

Work in progress

Posted by Vehkam - 02 Jan 2022 18:43

Trying to post here on a somewhat regular basis so that I stay on course. I have to rewire my thinking patterns of over thirty years! I set the counter to the last date that I fell in masturbation. I have been able to stay away from other things for longer. I thank hashem for his kindness in helping me to this point.

this shabbos I was in Florida. Obviously there are a lot more nisyonos. I definitely was more successful than other times in not following my eyes and gazing with the help of GYE. (Not to say that I was successful in every instance- at some point my feet just took me in the wrong direction even though my mind was saying- STOP!)

One thing that helped me alot was a shiur I heard recently that describes the power of a tefila that one has immediately after he withstands a nisayon. When I feel a possible weakness to a temptation, I quickly resolve to turn away and then I immediately daven for something that is very important to me. Each small victory is another tefila. I don't want these nisyonos, but if they are coming anyway at least I have the opportunity to use them for something very meaningful.

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Re: Work in progress

Posted by eerie - 18 Oct 2023 20:30

[redfaced wrote on 16 Oct 2023 20:55:](#)

[eerie wrote on 16 Oct 2023 19:04:](#)

[Hashem Help Me wrote on 16 Oct 2023 11:20:](#)

Great idea - but how do you deal with the GYE texts etc staying confidential with other guys info?

This problem forced me to make my phone ultra-private. Some guys can text really private stuff, and my wife and kids definitely shouldn't see any of it. I BH have a kosher phone, but it is true that I lose out on having my wife as my shomeres. To be honest though, she rarely ever checked my phone even before I put a password on it

I wish i had such an option - my phone is too dumb. Instead im busy all day erasing texts messages from gimpelovitch and his cronies.

This is something that I sincerely wish that I didnt have to hide from my wife - unfortunately I do

I think the main issue here is that you have texts all day from gimpelovitch and his cronies.....

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Re: Work in progress

Posted by Vehkam - 19 Oct 2023 19:33

On another thread that someone posted regarding a desire for piercings and tattoos there was a comment that said

"I don't think the fact that you still desire it indicates any flaw in your relationship with Hashem I think the the person who has a desire to do something inappropriate and controls himself is closer than someone who doesn't need to overcome them.

the beauty of judaism is that we are mainly credited for things we actually struggle to overcome and although this sounds basic, most people in society don't seem to understand this"

I did not want to hijack the thread with my responses to someone other than the original poster so I am responding here instead.

I agree wholeheartedly with your second paragraph. I do have some comments regarding the relationship with hashem. As a general rule we are not responsible for the urges and desires that we did not ask for. Our job is to respond appropriately and to teach ourselves to refrain from following those urges and desires that are forbidden to us. Many of us on this site want to do what is right, yet we find ourselves in situations where the urge seems very powerful and impossible to overcome. Indeed the gemara says that the yetzer hara is stronger than us and

without hashems help we would not be able to resist.

However, there are things we can do to lessen the temptations of those urges. Someone who is passionately in love with their spouse is much less likely to be enticed into an extramarital relationship compared to someone that is not actively in love. That does not mean that people passionately in love are immune to seduction. It just means that since they are so focused on pleasing and maintaining a healthy relationship with their spouse it is unlikely that they will follow any temptations that will jeopardize that relationship. It is the opposite of what they are looking for. Even if it may seem tempting for a fleeting moment.

Our relationship with hashem can be treated in the same way. If someone is actively passionate about serving hashem it means that he is constantly looking for ways to serve and please hashem. If something is forbidden, it is by nature an activity that will draw a person away from hashem. The passion to serve and be close to hashem can therefore help lessen the pull of any forbidden desires.

Without this passion a person will have an internal battle of logic vs emotion. Logic can only persevere for so long and eventually the emotional needs may cause a person to give in. Raising our level of passion to serve hashem can nip this internal battle in the bud.

The longer a person definitively resists these forbidden urges and temptations, the weaker they generally become. Once a person views those activities as something he just doesn't do anymore they are no longer as challenging.

With all that said, desire does not indicate a flaw in a person's relationship with hashem. However, working on that relationship with hashem and developing a passion to serve him can certainly help some people to lessen the pull of that desire. This may not work for everyone. In the past it has worked for me. I daven every day that it continues to do so.

I also would refrain from judging who is closer to hashem. That is not our job. Each of us has a unique mission in this world with challenges that are specifically chosen for us. Our relationship with hashem is not dependent on being closer than anyone else. It is dependent on connecting with hashem in the best way possible given the circumstances, challenges and opportunities that were afforded to us.

May we all be zoche to connect in a meaningful way.

Best wishes for continued hatzlocha

vehkam

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Re: Work in progress

Posted by BennyH - 19 Oct 2023 21:27

[Vehkam wrote on 19 Oct 2023 19:33:](#)

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I followed your lead and brought my thoughts to your thread so as not to hijack that other thread.

I think what the original poster meant (not to put words in his mouth, but this is just how I understood it), is that if **all else is equal** and Person A never had to struggle and Person B did have to and yet overcame that struggle, then Person B is closer to Hashem.

And I don't see how that is a controversial statement to make.

It's literally the micro actualization of why Hashem gave the Torah to humans and didn't keep it in shamayim for the malachim.

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Re: Work in progress

Posted by Vehkam - 19 Oct 2023 21:35

Of course you are correct IF all else is equal. However all else is never equal so I would leave person A out of it.

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Re: Work in progress

Posted by cordnoy - 19 Oct 2023 22:52

[Bennyh wrote on 19 Oct 2023 21:27:](#)

[Vehkam wrote on 19 Oct 2023 19:33:](#)

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Not controversial, just wrong.

(Without even gettin' into why Mr. A struggled in the first place.)

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Re: Work in progress

Posted by redfaced - 19 Oct 2023 23:08

[cordnoy wrote on 19 Oct 2023 22:52:](#)

[Bennyh wrote on 19 Oct 2023 21:27:](#)

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Why is this not exactly what ???"? said

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Chaimoigen had a very long post about this a few months ago - im a drop to lazy to look for it

[Not lazy anymore - this post was too good!](#)

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Re: Work in progress

Posted by ih987654321 - 19 Oct 2023 23:51

I am the one who posted that , and that is precisely what I meant and I don't see how its controversial or wrong.

In my opinion a foundational part of judaism is the struggle and effort to rise above the temptations and flaws that we have been given. The thing that differentiates us humans from animals is the ability to override our biological wants and temptations, which is what the whole concept of bechira which means that what makes us special is the ability to choose, even though we do have temptations just like animals we don't need to act on them like animals do.

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Re: Work in progress

Posted by Vehkam - 19 Oct 2023 23:54

We are in agreement on that. Thank you.

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Re: Work in progress

Posted by Captain - 20 Oct 2023 01:50

[redfaced wrote on 19 Oct 2023 23:08:](#)

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See Maharsha there- this line in the gemara is talking about people who sinned and did not do teshuva vs people who did not sin.

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Re: Work in progress

Posted by chaimoigen - 20 Oct 2023 01:52

The post you referred to, I think, is this one.

<https://guardyoureyes.com/forum/17-Balei-Battims-Forum/356161-Gardener-of-Grodno?limit=15&start=375#399041>

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Re: Work in progress

Posted by Vehkam - 20 Oct 2023 02:01

So nice to have everyone posting in my thread! This was a good chazara. Going to sleep now.

Have a wonderful night.

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Re: Work in progress

Posted by Vehkam - 02 Nov 2023 00:56

I told my wife during supper tonight that today is my birthday. She looked at me perplexed as she knows quite well that I was born in June. Within a moment the perplexed look was gone and she hypothesized, today is the day that you decided to become clean? I confirmed. She said, let's go out for dessert to celebrate!

It is two years to the day since I committed to find clarity and to live the life that I truly want for myself. When I made that decision, I had no idea if I could be successful. But I decided to try. I can truly say that hashem gave me a gift.

Up until that point my struggles had me falling deeper and deeper into a never ending rabbit hole of promiscuity. Anything I tried to break that pattern was short-lived. I felt doomed to living out my life with two separate identities and no place at all in the world to come. The pain of this contradiction was soothed only throwing by myself further into a world of lust and pleasure seeking.

Two years ago, all of this changed. With hashem's help I was motivated to make real changes. Changes that would impact my inner self. With tremendous siyaata dshmaya, I found the tools needed. The books to read, the people to speak to and the activities to keep me busy. I documented most of it in my thread so that I can go back and read it. For the first few months I kept looking over my shoulder wondering when the motivation would wear off. B"H it never did. Slowly but surely I developed a confidence in myself. Not complacency, I still work on this every day. But there is a confidence. I don't expect to fall again. I daven to hashem every day that he help me with this. I am confident that if I continue to do my part, hashem will continue to help me.

When I dated my wife earlier this year I told her all about my past. It was a lot for her to digest. I told her that if she allows me the time she will come to know that I am the person that I portray. She gave me the time. She recognizes that so much of who I am came about specifically because of my struggles and my work to break free. She is incredibly proud of me. I am so lucky. I don't have to keep any secrets. I can read my posts to her.

I am incredibly grateful to the rbs'o for the life that I am living. It is truly a new life. To the outside world I appear happier and more confident but inside it is so much more than that.

I hope that my writing can continue to inspire others. Much of it was written with tears streaming down my face. (I remember after one post that my eyes hurt for the next two days! I am no

longer as emotional but I am just as grateful.) Over the past two years I have been fortunate to talk to many and meet some of the people on these boards. We are a special group. It is an affiliation that I will always be proud of.

So happy second birthday to the new me and heartfelt brachos to all of you for continued siyaata d'shmaya in all of your efforts and may we each continue to help each other to live a life of kedusha.

Best wishes always

vehkam

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Re: Work in progress

Posted by ainshumyeiush - 02 Nov 2023 01:19

Mazel Tov!!!

may you have many more years of continuing to inspire and be inspired!

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Re: Work in progress

Posted by Hashem Help Me - 02 Nov 2023 03:32

Happy birthday buddy. Next year iyh a *chalaka* in Meron!

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