

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.

=====  
=====

Re: Work in progress

Posted by vehkam - 27 Apr 2025 20:59

---

what is a clean show?

every so often i come across a post where the poster writes that they only watch "clean shows". that gets me wondering, what is a clean show? its been over three years since i have watched any show. probably haven't listened to the radio for about as long. As i moved away from using those modes of entertainment, it became increasingly clear to me that there are triggers embedded in the cleanest of shows. for someone that was an addict for anything stimulating, those triggers were daily poison, subtly getting into my head and taking over my subconscious. Even the tones and mannerisms could be a trigger. I understand the need for entertainment. i spent many hours binging on "clean" shows as well as shows that pushed the limits as far as possible. For me, breaking free includes the fact that i will never waste my time with these shows again. I gained absolutely nothing from the hundreds or thousands of hours that i wasted. Now, I look for productive and satisfying activities to occupy my down time (if i should need it.) I would not be able to enjoy any of those shows without feeling a tremendous loss of kedusha. I am not condemning anyone that watches shows. I just wanted to point out that life without those outside influences might just be a lot more satisfying. If it is too hard to stop cold turkey, it might help to start phasing it out slowly.

wishing you tremendous success

vehkam

=====

Re: Work in progress

Posted by vehkam - 20 May 2025 12:32

---

As I sit here 39,000 feet above the Atlantic ocean I have time to contemplate on my last four days in yerushalayim. It was a quick trip. Yet, I am uplifted by the feeling of meaning and purpose that impacted my short stay.

Most of the time of this trip was spent with my wife - strolling through the streets of yerushalayim, taking in the sights, the food and , above all, the incredible emuna that is literally tangible through the yidden of all types and appearances that make up the flavor of this city.

The endless flow of brothers and sisters from early morning to late at night swarming to the kosel, the hourly delivery of bus loads of supplicants coming to pour out their hearts to mamme rochel to daven on our behalf, every bus ride accompanied by multiple bubbies spending the ride engrossed in the nonstop recitation of tehillim. The cacophony of voices engaged in milchamto shel Torah as one walks past the countless batei medrashim overflowing with bachurim and yungerleit who fully devote the most energetic years of their life in the pursuit of Toras emes. The pesukim of faith and hashgacha that are scribbled and printed on the walls, on the stores and on the cars and trucks all scream out to anyone who is looking. This is the pulse and lifeblood of our people. These are the sights that we took in and carry back with us until the next time we are zoche to experience this recharge of kedusha.

And despite all of the above, the meaningfulness and fulfillment are overshadowed by something that is even more precious to me. During this trip I had the tremendous pleasure of meeting with three of the chevra. Each of them incredibly inspiring. The chizuk that I experienced from speaking to each is beyond words. Their sincerity and commitment, their willingness to be open and vulnerable but most of all their intense searching for that path to kedusha is humbling and exhilarating at the same time. I am so grateful to each of them for sharing their lines and stories and allowing me to use some of my experiences in a way that may be helpful to them.

There is another takeaway that I have from this trip. The utopian picture that I expressed above does not exist in a vacuum. Not every sight available was pure and permeating with kedusha. In a world of        ?? ????? ?? there was also unfortunately much to avoid. The way things worked out for this trip we stayed in hotel in rechavia. While the location was convenient the people walking the streets in this area often have not yet developed a sensitivity for kedushas yisroel and the beauty of keeping their bodies private. On motzai Shabbos we went to a popular pizza store around the corner to have melave Malka. When we got there they were not yet opened but when we came back twenty minutes later it was already packed. Some of the people eating and waiting were dressed in a way that I wanted to avoid. For the most part I was able to avoid seeing them but after a few minutes I realized that the sviva will rub off on me even if I am not purposefully looking. So I chose to say no. With my wife's agreement we left and I had a left over challa roll for melave Malka instead. Somehow that challa roll was a lot more satisfying than any pizza possibly could have been. almost three days later I am still enjoying it.

I thank hashem for this opportunity. A few years ago I would not have felt this way. The appreciation for kedusha is a gift from hashem and I hope to be able to continue to grow in this way. I take inspiration from this growth and I share this in the hopes that I can continue to inspire others as well.

Looking forward to continued shared growth and success

Vehkam

=====

=====

Re: Work in progress

Posted by chaimoigen - 20 May 2025 14:23

---

Please continue to inspire us!

Your journey of hope, rebirth, and ongoing growth is a lighthouse in stormy seas of life.

And your solid sense of practical wisdom, your deep thoughtful reflections, and the guidance you share and the way you approach issues blazes a trail for all of us through the twisting paths of the labyrinth of choices we face each day.

Yehi Ratzon that the Rebono Shel Olam should shower you and yours with incredible Bracha - and that you will be able to keep going Mechayil El Choyil , ?????? ????? ?????? ??????? ??????

???? ??? ?????? ??? ?????? ?? ?? ?? ??? ?????? ??? ?????? ?????? ??? ?????,

????? ?????? ???? ?????? ??????

??? ????? ????

=====

=====

Re: Work in progress

Posted by vehkam - 29 May 2025 13:57

---

repost. Today is yom hameyuchas... Yom HaMeyuchas

I don't remember hearing that term before. Over the years it is likely that I did hear that the 2nd day of sivan is called yom hameyuchas but it just didn't mean anything to me. So I don't remember.

Today, I received a few messages referencing yom hameyuchas and I did not know what it was about. Then, during lunch, I came across a post that explains – today is the day that Moshe Rabeinu relayed the message to klal Yisroel from hashem.

????????????? ??? ???? ?????? ?????????????????? ?????????? ?????????????? ... ?????????  
????????????????? ?????????? ?????????????? ????????? ??????????

My heart filled with emotions of gratitude and joy that I am able to finally feel that I too am a part of this ????? ?????? To feel that hashem is lifting me up. That is taking me out of my personal mitzrayim... To feel that ahava that he has for us, his chosen nation... to be part of a group of mevakshim that will keep getting up no matter what and no matter how many times we fall! A group that is anonymous but is comprised of Chassidim & Ex Hasidim, Litvaks, Sefardim, Ashkenazim, BTs, FFB, young bochurim and seasoned adults.... All working K'ish echad b'lev echad to better ourselves and each other in Kedusha. And I say ashreinu ma tov chelkeinu....

We are truly hashem's treasure.

When I said birchas hamazon after lunch, I noticed the third HaRachaman – and this is my bracha to all of us, that hashem should always be glorified and honored through us -

????????? ??? ???? ?????????????? ?????? ?????????, ?????????????? ?????? ?????? ??????????  
?????????, ?????????????? ?????? ?????? ?????????????? ?????????.

=====

=====

Re: Work in progress

Posted by vehkam - 26 Jun 2025 00:24

---

I am lucky that my wife knows everything about my history and my recovery. There are not that many people here that have that luxury. Even so, without me spelling it out for her, she had no idea of how much planning and awareness goes into shmiras einayim every time I travel into the city for work.

Where to stand, where to sit, do I rush to disembark, or do I stay back for a moment... especially in the summer these are all micro decisions that are made on a daily basis. Picking up the pace (or purposely slowing down) as I head to the escalator and timing it so that I am hopefully looking up at a man in front of me or at least someone that is not dressed in a revealing fashion. Sometimes I miscalculate or someone turns up out of nowhere and the challenge is to figure out whether to stare at the ceiling or the floor. Then I get to the street, and I get to make these decisions all over again.

I recently described the process to my wife, and she was amazed that so much thought goes into this. Women generally don't have to think about this at all. There are so many of you who are doing the same thing on a daily basis. I know that most of you don't have the liberty of sharing your fails but perhaps you can find an opportunity to share these wins.

Wishing you continued success

vehkam

=====

=====

Re: Work in progress

Posted by cleanmendy - 27 Jun 2025 02:33

---

[vehkam wrote on 26 Jun 2025 00:24:](#)

Where to stand, where to sit, do I rush to disembark, or do I stay back for a moment... especially

in the summer these are all micro decisions that are made on a daily basis. Picking up the pace (or purposely slowing down) as I head to the escalator and timing it so that I am hopefully looking up at a man in front of me or at least someone that is not dressed in a revealing fashion. Sometimes I miscalculate or someone turns up out of nowhere and the challenge is to figure out whether to stare at the ceiling or the floor. Then I get to the street, and I get to make these decisions all over again.

What I take out of this post, is how a person can change himself and be so in control of his thoughts and actions! We all have this power, thank you vehkam for showing us how far we can get in this fight!!

=====

Re: Work in progress

Posted by redfaced - 27 Jun 2025 12:53

---

[cleanmendy wrote on 27 Jun 2025 02:33:](#)

[vehkam wrote on 26 Jun 2025 00:24:](#)

Where to stand, where to sit, do I rush to disembark, or do I stay back for a moment... especially in the summer these are all micro decisions that are made on a daily basis. Picking up the pace (or purposely slowing down) as I head to the escalator and timing it so that I am hopefully looking up at a man in front of me or at least someone that is not dressed in a revealing fashion. Sometimes I miscalculate or someone turns up out of nowhere and the challenge is to figure out whether to stare at the ceiling or the floor. Then I get to the street, and I get to make these decisions all over again.

What I take out of this post, is how a person can change himself and be so in control of his thoughts and actions! We all have this power, thank you vehkam for showing us how far we can get in this fight!!

Not so much to be in control of his thoughts, but more, to be mindfully in control of actions, which in turn benefit thoughts.

Something that all of us are working on.

=====

Re: Work in progress

Posted by vehkam - 27 Jun 2025 13:07

---

[cleanmendy wrote on 27 Jun 2025 02:33:](#)

[vehkam wrote on 26 Jun 2025 00:24:](#)

Where to stand, where to sit, do I rush to disembark, or do I stay back for a moment... especially in the summer these are all micro decisions that are made on a daily basis. Picking up the pace (or purposely slowing down) as I head to the escalator and timing it so that I am hopefully looking up at a man in front of me or at least someone that is not dressed in a revealing fashion. Sometimes I miscalculate or someone turns up out of nowhere and the challenge is to figure out whether to stare at the ceiling or the floor. Then I get to the street, and I get to make these decisions all over again.

What I take out of this post, is how a person can change himself and be so in control of his thoughts and actions! We all have this power, thank you vehkam for showing us how far we can get in this fight!!

i would not say that i am in total control of my thoughts. there are often unwanted thoughts that pop in!

I do try to treat my relationship with hashem in a way that is real. The same way i would go out of my way to do anything for a girl that i was pursuing - i try to have the same passion and drive in my relationship with hashem. When we are passionate about something we generally will do whatever it takes to make it work. The rbs'o has everything. The one gift that i can offer hashem is to take something that is difficult and do it because it is ratzon hashem. When i feel

that attraction, that desire to look etc... i have a decision in front of me. I can indulge in a momentary pleasure or i can take that pleasure and offer it as a gift to the rbs'o by saying no i will not look. with this perspective i believe that a feeling of closeness develops. the rbs'o has been so good to me, i cherish the opportunities to show my appreciation.

this does not mean that i am 100% successful every time, but this is the mindset that i try to have.

best wishes for continued success

vehkam

=====

=====

Re: Work in progress

Posted by chaimoigen - 27 Jun 2025 13:14

---

[vehkam wrote on 26 Jun 2025 00:24:](#)

I am lucky that my wife knows everything about my history and my recovery. There are not that many people here that have that luxury. Even so, without me spelling it out for her, she had no idea of how much planning and awareness goes into shmiras einayim every time I travel into the city for work.

Where to stand, where to sit, do I rush to disembark, or do I stay back for a moment... especially in the summer these are all micro decisions that are made on a daily basis. Picking up the pace (or purposely slowing down) as I head to the escalator and timing it so that I am hopefully looking up at a man in front of me or at least someone that is not dressed in a revealing fashion. Sometimes I miscalculate or someone turns up out of nowhere and the challenge is to figure out whether to stare at the ceiling or the floor. Then I get to the street, and I get to make these decisions all over again.

I recently described the process to my wife, and she was amazed that so much thought goes into this. Women generally don't have to think about this at all. There are so many of you who are doing the same thing on a daily basis. I know that most of you don't have the liberty of sharing your fails but perhaps you can find an opportunity to share these wins.



Wishing you continued success

vehkam

I have found (and suggested to others) that using the Vayimaen messages as a conversation piece can a great way to introduce the conversation to one's wife. 90,000 Yiddin watch them, so there's nothing shameful about being part of the positive conversation about working on growth in Shmiras Enayim. In this context, it helps take the topic into the open in a way without shame and secrecy.

Among other benefits, this can help planning for trips in the summer properly etc be far easier.

=====

Re: Work in progress

Posted by cleanmendy - 27 Jun 2025 13:27

---

[chaimoigen wrote on 27 Jun 2025 13:14:](#)

[vehkam wrote on 26 Jun 2025 00:24:](#)

I am lucky that my wife knows everything about my history and my recovery. There are not that many people here that have that luxury. Even so, without me spelling it out for her, she had no idea of how much planning and awareness goes into shmiras einayim every time I travel into the city for work.

Where to stand, where to sit, do I rush to disembark, or do I stay back for a moment... especially in the summer these are all micro decisions that are made on a daily basis. Picking up the pace (or purposely slowing down) as I head to the escalator and timing it so that I am hopefully looking up at a man in front of me or at least someone that is not dressed in a revealing fashion. Sometimes I miscalculate or someone turns up out of nowhere and the challenge is to figure out whether to stare at the ceiling or the floor. Then I get to the street, and I get to make these decisions all over again.

I recently described the process to my wife, and she was amazed that so much thought goes into this. Women generally don't have to think about this at all. There are so many of you who are doing the same thing on a daily basis. I know that most of you don't have the liberty of sharing your fails but perhaps you can find an opportunity to share these wins.

Wishing you continued success

vehkam

I have found (and suggested to others) that using the Vayimaen messages as a conversation piece can a great way to introduce the conversation to one's wife. 90,000 Yiddin watch them, so there's nothing shameful about being part of the positive conversation about working on growth in Shmiras Enayim. In this context, it helps take the topic into the open in a way without shame and secrecy.

Among other benefits, this can help planning for trips in the summer properly etc be far easier.

Thanks that's a great idea! I have also shared pieces from TBOTG with my wife, helped her understand a lot of what I deal with.

Sharing about my struggles in this way, when its not just me, but Klal Yisroel, has helped me get some validation that I desperately wanted from her. When I started my journey here, I wished she could share in my wins (but couldnt, because it wouldnt have been good for us). Sharing ideas that I have learnt about in general Shmiras Eynayim, not staying away from clubs etc... has helped me a great deal get that validation and bring us closer.

=====  
=====

Re: Work in progress

Posted by mggsbms - 27 Jun 2025 14:42

---

[chaimoigen wrote on 27 Jun 2025 13:14:](#)

[vehkam wrote on 26 Jun 2025 00:24:](#)

I am lucky that my wife knows everything about my history and my recovery. There are not that many people here that have that luxury. Even so, without me spelling it out for her, she had no idea of how much planning and awareness goes into shmiras einayim every time I travel into the city for work.

Where to stand, where to sit, do I rush to disembark, or do I stay back for a moment... especially

in the summer these are all micro decisions that are made on a daily basis. Picking up the pace (or purposely slowing down) as I head to the escalator and timing it so that I am hopefully looking up at a man in front of me or at least someone that is not dressed in a revealing fashion. Sometimes I miscalculate or someone turns up out of nowhere and the challenge is to figure out whether to stare at the ceiling or the floor. Then I get to the street, and I get to make these decisions all over again.

I recently described the process to my wife, and she was amazed that so much thought goes into this. Women generally don't have to think about this at all. There are so many of you who are doing the same thing on a daily basis. I know that most of you don't have the liberty of sharing your fails but perhaps you can find an opportunity to share these wins.

Wishing you continued success

vehkam

I have found (and suggested to others) that using the Vayimaen messages as a conversation piece can a great way to introduce the conversation to one's wife. 90,000 Yiddin watch them, so there's nothing shameful about being part of the positive conversation about working on growth in Shmiras Enayim. In this context, it helps take the topic into the open in a way without shame and secrecy.

Among other benefits, this can help planning for trips in the summer properly etc be far easier.

My wife shares them with me.. go figure..

=====

Re: Work in progress

Posted by chaimoigen - 29 Jun 2025 15:35

---

[cleanmendy wrote on 27 Jun 2025 13:27:](#)

[chaimoigen wrote on 27 Jun 2025 13:14:](#)

[vehkam wrote on 26 Jun 2025 00:24:](#)

I am lucky that my wife knows everything about my history and my recovery. There are not that many people here that have that luxury. Even so, without me spelling it out for her, she had no idea of how much planning and awareness goes into shmiras einayim every time I travel into the city for work.

Where to stand, where to sit, do I rush to disembark, or do I stay back for a moment... especially in the summer these are all micro decisions that are made on a daily basis. Picking up the pace (or purposely slowing down) as I head to the escalator and timing it so that I am hopefully looking up at a man in front of me or at least someone that is not dressed in a revealing fashion. Sometimes I miscalculate or someone turns up out of nowhere and the challenge is to figure out whether to stare at the ceiling or the floor. Then I get to the street, and I get to make these decisions all over again.

I recently described the process to my wife, and she was amazed that so much thought goes into this. Women generally don't have to think about this at all. There are so many of you who are doing the same thing on a daily basis. I know that most of you don't have the liberty of sharing your fails but perhaps you can find an opportunity to share these wins.

Wishing you continued success

vehkam

I have found (and suggested to others) that using the Vayimaen messages as a conversation piece can a great way to introduce the conversation to one's wife. 90,000 Yiddin watch them, so there's nothing shameful about being part of the positive conversation about working on growth in Shmiras Enayim. In this context, it helps take the topic into the open in a way without shame and secrecy.

Among other benefits, this can help planning for trips in the summer properly etc be far easier.

Thanks that's a great idea! I have also shared pieces from TBOTG with my wife, helped her understand a lot of what I deal with.

Sharing about my struggles in this way, when its not just me, but Klal Yisroel, has helped me get some validation that I desperately wanted from her. When I started my journey here, I wished she could share in my wins (but couldnt, because it wouldnt have been good for us). **Sharing ideas that I have learnt about in general Shmiras Eynayim, not staying away from clubs etc... has helped me a great deal get that validation and bring us closer.**

Exactly!

Sharing and discussing your work on Shmiras Enayim with her is truthfully sharing this part of yourself with her. Yes, you aren't sharing the full picture, but the aspects that you are sharing are true, and the fact that you can now share this part of yourself is tremendous.

=====

Re: Work in progress

Posted by proudyungerman - 02 Jul 2025 23:39

---

[vehkam wrote on 27 Jun 2025 13:07:](#)

[cleanmendy wrote on 27 Jun 2025 02:33:](#)

[vehkam wrote on 26 Jun 2025 00:24:](#)

Where to stand, where to sit, do I rush to disembark, or do I stay back for a moment... especially in the summer these are all micro decisions that are made on a daily basis. Picking up the pace (or purposely slowing down) as I head to the escalator and timing it so that I am hopefully looking up at a man in front of me or at least someone that is not dressed in a revealing fashion. Sometimes I miscalculate or someone turns up out of nowhere and the challenge is to figure out whether to stare at the ceiling or the floor. Then I get to the street, and I get to make these decisions all over again.

What I take out of this post, is how a person can change himself and be so in control of his thoughts and actions! We all have this power, thank you vehkam for showing us how far we can get in this fight!!

i would not say that i am in total control of my thoughts. there are often unwanted thoughts that pop in!

**I do try to treat my relationship with hashem in a way that is real. The same way i would go out of my way to do anything for a girl that i was pursuing - i try to have the same passion and drive in my relationship with hashem. When we are passionate about something we generally will do whatever it takes to make it work. The rbs'o has everything. The one gift that i can offer hashem is to take something that is difficult and do it because it is ratzon hashem. When i feel that attraction, that desire to look etc... i have a decision in front of me. I can indulge in a momentary pleasure or i can take that pleasure and offer it as a gift to the rbs'o by saying no i will not look. with this perspective i believe that a feeling of closeness develops. the rbs'o has been so good to me, i cherish the opportunities to show my appreciation.**

this does not mean that i am 100% successful every time, but this is the mindset that i try to have.

best wishes for continued success

vehkam

This is really, really powerful for me. It is a certain shift in mindset that I need to really think about.

Thank you so much for sharing!

=====

Re: Work in progress

Posted by vehkam - 14 Jul 2025 00:56

---

*I listened to the conversation between Rabbi YY Jacobsen and Dr. SHloime Zimmerman on Torah anytime today . I listened to it together with my wife. I highly recommend listening to it. my wife was very impressed with it as well.*

=====