'desire' to write another post. I was just checking on my 'old friends' post and was amazed. Kolel guy and it25 left the net. I'm sure they are shteiging away just like i am. I was in touch with it25 not so long ago by phone and he seems like he's been getting along great without the net. I wish that many guys would follow their footsteps and have a so much better life. As someone put it to me recently, Gye is a sos call for those that need emergency help , but once one is beginning to recover one has to begin taking steps alone without holding on a crutch. Gut voch. Loi-m(i did not give up and with hashem's help i'm beginning to get far in life)

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