

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 proudyungerman - 04 Sep 2024 01:14

I would like to humbly add my bircas hedyot.

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You are a true inspiration in such a deep way, I look forward to hopefully speaking again and continuing to gain from you for many more years!

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Re: Work in progress

Posted by iwannalivereal - 04 Sep 2024 03:21

Mazel Tov!

You were the first GYE friend that I met (I'm actually laughing remembering outside which shul we met!) That meeting lit a spark inside of me that continues to grow and keep me warm. You replaced my yiush with real hope, and my despair with true light!

You should be zoche to a continued life of aliyah!

IWLR

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Re: Work in progress

Posted by adam2014 - 04 Sep 2024 10:01

Talk about motivating!!!! WOW... This literally made my day

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Re: Work in progress

Posted by Muttel - 04 Sep 2024 13:04

Can we frame the attached screenshot?

It's so precious.....

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Re: Work in progress

Posted by redfaced - 04 Sep 2024 14:39

[Muttel wrote on 04 Sep 2024 13:04:](#)

Can we frame the attached screenshot?

It's so precious.....

Not any more precious than this

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Re: Work in progress

Posted by frank.lee - 04 Sep 2024 23:35

To our dear @Vehkam, I remember when I first joined, you reached out to chat, I think the first person to do so.

You had joined a couple months before me, you inspired me with your genuineness, your patience, your keen insight, and measured responses. You have a special skill to convey respect for everyone and know how to answer each person in the level and perspective that they can grow.

Continued success in all your endeavors, keep finding strength in consistency, and Siyata Dishmaya in guidance on growing to the next level, and helping others upwards!

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Re: Work in progress

Posted by chaimoigen - 05 Sep 2024 02:58

“There are many doors open to you...”

I will never forget those words. Or their impact.

Locksmith, Lighthouse, Advisor, Friend

Your understanding, humility, caring and example is a treasure that has no compare.

May the Rebono Shel Olam grant all of your ?????? ???? ????? ???? ?

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Re: Work in progress

Posted by Hashem Help Me - 08 Sep 2024 11:25

Mazel Tov on 1000. Mazel Tov on the hundreds you have helped. And after accepting the compliments and celebrating, get back to work! A few thousand chevra out there are waiting for your chizuk...

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Re: Work in progress

Posted by vehkam - 29 Oct 2024 03:35

[Vehkam wrote on 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 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 d'shmaya, 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'os 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

Had an uplifting yomtov and was zoche to meet two amazing guys from the chevra. I will iyh be in Chicago at the end of this week and will celebrate my third birthday. Feel free to reach out if

you are in Chicago....

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Re: Work in progress

Posted by vehkam - 25 Nov 2024 19:42

Bh I have been here for about three years. I have made some good friends and met many incredible people. I have to say that I am blown away by the chevra that is here right now. The desire to help themselves and to reach out to help every new person that comes along is incredible. This is Hatzolas nefashos at the highest level. I can only imagine the nachas this is bringing to avinu shebashamayim. Ashreychem!

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Re: Work in progress

Posted by vehkam - 04 Dec 2024 00:52

I will iyh will be celebrating 3 years clean at melave malka this coming motzai shabbos. It will be at the Armon Hotel, Stamford, CT. If you will be there please let me know....

for anyone new here, i encourage you to read my thread, (which chronicles the emotions of my recovery,) if i could break free after being so deeply entrenched in a forbidden life for decades, so can you.

I usually respond quickly to email or messages, feel free to reach out if you think i may be able to help you.

If you need a copy of The Battle of the Generation by Hillel S. let me know, i will be happy to send one to you (anonymously if that is what you prefer.)

Invest in yourself, the returns are exponential!

best wishes

vehkam

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Re: Work in progress

Posted by redfaced - 04 Dec 2024 01:13

[vehkam wrote on 04 Dec 2024 00:52:](#)

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best wishes

vehkam

The work that you put into yourself has been the catalyst for so many peoples change!!!

Mazel tov!!!

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Re: Work in progress

Posted by Muttel - 04 Dec 2024 09:39

Getting to know you has been one of the greatest benefits of my joining GYE.

Anyone out there struggling (or recovering) must read vehkam's story!

It is full of inspiring content and is the anecdote to the voice saying "you can still change? After what you did?

M'bira amikta l'igra rum!

With great respect,

Muttel

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Re: Work in progress

Posted by rebakiva - 04 Dec 2024 17:28

R' Vehkam you're a legend, it's an honor to have you here as a part of our family

3 years is a Chazaka, now the oilam hayeshivos know that chazaka isn't the kinyan itself, but

just a way to be ????? ?????, but the real kinyan was your actions of actually buying yourself back from their clutches, and the ????? ????? which in a GYE case is the women and the YH who ????? that they were ????? in your body and soul, for way longer than 3 years and you were never ????? on their chazaka, so now you're theirs, but since you bought yourself back from them, especially from that one who was the hardest for you to let go of, you've got a ????? ??? ??? ?????.

Although, there's makom iyun bazeh, because you can ?????, ??? ?????, and really you've always belonged to yourself ?? ?????, ??", where was your ????? deep down you were always ?????, ????? ??? ?????, but the real boss and dayan in this case is only hashem, and to him there's no such thing as ????? ??? ????? so it may be ????? that you dont even need the chazaka.

So up until now you would have needed your ??? ????? as a ????? that you're your own boss, but now going forward, you dont even need that shtar anymore, you just are owned by yourself fundamentally.

May you be zoiche to own yourself and your generations forever, and keep on inspiring us.

With love Akiva

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