

My Journey L'chaim Tovim

Posted by Lchaim Tovim - 22 Jun 2022 20:57

This is my first post but I've been lurking for years. Years which I've shed many tears...tears of sadness...tears of shame...tears of fear...tears of anger. Anger at myself, my rabeim, women in the street and Hashem.

There were times that I felt hopeful and times that I felt hopeless. Surrounded by people yet so alone. Trapped in a prison that I had created with my biggest enemy my mind, as a cell mate.

I didn't understand why I was wired this way. Why I was the only one that a simple chol hamoed trip could be so disastrous. What was the use of everything I'm doing, of my trying to be a good Jew when I am such a bad person. If I'm chayiv misah bidei shomayim and can't do teshuvah, what is the purpose of my life.

I know, when I'm married and have "pas b'saloi" it will finally be easier. But it wasn't and what now. Not only is what I am doing affecting myself, but I have a wife and a couple of kids now as well.

Then I saw the ad "now when I shake the rabbi's hand, I no longer feel ashamed" (or something like that. Could it be? Are there other people out there that are like me??

I joined GYE and saw that not only was I not alone, but that some people had fallen lower than I had and had picked themselves up. All my life it had been drilled into me that the highest aspiration was to be a Talmud Chochom but now I saw tzadikim...real tzadikim, lamed vuvniks even. I learnt so much from so many people on the forums, that I decided to pick myself up and that I too could become a tzadik.

I was going through a terrible time financially and told Hashem, I can't make more of a hishtadlus for parnassah than I already am doing, please let this nisayon be the zechus I need. I was clean for 173 days, when previously, I had never made it past 3 days. I was convinced my life would change, I was starting over, becoming a new person, surely I was going to have Siyata Dishmaya. I started writing a book on shemiras einayim and the struggle but...

Not only did my financial situation not improve it got worse. I was so depressed in a place of complete Yiush that I fell after 173 days.

I was so angry at Hashem, Hashem I attempted the impossible, you know what a broken person I am inside. Why? Why? Why?

After that over the next few years there were more downs than ups. I felt that I had completely reverted back to my old self. Interestingly enough, my financial situation stated getting better. But I always had this tickling feeling in the back of my mind. What if I hadn't fallen after day 173, was that my Yosef Hatzadik moment and I failed???

I decided to try again, it's been about a year now of trying again, never making it past 2-3 days but now I'm at day 12.

Sorry for the long post but I will continue b'ezras Hashem with why I feel like it will be better this time around and why I decided to post.

=====
=====

Re: My Journey L'chaim Tovim
Posted by Vehkam - 22 Jun 2022 22:58

Thank you so much for opening up and posting your story. Connecting here will definitely help you. Looking forward to being further inspired by you.

=====
=====

Re: My Journey L'chaim Tovim
Posted by Face the challenge - 23 Jun 2022 01:20

Thank you for sharing this with everyone. Im looking forward to seeing more posts from you and getting much needed chizuk!

=====
=====

Re: My Journey L'chaim Tovim
Posted by Lchaim Tovim - 23 Jun 2022 01:44

Thank you Vehkam and FTC for the kind words.

My job consists of me being on the road most of the day so I don't usually have access to a computer except at night when I'm home. For the next little bit I will Be spending some time in the office so I will have more access to GYE.

I don't have a browser on my phone anymore for obvious reasons but I wish there was some kind of app so that I would be able to access this throughout the day.

I've always been hesitant to go onto GYE at night when I am home, as I am scared of my wife knowing that I am on this website. Although she knows that I am working on shemiras Einayim and is appreciative of that, I am worried that out of curiosity she will start perusing the forums and questioning, what is it that I have done, how far have I fallen or trying to figure out which user I am and that it will open a Pandora's box that will come back to bite me.

What do you guys feel, are my concerns legitimate?

=====
=====

Re: My Journey L'chaim Tovim
Posted by sleepy - 23 Jun 2022 02:03

[Lchaim Tovim wrote on 22 Jun 2022 20:57:](#)

This is my first post but I've been lurking for years. Years which I've shed many tears...tears of sadness...tears of shame...tears of fear...tears of anger. Anger at myself, my rabeim, women in the street and Hashem.

There were times that I felt hopeful and times that I felt hopeless. Surrounded by people yet so alone. Trapped in a prison that I had created with my biggest enemy my mind, as a cell mate.

I didn't understand why I was wired this way. Why I was the only one that a simple chol hamoed trip could be so disastrous. What was the use of everything I'm doing, of my trying to be a good Jew when I am such a bad person. If I'm chayiv misah bidei shomayim and can't do teshuvah, what is the purpose of my life.

I know, when I'm married and have "pas b'salo" it will finally be easier. But it wasn't and what now. Not only is what I am doing affecting myself, but I have a wife and a couple of kids now as well.

Then I saw the ad "now when I shake the rabbi's hand, I no longer feel ashamed" (or something like that. Could it be? Are there other people out there that are like me??

I joined GYE and saw that not only was I not alone, but that some people had fallen lower than I had and had picked themselves up. All my life it had been drilled into me that the highest aspiration was to be a Talmud Chochom but now I saw tzadikim...real tzadikim, lamed vuvniks even. I learnt so much from so many people on the forums, that I decided to pick myself up and that I too could become a tzadik.

I was going through a terrible time financially and told Hashem, I can't make more of a hishtadlus for parnassah than I already am doing, please let this nisayon be the zechus I need. I was clean for 173 days, when previously, I had never made it past 3 days. I was convinced my life would change, I was starting over, becoming a new person, surely I was going to have Siyata Dishmaya. I started writing a book on shemiras einayim and the struggle but...

Not only did my financial situation not improve it got worse. I was so depressed in a place of complete Yiush that I fell after 173 days.

I was so angry at Hashem, Hashem I attempted the impossible, you know what a broken person

I am inside. Why? Why? Why?

After that over the next few years there were more downs than ups. I felt that I had completely reverted back to my old self. Interestingly enough, my financial situation stated getting better. But I always had this tickling feeling in the back of my mind. What if I hadn't fallen after day 173, was that my Yosef Hatzadik moment and I failed???

I decided to try again, it's been about a year now of trying again, never making it past 2-3 days but now I'm at day 12.

Sorry for the long post but I will continue b'ezras Hashem with why I feel like it will be better this time around and why I decided to post.

i really feel for you all this pain may Hashem give you the hatzlacha that you are seeking !

dont mean to hurt a broken heart,i m sure your heart is so broken and hurt , may it feel true simcha very soon ! i dont know YOUR nisyanos and i will NEVER judge you. i personally remember a time when i was a bachur where i was clean for a long time and one time i went to the bathroom and saw a not tznius book with pictures and fell. i was so sad and angry and embarresed to say was angry at Hashem who guides the footsteps of men and led me to this particular bathroom stall. i was a bachur then with not much a relationship with Hashem . BH now i feel my relationship with Hashem has grown so much , i love Hashem so much ! the problem is that i let my mind be convinced to forget about Hashem when i have the need , im sure it serves as an indicator of deficiency in love of Hashem that i profess ,but that is the goal where i am aiming for . i did it before with a 10 year clean streak and bezras Hashem will do it again . i feel i have the tools which ive developed and with the things that i have gained from gye and the wonderful chevra here . i really do hope that the anger of Hashem has subsided and you know that Hashem is kaviyachal holdind up his hands so to speak, and saying , "its not My fault that you fell ,why are you angry at Me?!" me personally my purity will not happen until I DONT WANT IT ANYMORE, and that is the goal to what i am putting work into it . i have to change my heart from a lev tamei -a heart that desires tumah porn etc to a lev tahor a heart that desires kedusha - true satisfaction true happiness ,true pleasure,a heart that desires to do what Hashem desires of me to do ratzon Hashem.

once i get there or am seriously on the path to get there and not steer from that path, i will be blessed and content in my heart and experience in my heart true bliss . it is so doable, Hashem has and does give us the tools to get there lets use them seriously and happily and know that if we hold on to them **as if our very lives depend on them** (Rabbi Twerski zl on his opinion how musar **can** help addiction) we will attain our goals .

Rabbi Chaim Volozhiner zl gives a moshol how Torah can save a person from the yetzer hara .Imagine a person who fell into a river thats washing him away and he will soon drown R"L, and as he is being washed away he sees a tree jutting out of the river bed ,oy if he could only reache that tree and hold on, he will be saved .so he mightly positions and swims in the direction of the tree and GRABS THAT TREE WITH ALL HIS MIGHT KNOWING THAT IF HE LETS GO **HE IS DEAD!** and says Reb chaim zl, that is the meaning of the pasuk

EITZ CHAIM HI LAMACHAZIKIM BA -THE TORAH IS A TREE OF LIFE TO THOSE WHO GRAB HOLD OF IT

.we find the same idea with limud hamusar,there is a pasuk

HACHAZEK BAMUSAR ,AL TEREK, **KI HEE CHAYECHA-HOLD ON TO MUSAR, DONT LET GO,BECAUSE IT IS YOUR LIFE!**

i never ,and never will ,discourage a person from useing tools that works for them or smarter and more experienced people will say it will work. but we hear here on gye people who say they learnt Torah shtark and learnt musar shtark and still fell , shema mina , for me musar ,Torah ,cant help i have to drop them and run to other tools. i think if we only took Reb chaims zl and Rabbi Twerskis zl advice and used these tools ,musar and Torah, with the mindset that without them ,**we're dead!** we would find that it will be a real game changer in our battle against p&m .

just wanted to put out a disclaimer that i am no expert in addiction (and not an expert in anything, blah blah blah..)and my post therefore is not aimed at addicts.

hatzlacha to all !

=====
=====

Re: My Journey L'chaim Tovim
Posted by sleepy - 23 Jun 2022 02:12

[Lchaim Tovim wrote on 23 Jun 2022 01:44:](#)

Thank you Vehkam and FTC for the kind words.

My job consists of me being on the road most of the day so I don't usually have access to a computer except at night when I'm home. For the next little bit I will Be spending some time in the office so I will have more access to GYE.

I don't have a browser on my phone anymore for obvious reasons but I wish there was some kind of app so that I would be able to access this throughout the day.

I've always been hesitant to go onto GYE at night when I am home, as I am scared of my wife knowing that I am on this website. Although she knows that I am working on shemiras Einayim and is appreciative of that, I am worried that out of curiosity she will start perusing the forums and questioning, what is it that I have done, how far have I fallen or trying to figure out which user I am and that it will open a Pandora's box that will come back to bite me.

What do you guys feel, are my concerns legitimate?

i think so, but im just sleepy,

please pass the potatoes .

=====
=====

Re: My Journey L'chaim Tovim
Posted by Shmuel - 23 Jun 2022 02:34

[Lchaim Tovim wrote on 23 Jun 2022 01:44:](#)

Thank you Vehkam and FTC for the kind words.

My job consists of me being on the road most of the day so I don't usually have access to a computer except at night when I'm home. For the next little bit I will be spending some time in the office so I will have more access to GYE.

I don't have a browser on my phone anymore for obvious reasons but I wish there was some kind of app so that I would be able to access this throughout the day.

I've always been hesitant to go onto GYE at night when I am home, as I am scared of my wife knowing that I am on this website. Although she knows that I am working on shemiras Einayim

and is appreciative of that, I am worried that out of curiosity she will start perusing the forums and questioning, what is it that I have done, how far have I fallen or trying to figure out which user I am and that it will open a Pandora's box that will come back to bite me.

What do you guys feel, are my concerns legitimate?

There is a GYE app.

=====
=====

Re: My Journey L'chaim Tovim
Posted by Avrohom - 23 Jun 2022 03:53

Wow! What an incredible journey of work, toil, triumph, pain, frustration and loneliness. A tremendous Yasher Koach in particular for posting - sometimes that's the hardest battle of all.

Your persistence is inspiring. The fact that you went so many days clean consecutively in the past should help you realize there's a light at the end of the tunnel - you CAN do it. Don't be discouraged by the falls since - and certainly not by the single fall after day 173. Thankfully, Hashem will continue to send us challenges until our final day on Earth - and we *will not pass them all*, the goal is to try each day to win the battle of the day. 173 days is a tremendous accomplishment and no fall erases that.

Keep on posting - we'd love to cheer you on and watch your progress! Hatzlocha in the daily battle - may you win many more!

=====
=====

Re: My Journey L'chaim Tovim
Posted by Hashem Help Me - 23 Jun 2022 11:26

Welcome aboard. Stay connected and iyh you will "graduate", and from the way you express yourself it appears you will be very helpful to others as well b'ezras Hashem.

=====
=====

Re: My Journey L'chaim Tovim

Posted by Shtarkandemotional - 23 Jun 2022 12:38

[Lchaim Tovim wrote on 22 Jun 2022 20:57:](#)

This is my first post but I've been lurking for years. Years which I've shed many tears...tears of sadness...tears of shame...tears of fear...tears of anger. Anger at myself, my rabeim, women in the street and Hashem.

There were times that I felt hopeful and times that I felt hopeless. Surrounded by people yet so alone. Trapped in a prison that I had created with my biggest enemy my mind, as a cell mate.

I didn't understand why I was wired this way. Why I was the only one that a simple chol hamoed trip could be so disastrous. What was the use of everything I'm doing, of my trying to be a good Jew when I am such a bad person. If I'm chayiv misah bidei shomayim and can't do teshuvah, what is the purpose of my life.

I know, when I'm married and have "pas b'saloi" it will finally be easier. But it wasn't and what now. Not only is what I am doing affecting myself, but I have a wife and a couple of kids now as well.

Then I saw the ad "now when I shake the rabbi's hand, I no longer feel ashamed" (or something like that. Could it be? Are there other people out there that are like me??

I joined GYE and saw that not only was I not alone, but that some people had fallen lower than I had and had picked themselves up. All my life it had been drilled into me that the highest aspiration was to be a Talmud Chochom but now I saw tzadikim...real tzadikim, lamed vuvniks even. I learnt so much from so many people on the forums, that I decided to pick myself up and that I too could become a tzadik.

I was going through a terrible time financially and told Hashem, I can't make more of a hishtadlus for parnessah than I already am doing, please let this nisayon be the zechus I need. I was clean for 173 days, when previously, I had never made it past 3 days. I was convinced my life would change, I was starting over, becoming a new person, surely I was going to have Siyata Dishmaya. I started writing a book on shemiras einayim and the struggle but...

Not only did my financial situation not improve it got worse. I was so depressed in a place of complete Yiush that I fell after 173 days.

I was so angry at Hashem, Hashem I attempted the impossible, you know what a broken person I am inside. Why? Why? Why?

After that over the next few years there were more downs than ups. I felt that I had completely reverted back to my old self. Interestingly enough, my financial situation stated getting better. But I always had this tickling feeling in the back of my mind. What if I hadn't fallen after day 173, was that my Yosef Hatzadik moment and I failed???

I decided to try again, it's been about a year now of trying again, never making it past 2-3 days but now I'm at day 12.

Sorry for the long post but I will continue b'ezras Hashem with why I feel like it will be better this time around and why I decided to post.

Wow! Thanks for being so brave and inspiring the chevrah here. If you'd like you can Check out this thread with packed Insight for every person at every stage!

<https://guardyoureyes.com/forum/1-Break-Free/376994-%E2%80%9CShtark%E2%80%9D-insight-that-may-make-you-%E2%80%9Cemotional%E2%80%9D-%29>

=====
====

Re: My Journey L'chaim Tovim
Posted by Lchaim Tovim - 23 Jun 2022 15:03

[Shmuel wrote on 23 Jun 2022 02:34:](#)

There is a GYE app.

It's called GYE or Guard Your Eyes? I tried searching for it but couldn't find it so I assumed that there wasn't one. I will try to find it.

=====
=====

Re: My Journey L'chaim Tovim
Posted by ArthurKing - 23 Jun 2022 17:21

It is called the 'GYE APP'.

The logo is an eye with one hand and underneath.

This is the link for Play store:

play.google.com/store/apps/details?id=com.gye.guardyoureyes&hl=en&gl=US

I have had trouble finding the 'GYE APP' on iOS.

I think it is not there anymore.

=====
=====

Re: My Journey L'chaim Tovim
Posted by No Mask - 23 Jun 2022 19:23

[Lchaim Tovim wrote on 22 Jun 2022 20:57:](#)

I was going through a terrible time financially and told Hashem, I can't make more of a hishtadlus for parnassah than I already am doing, please let this nisayon be the zechus I need. I was clean for 173 days, when previously, I had never made it past 3 days. I was convinced my life would change, I was starting over, becoming a new person, surely I was going to have Siyata Dishmaya. I started writing a book on shemiras einayim and the struggle but...

Not only did my financial situation not improve it got worse. I was so depressed in a place of complete Yiush that I fell after 173 days.

I was so angry at Hashem, Hashem I attempted the impossible, you know what a broken person I am inside. Why? Why? Why?

After that over the next few years there were more downs than ups. I felt that I had completely reverted back to my old self. Interestingly enough, my financial situation stated getting better. But I always had this tickling feeling in the back of my mind. What if I hadn't fallen after day 173, was that my Yosef Hatzadik moment and I failed???

I decided to try again, it's been about a year now of trying again, never making it past 2-3 days but now I'm at day 12.

welcome!!

I went through the same thing. I have some very big difficulties in life and I always saw it as a punishment from Hashem because of my struggle

I always felt guilty towards my wife and children, Because I knew that I'm the source of all the

Tzaros.

When I started my journey and was clean for a long time, things got much much worse, and it still is, I got no hint from Hashem that he is happy with me.

So I decided I'm not focusing on it, Hashem never wanted to punish me for that, there are different ????????

I'm doing for myself what does it have to do with anything.

Of course I wish I could get a sign from Hashem that he is happy with what I'm doing. But I can't focus on that.

Wishing you all the best

=====
=====

Re: My Journey L'chaim Tovim
Posted by Lchaim Tovim - 23 Jun 2022 20:35

Thanks for the chizuk brother! True words!

=====
=====

Re: My Journey L'chaim Tovim
Posted by Yissie - 23 Jun 2022 20:53

Welcome and thanks for sharing. Your openness about your struggles is a chizuk for everyone else as it should be helpful for you. It seems like you are very thoughtful and went deeper than your struggle to try to understand it.

I think it would probably be more effective if you did not think so much. I do not know if that was

your "Yosef Hatzadik moment" or not. And even if it was, it is now irrelevant. The nisayon you have right now is the same. It does not make it worse for you if you failed that time.

I have also been told by my rebbeim not to think so much about these things. The past is the past. My job today is to fight the nisayon today. Act as if today is your "Yosef Hatzadik moment". I do not know any source that you cannot have more than one. Forget about the past, plan for the future, and worry only about today.

Hatzlacha and keep us posted.

=====
====